Dr. Matthew Calamia, Associate Professor of Psychology at Louisiana State University, Baton Rouge, has been named for the Early Career Psychologist Award by the Louisiana Psychological Association (LPA) for 2023.

LPA spokesperson, Dr. Amanda Raines said, “This year we are recognizing Dr. Matthew Calamia. Dr. Calamia is an Associate Professor of Psychology and Director of the Psychological Services Center at LSU. He has been affiliated with the Institute for Dementia Research and Prevention at the Pennington Biomedical Research Center and has been affiliated with the Jefferson Neurobehavioral Group in New Orleans,” she said.

We Remember

Dr. Alvin Burstein

Dr. Alvin G. Burstein passed away suddenly and unexpectedly near his home in Knoxville, Tennessee on June 27 after his morning walk. He was 92 years old.

After what most would consider a full career, and one with ample, rightly deserved prestige, Dr. Alvin Burstein relocated to Louisiana to serve as the head of psychology at Southeastern. He embraced our community, including engaging with those in the psychoanalytic discipline. He brought with him considerable wisdom and knowledge, and graced us with it freely.

He had the soul of a poet, a finely honed sense of morality, and the enviable delight of a person who truly enjoyed whatever he was doing.
Privileged to Call Him Friend
by J. Nelson

I had the good fortune and the privilege of working with Dr. Al Burstein for 10 years.

Our paths crossed in 2011 when I interviewed him for a Times’ article on the psychoanalytic community. He commented, “It seems to me, that as a society, we increasingly value external stimulation as opposed to reflection and introspection. There is a related expectation that ‘rewards’ a la Skinner should be external rather than internal. The measure of personal worth is one’s salary, and the dollar obviates the need to cultivate personal values.”

I was hooked, immediately liking him, his philosophy, and his awareness to how values were fading. (I had no idea then, that he would authored such articles for the American Psychologist as, “The changing face of American psychology” and “The virtue machine.”)

I began reporting on his film and discussion series that he moderated for the New Orleans Birmingham-Psychoanalytic Center. Soon, I asked him if he would consider writing for the Times. My luck holding, this fit his avocational interests and he agreed.

Al brought with him an amazing wealth of knowledge about literature, film, and psychology. He had a fascinating slant from the psychoanalytic perspective on story, theme, and character. For his first review, of Hitchcock’s Suspicion, he wrote:

Melanie Klein and other British Object Relations psychoanalytic theorists draw our attention to early infantile experience before positive and negative parenting interactions are integrated in the child’s mind, when the infant’s fearful/hateful parental exchanges are not integrated with gratified/driver ones. Idealized positive maternal images are closer to consciousness. But deeply buried primitive and powerful archetypal experiences of a dangerous parent exist as well. They find cultural expression in the fairy tales of evil step-mothers, like the one that offers Snow White a poisoned apple; they are reflected in the oral seduction of the candy house in Hansel and Gretel and in the wicked witch of Oz’s assault on Dorothy. [...] It is Hitchcock’s genius that, Kleinian or no, he crafted this film to tap this universal concern.

His column, A Shrink at the Flicks, became the most popular page on our website. He won a second place for Best Column with the Press Association. Over the years, we enjoyed a back-and-forth each month, ironing out the few issues in his review and him graciously taking my feedback, mostly praise.

We found a mutual respect when it came to my investigative reporting for the Times and particularly my editorial ranting about somebody’s abuse of power.

Al had a particularly sophisticated ethical view and was moral to his core. He understood the essential needs for freedom of information and classical journalism. He was generous with his approval of my efforts, and I was flattered that he cared. I learned something every time from his feedback and observations.

Once, when I was being maligned by the power-holders in the state association, he posted on the listserv, in my defense.

I had made a joke about the state psychology board’s budget, and was accused of trying to mislead people. Al posted, stating that anyone who had had “the privilege” of working with me, would know that I would never try to mislead people.

It was one of the best things he could have said at the time and I will never forget it.

Over the last 10 years, I have been the one who has had the real privilege, the privilege of working with Dr. Alvin Burstein.
Worldviews Clash in Veto Session Results, continued

Firment’s bill, we send a clear signal that woke liberal agendas that are destructive to children will not be tolerated in Louisiana.”

In the June Senate Health and Welfare Committee hearing, Clinical psychologist, Dr. Clifton Mixon, was among those who testified in opposition to HB 648.

"I work in a gender clinic that prescribes hormone therapies to youth," he said. "At the heart of this debate is mistrust in our medical and mental health providers to provide ethical, individualized care without prejudice and based on best practices and established research," Mixon said. "I'm here to address these concerns in opposition to a mean-spirited bill that defies science and humanity.

"The evidence is clear—gender affirming medical interventions are safe and effective treatment for gender dysphoria and resulting mental health problems for many trans youth. Unfortunately, you've been exposed to false information that misrepresents the established research and practice guidelines on gender health care medicine. I am here with actual studies that can help you understand the actual facts. I have a doctoral degree with training in how to conduct and interpret research," he said.

"These medical interventions reduce risk for suicide and improve overall mental health functioning and quality of life. We are not providing access to youth for whom it is not appropriate."

Psychologist, Dr. Jesse Lambert, also testified in opposition, representing the Louisiana Psychological Association.

"A lot of research has been discussed today scientifically sound research that indicates that this is a true phenomenon and that individuals who are trans have suffered greatly.

"Citing from the American Psychological Association, we have data that indicates that individuals who are trans experience more victimization, be that bullying, be that acts of violence occurring in school. They feel more ostracized, more isolated and this generalizes into relationships including close family relationships."

He explained that a model of triage issues with different intensities and that practitioners don't automatically jump to biological modalities.

"If this bill should pass, psychologist would not be able to take part in a team based approach, involving endocrinologists, psychiatrists, pediatricians and contribute to an individual's care from a holistic standpoint."

Speaking in favor of his measure, Rep. Firment said, "Perhaps the most compelling scientific evidence to consider today is the fact that several progressive European nations who pioneered chemical and surgical sex change procedures like England, Sweden, and Finland have completely reversed course on this issue [...].

Dr. Quenton Vanmeter, a pediatric endocrinologist from Atlanta, Georgia, cited evidence from European countries that suggests that there is no benefit in transgender surgery or hormonal treatment and that the suicide rate is not impacted.

Dr. Stephen Félix, a pediatrician, said, "The problem with the studies that the AEP reports and others, they do not have significant randomized control trials. They have small sample sizes, they have poor follow up, they have a lot of people lost to follow up, they have individuals who they have a very short period of time that they follow them." he said.

"The studies that are coming out of Sweden, Finland or long-term studies where they looked extensively and they said, 'wait, this is all wrong.' The quality of evidence that supports this transition therapy is poor. The level of evidence that we're presenting is strong."

Sen. Mills said that he just needed them to understand organizations' views. Dr. Griffin said, "Policies are created by organizations, a small group of individuals in organizations. That is then broadcast out and physicians like ourselves, in the trenches. [...]"

Pointing to New Treatments

Researchers at Simons Foundation’s Autism Research Initiative (SFARI) have identified a microbial signature for autism spectrum disorder, a finding that offers information about how the gut microbiome influences this neurological syndrome.

The study was published on June 26 in Nature Neuroscience and challenges the idea that autism is a primarily genetic condition. The new research suggests that environmental factors may be behind the rise in rates of autism.

The researchers noted, "The presence of this core microbiome in combination with the depletion of most ASD-associated taxa further suggests a causal role for these microorganisms in shaping autism symptoms.

"Despite our inability to determine actual metabolomic profiles at this point (Methods), our metabolite analysis based on microbiome-derived and brain-derived metabolite inferences as well as the diet-derived metabolite data reveals a picture of a unifying and distinct ASD functional architecture. With the brain, the immunome and diet as major effectors, the multi-factorial complexity of ASD is reduced to a multi-scale set of interactions centered around human and bacterial metabolism that, in turn, determines phenotypic, genomic and metagenomic attributes via multiple feedback loops."

"I recommend roaming at least once daily."
Gov. Makes July Appointments

In July, Gov. John Bel Edwards announced his appointments to the following Louisiana boards and commissions.

The Louisiana Children’s Trust Fund Board provides funds for non-profit and public agencies throughout the state for the prevention of child abuse and neglect.

Pastor Mary W. Moss of Baton Rouge was appointed to the Louisiana Children’s Trust Fund Board. Ms. Moss is the Pastor with St. Alma Baptist Church in Lakeland. She will represent the religious community.

The Governor’s Advisory Board of Juvenile Justice and Delinquency Prevention encourages and assists the state, local governments, and private non-profit agencies in the comprehensive improvement of the juvenile justice system in Louisiana. The board provides advice and counsel to the Louisiana Commission on Law Enforcement, the Louisiana Legislature, and the Governor on ways to facilitate greater effectiveness within the juvenile justice system.

Ms. Elaine M. Davis of Baker was appointed to the Governor’s Advisory Board of Juvenile Justice and Delinquency Prevention. Ms. Davis was an assistant state director for the Louisiana Department of Education’s Special School District 1. She will serve as a person with special experience and competence in addressing problems related to school violence and vandalism and alternatives to suspension and expulsion.

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

Ms. Susana Schowen of Baton Rouge was appointed to the Children’s Cabinet Advisory Board. Ms. Schowen is the vice president of policy and industry partnerships of the Louisiana Community and Technical College System. She will serve as the designee of the president and will represent the Louisiana Community and Technical College System.

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.

Ms. Libby N. Airhart of Breaux Bridge was reappointed to the Louisiana Developmental Disabilities Council. Ms. Airhart is an EMT for Acadian Ambulance. She will serve as a representative of a local, non-governmental and/or non-profit agency.

Northwest Louisiana Human Services District provides mental health, addictive disorder, and developmental disability services in Northwest Louisiana serving the areas of Bienville, Bossier Caddo, Claiborne, DeSoto, Natchitoches, Red River, Sabine and Webster parishes.

Ms. Trudie L. Abner of Shreveport was appointed to the Northwest Louisiana Human Services District. She will serve as a parent, consumer, or advocate in the field of mental health.
Gov. Edwards Signs Law Establishing Louisiana’s First Statewide Chief Resilience Officer

On July 10, Gov. Edwards signed legislation creating Louisiana’s first statewide Chief Resilience Officer (CRO), a high level policy position dedicated to enhancing coordination across government to proactively address all types of environmental hazards. The position was established within the Office of the Governor by legislation authored by Rep. Jerome Zeringue and signed into law by Gov. Edwards, said the news release authors.

“The concept of resilience means doing everything we can to avoid the cost of disasters to our people, to our land, and to our way of life,” said Gov. Edwards. “This is an urgent need not just for our coastal region, but for the entire state, which feels the effects of hurricanes, storms, and land loss on a yearly basis. This new position will ensure that successive governors continue to prioritize this issue and seek funding to help our communities as they prepare to thrive in the future.”

“My goals in bringing this legislation were to help make state government more efficient and effective when it comes to seeking funding and as it crafts policies that can make our state more resilient and better able to address the needs of our communities,” said Rep. Jerome Zeringue. “What we learned while working on coastal issues is that you can be much more effective when you are competing for funding when you speak with a single voice and with the authority of the Governor’s Office, something crucially important with the unprecedented levels of federal funding for resilience projects available today.”

The CRO position within the Office of the Governor will add capacity and a policy focus to the existing response and recovery functions carried out by the Governor’s Office of Homeland Security and Emergency Preparedness and the Office of Community Development’s Disaster Recovery Unit. Modeled from the job description of the Executive Assistant to the Governor for Coastal Activities, the Chief Resilience Officer will coordinate across all state agencies and seek public input to develop and then advocate for the state’s resilience priorities. The CRO will participate across multiple planning efforts such as the Coastal Master Plan, State Hazard Mitigation Plan, and Watershed Plan to ensure their continuity and alignment. The CRO will take on pressing issues that affect multiple regions, state agencies, or governmental missions; and the CRO will convene both an interagency coordination team to improve communication and alignment within government, and a public-facing Interagency Resilience Task Force to gather public input on the state’s resilience priorities. By February of each year, the Chief Resilience Officer will also produce a report outlining the state’s major resilience priorities.

In 2020, Governor Edwards joined ten other states by naming a Chief Resilience Officer to advance a cross-agency, holistic approach to the challenges and opportunities associated with the impacts of environmental hazards in Louisiana’s coastal area. That work produced vulnerability assessments and adaptation options from 12 state agencies and cross-agency recommendations which included the creation of a statewide and multi-hazard resilience position within the Office of the Governor.

Camille Manning-Broome, President and CEO at the Center for Planning Excellence, said, “This position provides for more nimble decision making across state government and collaboration among public and private actors at the local, state, and federal levels that can make valuable contributions to our governance system ... as well as an opportunity to work closely with communities to adapt programs and policies to address the complex constellation of risk and challenges they are facing.”

Office of Behavioral Health Celebrates 988 Crisis Line Success

The Louisiana Department of Health’s Office of Behavioral Health (OBH) is celebrating the anniversary of the 988 Suicide and Crisis Lifeline this July with a focus on growth, increased capacity and the lives that are being changed with increased access to mental health resources. Call volume has increased 11% since launch in July 2022, according to the news release.

“We are proud of the work we have done to increase awareness of the 988 Lifeline, which has been a valuable resource for Louisianans in crisis. The Lifeline offers hope and reassurance instantly with compassionate, professional intervention through calls, texts and chats, helping to reduce stigma and build a healthier Louisiana,” said LDH Secretary Stephen Russo.

OBH set a goal of reaching vulnerable populations and expanding the reach of this important mental health resource. OBH surpassed its goal by increasing the in-state answer rate, recognizing that Louisiana-staffed call centers were best positioned to understand local culture, direct callers to additional mental health resources and have familiarity with local stressors such as natural disasters.

“Louisiana’s trained call center responders have been working to provide a robust response to crisis situations and to Louisiana residents who are experiencing emotional stress over the last year, and we know that their work has saved lives,” said OBH Assistant Secretary Karen Stubbs. “Our goal with 988 has been to reduce the stigma around mental health, remove barriers and ensure Louisiana residents can make additional connections to local resources. We are making significant progress, but we hope to expand our reach even more as we begin our second year of 988.”

Since launch, call volume for 988 has increased by 11%, and the in-state answer rate rose from 64% in June 2022 to a rate ranging from 85% to 91% over the last year. The Lifeline offers specialized supports to veterans and their families, Spanish speakers, LGBTQ+ youth, and deaf and hard of hearing people. Veterans, service members and their families (press 1) Spanish speakers (press 2) LGBTQ+ youth and people under the age of 25 (press 3) Deaf and hard of hearing people (use your preferred relay service or dial 711 then 988) 988 is also offering text and chat for those who prefer not to call. Louisiana has responded to an average of 224 texts and 157 chats per month since December 2022.

The Louisiana Department of Health includes the Office of Public Health, Office of Aging & Adult Services, Office of Behavioral Health, Office for Citizens with Developmental Disabilities, and Healthy Louisiana (Medicaid).
Dr. Alvin Burstein

Current Department Head at Southeastern, Dr. Paula Varnado-Sullivan, said, "Although Al was a member of our department and our department head for a relatively short time in his career, he left an indelible mark on our department and my career. He shaped how I define my role as a faculty member and department head. He was passionate about academia and fiercely advocated for his students," she said. "He truly defined the role of mentor in his relationship with his students. His impact has lasted long after he taught his last class here at Southeastern. I know that he will be greatly missed by his family, friends, colleagues and former students."

Dr. Matt Rossano, a past Chair at Southeastern, said, "I'll always remember Al as a kind soul who threw himself into his work with joy and dedication. My sincerest condolences to his family and close friends."

In his work at Southeastern Dr. Burstein touched many lives. Current President of the Louisiana Psychological Association (LPA), Dr. Jesse Lambert, said, "Dr. Burstein was the Department Chair when I was a graduate student at SELU. I received my first training on the Rorschach under Dr. Burstein. He was a brilliant psychologist and an enthusiastic teacher."

Dr. Erin Tarcza Reuther, past president of LPA, said, "Dr. Burstein was my thesis mentor when I was at Southeastern as a grad student. I have very fond memories of him. He was a great contributor to the field, and, more personally, had a positive influence on my career. [...] He was a brilliant and kind mentor who challenged his students and colleagues to think deeply and grow from reflection."

Dr. Burstein engaged with those in the Louisiana psychoanalytic discipline through New Orleans-Birmingham Psychoanalytic Center, where he served as a faculty member.

"The psychoanalytic community suffered at the death of Al Burstein who brought such energy, inspiration, and fervor for consciousness in those who were fortunate to know him," said friend and colleague, Dr. Del McNeely. "His stimulating discussion groups, book and movie reviews, and incitement to seek depth from each of us personally will echo in us, our dear mentor and friend."

Dr. Randy Harper said, "He wore his many accomplishments gracefully as he contributed to our Center and the psychoanalytic community in New Orleans. I have very appreciative and congenial memories of his reorganizing our psychoanalytic library; teaching with him; and being enriched by one of his discussions of a creative artist. It would be impossible to have a conversation with him that wouldn’t be interesting and engaging. Certainly a life well and fully lived. Thank you Al."

Colleague from the Center, Dr. Kathy Nathan, said, "I always was impressed by his intellectual, eternal curiosity, love of teaching, and ability to apply psychoanalysis to film and literature. What a force... and what a loss to psychology."

Dr. Burstein grew up in Omaha, Nebraska and attended University of Chicago, Chicago (UCC) on a scholarship. He later earned his PhD in Clinical Psychology from UCC in 1959.

After consulting at the Chicago State Hospital, he went on to be Acting Director of Clinical Training and Assistant Professor at the University of Michigan in Ann Arbor. During this time, he was also a Consultant at the VA Hospital and Adjunct Associate Professor of Psychology for the University of Illinois in Chicago.

By 1963, Dr. Burstein took on the role of the Director of Psychology Training, Acting Director Division of Psychology, at the Neuropsychiatric Institute, University of Chicago, Chicago.

In 1970, he became Professor and Chief of Psychology, at the University of Texas Health Science Center, San Antonio, Texas.

Dr. John Worsham, friend and colleague, said that when Al came to San Antonio, "He immediately began to develop an APA approved clinical psychology internship which attracted trainees from across the US and several foreign countries, and brought in outstanding young psychologists ..." he said. "As Al and his energetic young psychologists reached out into the community they transformed psychology in San Antonio and South Texas."

"Al brought the group together to create an active Bexar County Psychological Association, and that group moved to further energize the Texas Psychological Association, [...] Ultimately Al and one of his faculty became presidents of TPA, while several others held key positions in the TPA organization," he said.

Another Texas colleague, Dr. Lawrence Schoenfeld, said, "He firmly believed in the scientist-practitioner model and guided the new faculty to be involved in research, training and clinical practice. The Division in the Department of Psychiatry grew rapidly under his leadership. He also helped many medical departments recruit psychologists for their Departments and arranged for them to have joint appointments with the Division. [...] He was an ethical role model and loyal friend to those who had the privilege of calling him a friend."

In 1982, Dr. Burstein was appointed Professor and Director of the Clinical Psychology Program, at the University of Tennessee, Knoxville (UTK). During this time, he served as Convener of Colloquy on Psychoanalysis and the Humanities, the Director of the Social Science Research Institute, and Associate Department Head, Department of Psychology, all at UTK.

He retired with the title of Professor Emeritus in 2000 from UTK, and relocated to serve as Professor and Head, Dept. of Psychology at Southeastern Louisiana University.
We Remember
Dr. Alvin Burstein

During these years he also served as a faculty member of the New Orleans-Birmingham Psychoanalytic Center.

Dr. Burstein was President of the Louisiana Conference of the American Association of University Professors (AAUP) from 2006-2010, and remained actively involved.

AAUP colleague Tulane Professor Emerita, Italian, Dr. Linda Carroll said she "... had been thinking of his phone call to me some months ago about assisting him in a possible pending editorship of a journal concerned with professional ethics. An undertaking at the heart of his concerns. [...] Al was a true intellectual, a true professional, and a warm and caring person."

Throughout his years in academic service, Dr. Burstein provided psychotherapy, psychological testing, and psychoanalysis in his part-time private practice.

He earned the Diplomate from the American Board of Professional Psychology in 1965.

He was an active member of the professional community and was an active contributor to the American Psychological Association (APA). He was a fellow in APA Divisions 2, 12, 27, and 39. He served as Chairman for Division 12, the Membership Committee; for Corresponding Committee of Division 5; as Liaison to Education & Training Board; in the Visiting Psychologist Program; and in the Task Force to Revise Accreditation Criteria.

He served as chair of the Education and Training Board, on the APA Council of Representatives, and on the Committee on Employment and Human Resources where he also served as Chair.

He was president of the Southwestern Psychological Association, president of the Texas Psychological Association, and president of the Louisiana Conference, American Association of University Professors.

He earned the American Board of Professional Psychology Award for Meritorious Service, the UTK Chancellor’s Teacher Scholar, the UTK Psi Chi Outstanding Undergraduate Teacher Award, the UTK PanHellenic Council Outstanding Teacher Award, and the UTK University Studies Award for Contributions to Interdisciplinary Scholarship.

Dr. Burstein served as Consulting Editor for the Journal of Abnormal Psychology and as Advisory Editor for Contemporary Psychology

He served as Editorial Consultant for American Psychologist, the InterAmerican Journal of Psychology, the International Journal of Psychiatry in Medicine, and Professional Psychology. He was on the Editorial Board of Sounding: An Interdisciplinary Journal.

He co-authored two books, Psychosocial Basis of Health Care (3rd edition) and Rorschach’s Test: Scoring and Interpretation, the latter co-authored with wife and colleague, Dr. Sandra Loucks.

Dr. Burstein authored or co-authored a range of books chapters including, "Group psychotherapy and group dynamics enter the 1970s," in Vol. 26, and "Group Psychotherapy," in Vol. 28, of Progress in Neurology and Psychiatry.


With his colleague and wife, Dr. Sandra Loucks, he co-authored the chapter, "Psychologist as a health care clinician," in The Handbook of Clinical Health Psychology.

He had a voice from early in his career. In 1971, Dr. Burstein and J. C. Kobos authored, "Psychological testing as a device to foster social mobility," for American Psychologist.

He and his co-authors also wrote, "The changing face of American psychology," in 1986 for American Psychologist.

And in 1987, he authored, "The virtue machine," for American Psychologist. In this article, Dr. Burstein discussed the origins and status of institutional review boards (described as virtue machines) and argued that they tended to dampen curiosity and trivialize bioethical concerns.

He and Dr. Loucks and co-authors produced numerous works including, "Psychological characteristics of medical students and residents," in Journal of Medical Education; "Sex related psychological characteristics of medical students," in Journal of Psychology; and "The real cost of psychology intern services: Are they a good buy?" in Professional Psychology.

He and Dr. Loucks authored, "A comprehensive scoring manual for Rorschach's test," in British Journal of Projective Psychology and Personality Study.

Dr. Burstein did not shy away from weighty subjects. For example, he took on the topic, "The doctor as ethicist," in Health Science Center Mission, and he authored, "Distinctions meaningful," a position paper prepared for the 1987 National Conference on Graduate Education in Psychology, in APA Monitor.
We Remember
Dr. Alvin Burstein

With his Renaissance-man mind and his love of science and literature, he began doing reviews early in his career.


He also authored, "Review of Bioethics, Culture and Identity: A Philosophical Disease," "Review of Education in the Marketplace," and "Review of Psychoanalysis at the Margins," all for *Soundings.*

Strongly engaged in the community, he was a frequent presenter at conferences and conventions. Dr. Burstein presented at the American Psychological Association, Southeastern Psychology Association, Society for Values in Higher Education, and the International Federation for Psychoanalytic Education Annual Conference.

Examples include: "The future of psychotherapy: Fiscal and legal issues," for *Proceedings of the American Institute of Oral Biology,* in Palm Springs, California; "Psychoanalysis and Academic Psychology," at the *International Federation for Psychoanalytic Education Sixth Annual Conference,* in Toronto, Canada; "Perversion in Higher Education," at the *1997 Conference on Values in Higher Education in Knoxville, Tennessee; and "Against the Grain: The Natural History of an Inter-disciplinary Faculty Development Program," at the *1999 AAHE Conference on Faculty Roles and Rewards,* in San Diego, California.


In retirement, he turned his interest to literary and creative publications. He was a member of Inklings, a writers’ critique group in Mandeville, Louisiana, and a reader for *Silver Blade,* a fiction quarterly. He published fiction with Flash Fiction Press including, "A Dog’s Tale," "The Smokers," "Bonehead," and "Mimicry." He wrote a novella, *The Owl,* available on Amazon.

He contributed a monthly film review, *A Shrink at the Flicks,* for *The Psychology Times,* and won an award for Best Column from the Louisiana Press Association.

Dr. Alvin Burstein is survived by wife, Dr. Sandra Loucks, two children from a previous marriage—Daniel and Jessica, four grandchildren and three great-grandchildren. He is preceded in death by his parents and a young son.

Dr. Loucks wrote, "We married in 1978 and were married 45 years. Al and I came from very different backgrounds, yet we found commonality in our love for psychology, teaching, the application of psychoanalytic technique, and other shared values such as hard work and speaking truth to power. We ultimately both became full professors and were both ABPPs."

Dr. Loucks was born in New Orleans, and received her undergraduate degree in psychology from what was then LSUNO. She is accomplished in her own right—she has served on state boards, in associations, and has numerous professional publications. She has served as the head of continuing education at the New Orleans–Birmingham Psychoanalytic Center.

"Al and I have been described by friends as ‘joined at the hip.’ During our years of retirement we were inseparable. We were devoted to each other through many professional battles and accomplishments. I’ll never feel truly whole without him though he’ll always be part of me."

A celebration of Dr. Alvin Burstein’s life will be held 10:00 AM Saturday, November 11, 2023 at Rose-Mann Funeral Home in Knoxville, Tennessee.

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[Editor’s Note: We thank Dr. Loucks for her assistance with this article and wish her and the family our most sincere condolences.]
Income Protection Insurance
If misfortune strikes, will you be ready?

If suddenly you lost the ability to earn an income due to illness or injury, would your finances be taken care of? Securing a Trust Income Protection (Disability) Insurance policy can help provide a financial security net until you get back on your feet. Our plans are designed to provide you with income in the event of total disability, and you decide which benefits and features are right for you!

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1 Available in amounts up to $1,000,000. Coverage is individually underwritten. Policies issued by Liberty Life Assurance Company of Boston, a Lincoln Financial Group® company. Plans have limitations and exclusions and rates are based upon attained age at issue and increase in 5-year age brackets.
2 Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.
Dr. Matthew Calamia Named 2023 Early Career Psychologist by Louisiana Psychological Association

"Dr. Calamia has published over 100 peer-reviewed manuscripts, books, and book chapters and presented his work at local, regional, and national conferences. He is a licensed clinical psychologist with a designation in clinical neuropsychology providing direct patient care as well as training to graduate students," Raines said.

Dr. Calamia said, "I have spent the majority of my life in Louisiana. It was my dream to come back and work at LSU and I have been beyond lucky to have the timing work out for that to happen. It has been incredibly fulfilling to do training, research, and provide clinical services in my own community. I'm thankful to LPA for acknowledging my work with this award."

As well as authoring peer-reviewed publications, Dr. Calamia has completed projects such as the Keller-Lamar Health Foundation Validation of a Novel Web-Based Assessment of Cognitive and Emotional Functioning, as well as the Pennington Biomedical Center Nutrition and Obesity Research Center Apathy, Unintentional Weight Loss, and Cognitive Decline in Late Life, with co-investigators, Drs. Owen Carmichael and Corby Martin.

Dr. Calamia provides direct patient care as well as training and supervising graduate students with the neuropsychology emphasis.

Dr. Calamia's contributions include several areas. In partnership with the Institute for Dementia Research & Prevention at Pennington Biomedical Research Center, he and his team have explored predictors of cognitive change in cognitively healthy older adults and individuals with mild cognitive impairment. He also collaborates with the Adult Development and Aging Laboratory led by Dr. Katie Cherry at LSU.

Some of Dr. Calamia's most innovative applications and research efforts involve technology. He and his team are working on creating and validating computerized tools for use within a variety of clinical populations. Currently they are looking at the effectiveness of incorporating a non-immersive virtual reality paradigm into functional rehabilitation for older adults with moderate cognitive impairment.

Dr. Calamia and his team have piloted virtual reality as a quality of life intervention for older adults in assisted living facilities. At Francois Bend Senior Living in Gonzales he and his team have residents participate in enjoyable activities using virtual reality headsets.

"There is one resident there who is not from this area originally," Dr. Calamia previously said, "who cried from being able to go and 'visit' her hometown—in what is basically VR Google Maps—and each week she 'visits' other places she has lived and traveled. This is such a neat technology for reminiscence and also escape given how people have been limited in that due to the pandemic. We are planning to expand to other senior living communities," he said.

Dr. Calamia's projects also look at using specific memory scores on list-learning tasks to predict future cognitive decline. His team is examining the impact of natural disaster on health, well-being, and cognition in adults and older adults.

Among other goals, Dr. Calamia and his group are examining the benefit of a brief memory screening program to community dwelling older adults.

"I have conducted studies examining predictors of cognition functioning and decline in older adults," he explained previously. "These studies have sought to carefully unpack associations by moving beyond global measures of cognition or other variables and using multiple measures as well as statistical techniques such as structural equation modeling to address gaps in prior research."


Dr. Calamia is also involved in the study of the psychometrics for neuropsychological tests. Some of this research involves using archival clinical data from the Psychological Services Center and Jefferson Neurobehavioral Group and data collection at the Baton Rouge Clinic.

Current projects in this area include examining associations between measures of noncredible performance and self-report in clinical and forensic settings. He and his team are

One of Dr. Calamia's graduate students, Daniel Weitzner, with a senior citizen from Francois Bend.

Dr. Calamia and his team are piloting virtual reality as a quality of life intervention for older adults in assisted living facilities.

"This is such a neat technology for reminiscence and also escape given how people have been limited in that due to the pandemic. We are planning to expand to other senior living communities," Dr. Calamia said.

(courtesy photo)
also examining practice effects on neuropsychological tests of attention, the validity of existing neuropsychological measures in diverse clinical samples, comparing the predictive validity of multiple measures of everyday function in older adults with and without cognitive impairment, and examining psychometric properties of self-report measures across the lifespan.

"A major emphasis of my research," he said, "has been on examining the validity of psychological or neuropsychological measures including the validity of measures in terms of their hypothesized brain-behavior relationships, examining the validity of new scores derived from existing measures or new measures being used in the field, and examining the degree to which different measures of related constructs yield different associations with cognitive functioning," he said.

He and his team members have authored, "The Incremental Validity of Primacy as a Predictor of Everyday Functioning," which is in press at Neuropsychology. "Psychometric Properties of the Expanded Version of the Inventory of Depression and Anxiety Symptoms (IDAS-II) in a Sample of Older Adults," is another example of his team's contribution, this one for Aging & Mental Health. Advance Online Publication.

Dr. Calamia has conducted meta-analyses on practice effects and test-reliability for a number of popular neuropsychological measures. "Both of these projects involved the integration of a large amount of published literature. The practice effects publication included nearly 1600 individual effect sizes," Dr. Calamia explained.

Findings were published in a prestigious journal read by neuropsychological researchers and clinicians, The Clinical Neuropsychologist, and designated for CE credit.


Dr. Calamia and his team are also conducting studies examining ethnic and racial disparities in cognitive aging. Collaborators in this area include Dr. Robert Newton at Pennington Biomedical Research Center. Current projects include examining racial differences in the association between trauma symptoms and their impact on cognitive and everyday function. They are also evaluating the utility of a novel cognitive screening measure in a diverse sample of older adults and minority representation in neuropsychological research.

Dr. Calamia has led or been involved in neuroimaging studies using either the lesion method or functional magnetic resonance imaging to study brain-behavior relationships in patient populations. This research has focused on clinical populations with the aim of improving understanding of the neural correlates of emotional and cognitive functioning. "Examining the Neural Correlates of Psychopathology Using a Lesion-Based Approach," in Neuropsychologia, is an example.

Throughout the variety of his work, Dr. Calamia is committed to issues around diversity within neuropsychology. He participates in the Society for Black Neuropsychology mentorship program and is on the executive board of the recently formed Queer Neuropsychological Society. He has recruited graduate students from diverse backgrounds into his lab. One of his students led a lab publication in the special issue on "Black Lives Matter to Clinical Neuropsychologists" in The Clinical Neuropsychologist focused on reporting practices and representation in neuropsychology studies.

In 2021, the National Academy of Neuropsychology named Dr. Calamia as the recipient of their prestigious Early Career Award. The National Academy of Neuropsychology is the professional association for experts in the assessment and treatment of brain injuries and disorders, and its members are at the forefront of cutting-edge research and rehabilitation in the field of brain behavior relationships.

"I was excited," Dr. Calamia said about the honor. "I worked in a neuropsychology lab at LSU as an undergraduate. When that professor retired, I was lucky enough to be able to come back home and start my own lab. Over the years, I've managed to recruit an amazing group of graduate student mentees into my lab," he said. "The work coming out of my lab is all a shared effort and so this award is really theirs as much as it is mine. It's nice to be recognized and I hope this little boost in visibility makes future graduate applicants consider LSU." What are some of his future plans?

"As part of my sabbatical last fall, I learned more about the healthcare industry from Covenant Health Network," said Dr. Calamia. "The long-term care industry is facing immense challenges with a large number of workers leaving the field. To support those workers, out of that partnership, we have recently received a grant with a colleague of mine in I/O Psychology, Dr. Rebecca Brossoit," he said.

"Dr. Brossoit and I will be developing an intervention for employees and organizational leadership in long-term care facilities with the goal of reducing employee burnout and turnover."

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People

Psychology Times, August 2023 – Page 11
Gone Fishing—

We never tire of Dr. Tom Stigall’s photography.

Antelope Canyon
Navajo land near Page, Arizona

The dramatic formations in Antelope Canyon are due to the erosion of Navajo Sandstone. Over time, passageways have formed with deep corridors, flowing shapes, and mysterious light sources that create intense patches of illumination.

Tom named the large photo, “Lightbeam from Above.”

“There are several places in the canyon where these occur when the sun is in just the right position,” Tom said. “The landscape in this part of the country is spectacular and begs to be photographed.”
Stress Solutions
by Susan Andrews, PhD

Tapping Reduces Cortisol by 43%

That is what Dr. Peta Stapleton on Bond University in Australia found when she replicated Dawson Church’s 2012 cortisol study. In the original study, Church et al examined salivary cortisol levels in 83 subjects who were randomly assigned to either an emotional freedom technique (EFT) group, a psychotherapy group (SL for Sympathetic Listening) or a no treatment group (NT). The EFT group had a 50-minute session of tapping with a certified EFT coach. The NT group waited 50 minutes in the waiting room and the SL group had a 50-minute session with a licensed therapist. Cortisol was assayed just before and 30 minutes after an intervention. Emotional distress was assessed using the Symptom Assessment-45 to measure the subject’s level of anxiety and depression. The EFT group measured a significant decrease (p<0.03) in mean cortisol level (-24.39%) compared to a decrease of -14.25% in the SI group and -14.44% in the NT group.

Dr. Stapleton replicated the original Church study almost exactly. However, her results were even more dramatic. The EFT group reduced cortisol after 1 hour of EFT by 43%. There were 53 subjects in this study randomly assigned to one of the three groups. The Symptom Assessment-45 was again used to assess psychological distress. Salivary cortisol assessment was performed 30 minutes before the intervention and 30 minutes after.

Cortisol is considered to be an important biological marker of stress. EFT or acupoint stimulation is shown to be an effective method to reduce stress-related cortisol in a person. In an experimental situation, this is “interesting” and often that is all that happens with a reader who has an interest in stress reduction. In a real life situation, however, where someone has a history of not dealing well with stress, finding a short, easy to apply method that reliably reduces the amount of cortisol circulating in their body, the importance cannot be over-stated.

Creating a list of people who have a history of “not dealing well with stress” is an important first step. These are people who for some reason tend to hold the stress producing situation in their minds and continue to think about it, such as people who are more likely to have anxiety disorders like GAD or PTSD. The list should also include people who because of their physical condition, such as being pregnant, do not want to maintain high levels of cortisol in their blood.

An important second step as clinicians is for us to introduce them to various techniques to help them reduce their stress related cortisol. The Tapping Solution is possibly NOT the best technique. That remains to be seen. However, it is surely experimentally proven to reliably reduce cortisol and it is easy to do.

It might make a good tool for your therapy box if you see and treat people with anxiety.


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.
Get Out
A Review

by Alvin G. Burstein, PhD

Jordan Peele, well known for acting in comedy skits for fifteen years, has earned his chops as director in his first film, Get Out. The film is a tasty dish, an innovative combination of horror, comedy and social commentary. The film opens with an *amuse bouche*, the relationship of which to the main story line is not clarified until later in the film. A young black man is walking alone down an affluent suburban street late at night. He becomes frightened by a car tailing him and is ultimately attacked and manhandled into the trunk of the car which, to end the episode, speeds off. A mood of danger and racial tension is set.

One of the strengths of the film is Peele’s artful invocation of mood changes. The first switch is the opening of the main story. An attractive young interracial couple, Rose and Chris, undertake a visit to introduce her black boyfriend, a talented photographer, to her upper class white parents. When he expresses mild concerns about their reaction to his race, she reassures him about their liberal views—they would have voted for a third term of Obama’s presidency.

Fright interrupts their drive when their car hits a deer; a hostile policeman called to the scene finally sends the couple on their way. At the parents’ palatial home, as the visit unfolds, manifest expressions of welcome are punctuated by an increasing tempo of eerily peculiar events. Odd behavior by black servants, a maid and a yard man; the girlfriend’s brother; and a bevy of white, upper class friends, which includes one black man married to an older white woman, all combine to introduce a thickening sense of dangerous tension.

The weirdness ratchets up when Rose’s mother, a psychiatrist, asks Chris about his past and learns about his mother’s death, run over in a car accident when he was young. Rose’s mother goes on to hypnotize an unwilling Chris to eliminate his cigarette addiction. She uses the sound of stirring her cup of tea to induce a deep trance that sends Chris spinning into a deep, dimensionless space. In the trance Chris recovers a memory of sitting at home watching television, unaware, while his mother is dying.

Uneasy, Chris makes a phone call to his roommate, a black TSA officer who is dog-sitting Chris’ pet. The officer introduces comic relief warning Chris about the dangers of relating to white women based on slapstick fears of being made a sex slave.

Finally, unsettled to the point that he decides to follow his roommate’s advice to get out, Chris tries to leave, to learn that Rose and her family are involved in a bizarre scheme of using the bodies of black people as vessels for the brains of white people whose bodies are compromised in some way. Chris is wanted to provide a body to replace that of a white photographer who has become blind and needs Chris’ photographer’s eyes and talent. It would be a spoiler to reveal the outcome of Chris’s struggle to escape this fate.

A psychoanalyst, Charles Brenner, has argued that there are three central fears of childhood: abandonment, loss of love, and physical injury/castration, at the hands of parents. Much of the horrific impact of Peele’s film inheres in the impact of all three on Chris: his mother’s abandonment of him is echoed by his girlfriend’s transformation from a lover to something worse. That concatenation is heightened by another archaic dread, the fear of losing control of one’s self.

Early in the film, Chris’ TSA roommate comically talks about hypnosis in those terms: a hypnotist can make you bark like a dog. Behind that comic distortion is the fear of an alien possession of one’s body, represented in religious terms by demonic possession and in psychiatric terms by identity disorders.

Peele serves us a dish in which that fear is pictured in racial terms—black bodies utilized by white minds. He suggests, I think, a metaphor for slavery and perhaps, some aspects of professional athletics.
LSU’s Dr. Buckner Helps Discover New Treatments for Dual Diagnosis

Dr. Julia Buckner and her team at Louisiana State University’s Anxiety and Addictive Behaviors Laboratory & Clinic have begun work to develop a new treatment for those struggling with a combination of anxiety and marijuana dependency. Buckner has been awarded a research grant for $632,442 from the National Institute on Drug Abuse for her project, “Integrated CBT [Cognitive Behavioral Therapy] for Cannabis Dependence with Co-occurring Anxiety Disorders.” The work is one of the first attempts to find a more effective therapy for those who suffer with both anxiety and marijuana (cannabis) dependency.

Dr. Tucker Appointed

Susan Tucker, Chief Psychologist and Assistant Warden at the Bossier Sherriff Medium Correctional Facility in Plain Dealing, has been appointed by the governor to Louisiana’s Commission on Addictive Disorders. The commission is a 13-member board with the goal of helping to promote healthy lifestyles for Louisiana citizens by developing ideas and programs that increase public awareness. The members work to help prevent the abuse of alcohol, drugs, and compulsive gambling.

Mixed Opinions On New DSM-5 by S. Lowery

Earlier this year, the American Psychiatric Association (APA) released the newest version of the Diagnostic and Statistical Manual of Mental Disorders, the DSM-5. The Times spoke with Dr. William McCown of the University of Louisiana-Monroe (ULM), Dr. Tony Young of Louisiana Tech, and Dr. Gary Gintner, to learn more about the controversial changes surrounding the new DSM-5.

Changes Coming for Baton Rouge Speech & Hearing

Dr. Brian Esteve and his colleagues at Baton Rouge Speech & Hearing Foundation are getting ready for big changes coming in 2014. Esteve is the full-time psychologist and behavior analyst on staff, and joined by part-time psychologists, Dr. Jane Morton, who oversees home-based ABA services, and Dr. Emily Boudreaux who provides a variety of evaluation and therapeutic services and who specializes in developmental disabilities.

BA Board Named

Governor Jindal announced the appointments to the newly created Louisiana Behavior Analyst Board on July 19. According to the press release, five members from across the state will be serving. All five are appointed to serve as a behavior analyst, and were nominated by the Louisiana Behavior Analysis Association. [They are: Emily Bellaci, Cassie Bradford, Ellen Brocato, Kathy Chovanc, Jennifer Longwell. Also, Marc Zimmermann, PhD, who currently serves as Vice Chair on the state psychology board, will serve as an Ex Officio member.]

Researchers Attend APA, Get Drenched by Flossie

Researchers from around the state are enjoying the beautiful sights and sounds of Honolulu, Hawai‘i, while they attend the Annual Convention of the American Psychological Association, July 31 to August 4. However, they are also in the middle of tropical depression, Flossie, which is dumping rain on them as if they were still in our beloved, wet Louisiana.

Those presenting at this year’s conference include Tulane’s Dr. Stacy Over-street and Dr. Bonnie Nastasi, University of Louisiana Monroe’s Dr. Karen Kopera-Frye and Dr. Bill McCown, Dr. Darlyne Nemeth, Dr. Lee Matthews, Loyola’s Dr. Janet Matthews, Drs. Greg Gormanus and Warren Lowe, Dr. Kelly Ray, and a number from LaTech including Drs. Guler Boyraz, Mary M. Livingston, Walter Buboltz, Janelle McDaniel, and Steve Jenkins.

Dr. Scaramella New NIH Chair

University of New Orleans (UNO) Psychology Professor, Dr. Laura Scaramella has been named Chairperson of a National Institute of Health (NIH) peer review group. She will oversee the Psychosocial Development, Risk and Prevention study section of the Center for Scientific Review, according to a July UNO press release.

The news release noted that the group that Scaramella will lead is a type of gateway for NIH grant applications and for the review for their scientific merit.

New Proposed CE Changes Published in July Register

The state psychology board published their Notice of Intent laying out proposed changes to the continuing education rules, in the July issue of the Louisiana Register. After almost three years of discussions about these changes, prompted by recommendations from the Association of State and Provincial Psychology Boards (ASPPB) and first discussed in 2011, the board is presenting what may be the final proposal for these changes.

Dr. Gintner Highlighted in NP

Dr. Gary Gintner, LSU Associate Professor and Program Leader of the Counseling Program at Louisiana State University, was featured in the lead story for the July/August issue of The National Psychologist, a newspaper for practitioners with national circulation.
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