

Dr. Ahava Wins His Apeal Saves \$64,000 in Fees

On September 29, Judge Ronald Johnson of the 19th Judicial District Court, reversed the state psychology board's 2015 decision to revoke Dr. Glenn Ahava's license and granted his appeal. The reversal nullifies almost \$64,000 in fees that the board had intended to charge Dr. Ahava for his prosecution.

In the order, Judge Johnson said that the state psychology board had failed to meet certain legal standards in investigation and prosecuting of Dr. Glenn Ahava. Because of violations of the time limit for an investigation, and also a failure to properly notify Dr. Ahava of certain matters, Judge Johnson reversed the board's decision to revoke Dr. Ahava's license and granted his appeal.

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La Department of Health Announces the Whole Health Louisiana Statewide Plan

The Louisiana Department of Health (LDH) has announced the release of the Whole Health Louisiana (WHL) State Plan, Louisiana’s first statewide plan to systematically address the widespread issue of childhood adversity and trauma through the integration of trauma-informed and healing-centered approaches in our state’s systems of care and support for children and families.

According to the announcement, addressing this issue is critical to the well-being and fulfillment of our state’s children, families and communities. Whole Health Louisiana’s mission is to transform Louisiana’s cross-system collaboration and community-specific

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Year-In-Review

While the community continues to deal with the post-pandemic changes, many psychological scientists and psychologists coped, plugging away at finding ways to meet the increasingly complex demands of their clients and patients and continue their important research. Despite some Covid fatigue, and though tucked away in their Zoom rooms, community members continued to make news.

The year contained a steady stream of scientific research which managed to still gain footing at the regional and state psychological associations. An array of psychologists and scientists were recognized for their contributions. And,

the legislature turned out its usual flow of changes for mental health providers.

And exciting veto and veto session occurred during the legislative battles over transgender rights and medical procedures.

One of our leading psychologists testified at a congressional hearing and a popular innovator returned to the state.

Sadly, the community lost several great leaders.

We review the people and events of 2023 for you starting on page six.

The Psychology Times 2023 COMMUNITY AWARDS

Once again, it was no small feat to have kept the home fires burning through the post pandemic period. Our winners had unusual perseverance to keep moving through a society that was stuck in anxiety, change, and confusion. We scanned the year's news and activities and found shinning examples of creativity, courage, and leadership. For our Community Awards we focus on these special people, some new and some regulars, who pushed for excellence to make our community better and to improve the lives of others. We thank these leaders for their vision, perseverance and dedication, despite the obstacles of 2023.

Editorial Page – Opinions

A Fond Farewell

by J. Nelson

I shared with readers last year that I was having health problems that limit my ability to work on the computer. It is now with sadness but some relief that I acknowledge my limitations.

This situation has been brought into sharp focus also because Archimedes brought Covid home for Christmas. Recovering from Covid has been slow but makes it clear how fragile my health is overall.

So, I am calling an end to this great experiment of *The Psychology Times*.

I didn't know how long I'd be able to do the *Times* and I'm grateful for the 14 and 1/2 years that have been an honor for me.

It has meant a great deal to me to follow in my parents footsteps and join the Louisiana Press Association. I have learned so much about what it meant in my family of origin, the principle of the First Amendment and why it is so important to the organization, process and psychology of a community. This is even more important to a scientific community that thrives on debate and free exchange.

It has been an honor to report on what psychologists are doing and what they are capable of for their state and society. It has also been an honor to work with my great columnists and the contributors.

It has been gratifying to be the open communication vehicle in a community that needed a newspaper so badly. And it has been wonderful to win over 100 Press Association awards while having such a good time in the classical journalism sphere.

It has been comforting and inspiring that so many readers understand the system dynamics of freedom of information. There is no more important principle for open systems, the need for self correction in a scientific profession, than the one that is embedded in the First Amendment's freedom of speech.

If I have done one thing for the good of our community it is to fly the flag for free speech over and over during the last 14–1/2 years.

While I might do some special issues, if my health allows it, I would be lying if I did not say that I feel some relief. My health problems have not gotten any better over the last year and I have to dedicate full-time to finding out what is wrong with me and doing what I can for myself and my family.

I cannot thank the readers enough who have been loyal and supportive of my efforts through these years. I will not forget your kindness!

From the publisher and the staff at
The Psychology Times



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

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Corrections & Clarifications

No corrections were received for last month's issue.
Please send your corrections to:
psychologytimes@drjulienelson.com

Dr. Ahava Wins His Apeal

Saves \$64,000 in Fees, continued

Dr. Ahava, a forensic psychologist at the time, had two complaints about his reports to the court, and one complaint about a billing dispute. In 2015, the board revoked his license but Dr. Ahava immediately appealed the decision. In 2019, Judge Janis Clark found in favor of Ahava on two counts but delayed a third issue regarding the billing dispute.

On September 29, 2023, Judge Johnson ruled that the board was "in violation of Louisiana revised statute section 37:2353, which provided in 2015 that "no disciplinary proceedings shall be commenced more than one year after the date upon which the board knows or should know of the act or omission upon which the disciplinary action is based."

Because Dr. Ahava has won his appeal, he does not have to pay the \$63,952.29 billed him by the board.

According to the board's documents, the fees that would have been charged to Dr. Ahava included \$43,525.49 for prosecuting attorney Jim Raines. Also fees included \$8052.50 charged by attorney Amy Groves Lowe. Charges for the administrative law judge fee totaled \$5500.50 and the court reporter was \$1178.

Board members were charged at \$750 to attend which came to \$3750. Mileage was \$295.80.

Hotel rooms for Kelly Parker and Tony McCoy total of \$1000. Gary Pettigrew is reported to have a fee of \$350. Room rental was \$300.

In 2015, the time limit became an issue in a complaint case against forensic psychologist Dr. Alicia Pellegrin. [See "LSBEP Attorneys in Damage Control Mode? Investigations Committee May Have Botched Time Limits on Complaints," (*Times* Vol. 6, No. 10)]

Dr. Pellegrin explained that she had been investigated by the board for three years, with the main criticism that she had acted improperly when she decided not to disclose her professional identity to a seven-year old whom she was evaluating by court order.

During her hearing, the board's legal team persuaded the complaints coordinator to drop the charges against Pellegrin, following an executive session and the recommendation of the attorney regarding the problematic time limit issue.

In 2017, the Board sponsored Senate Bill 37 which deleted the one-year time limit language. That language had originally been crafted by Dr. Jim Quillin.

The bill also added provisions for fees in disciplinary actions.

"The board may charge a hearing fee to include reasonable costs and fees incurred by the board for the hearing or proceedings, including its legal fees, stenographer, investigator, staff, and witness fees and any such costs and fees incurred by the board on any judicial review or appeal," and

"The board may charge an informal resolution fee to include reasonable costs and fees incurred by the board for a disciplinary action that is resolved by settlement, consent decree, or other informal resolution, including its legal fees, stenographer, investigator, staff, and witness fees."

Some in the community consider the board to have been overzealous beginning in 2014 with attorney fees skyrocketing in the years following.

According to Boards and Commission budget tracking the psychology board projected a fund balance of minus \$400,595 for 2018.

This came after several years of over-budget spending that appears to be due in large part to legal fees. The psychology board is self-funded, and it operates with income supported by license fees and other service fees.

Based on the budget and financial tracking provided at the Boards & Commissions website, the LSBEP stayed approximately within budget for most years and carried a "fund balance" of around \$100,000, which appears to function as a savings reserve. Increased legal spending paralleled a change in the design of the complaints committee and additional attorney employees.

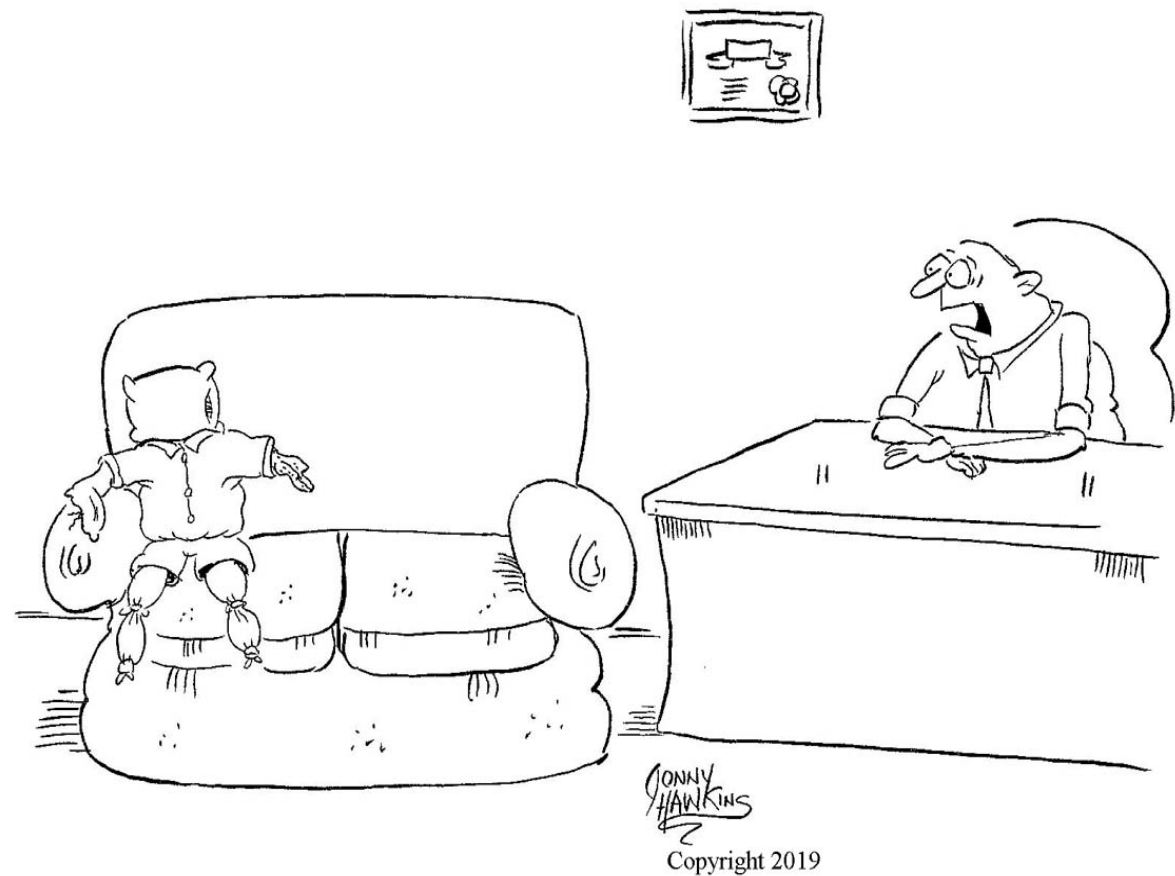
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“Let’s begin by addressing your delusional tendencies.”

LDH Announces the Whole Health Louisiana Statewide Plan, continued

care so that together, we can effectively prevent, recognize and treat childhood adversity and its effects, allowing the people of Louisiana to access their full potential.

Through key priority areas of collaboration, awareness, workforce, prevention, and healing, WHL envisions a Louisiana in which children, families and communities are healthy and thriving regardless of who they are or where they live.

“The Louisiana Department of Health is extremely proud to have partnered on this effort to develop a comprehensive approach to preventing and addressing trauma across child-serving systems. We remain committed to working with our partners from across the state to support the implementation of the Whole Health Louisiana State Plan. Building on the community input we have gathered, we will continue to integrate the healing-centered and trauma-informed objectives outlined in this plan within our agency and provide support to other state agencies, organizations and communities that are working to do the same,” LDH Deputy Secretary Tonya Joiner said.

Two years ago, LDH, the Louisiana First Foundation and leaders across the state formed the WHL initiative to prepare Louisiana to better respond to the drivers and impacts of childhood adversity by developing a comprehensive plan. The WHL State Plan is built upon the initial discovery phase, which took place from

September 2021 through August 2022. During the plan development phase, public sector leaders, community members, advocates, and child- and family-serving workforce representatives came together to create a trauma-informed statewide plan with sector-specific strategies, implementation and evaluation approaches with buy-in across systems. WHL is the only coalition in the state uniting all child and family-serving entities across sectors and populations.

“Through our work to raise awareness about the science of childhood adversity, trauma and resilience, the Bureau of Family Health (BFH) was asked to coordinate the development of the WHL State Plan on behalf of the Department.

"For us, it was both an honor and a timely call to come together with our partners from all regions of the state to create a plan to provide families, communities and service providers with a toolkit to prevent and address these issues.

"Our mission at BFH is to elevate the strengths and voices of individuals, families and communities to catalyze transformational change to improve population health and achieve equity. We believe that the WHL State Plan moves us all closer to achieving that mission and are happy to continue to support the initiative through its implementation,” said Amy Zapata, Bureau of Family Health director.

Over the next five years, LDH will continue to foster public and private

sector partnerships to implement and sustain the plan for the long term. Becoming trauma-informed requires education, training, and ongoing self-reflection for all involved.

By being trauma-informed, individuals and communities can play a vital role in creating spaces that promote healing, resilience, and recovery for those who have experienced trauma.

“To that end, the Department will be supporting the implementation of the State Plan over the first five years with both funding and dedicated staff support to ensure a successful transition from planning to implementation,” Joiner said.

"We recognize that this initiative has the potential to impact the health and well-being of our state’s youngest and most vulnerable residents. The success of this plan lies in all of our hands and within each community across our state. If you are just learning about this work, we invite you to join us. If you have supported the development of this initiative in any way, we thank you and look forward to continuing this work together," Joiner said.

Plan objectives will be implemented from January 2024 to December 2028, establishing structures, policies and practices to propel Louisiana toward our vision of healthy and thriving children, families and community members, regardless of who they are or where they live.



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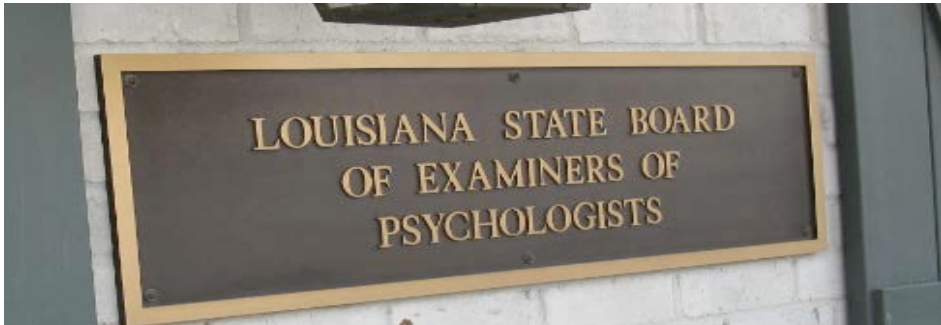
- FINANCIAL SECURITY:** PTI offers a highly competitive salary commensurate with training and experience. PTI matches your 401-K plan contribution 3%.
- INSURANCE:** PTI will pay malpractice insurance and provide Health Insurance benefits
- WORK AUTONOMY:** our multi-disciplinary team will allow you the freedom to deliver care to the patient you are most comfortable treating

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HOW TO JOIN THE TEAM:

- Send CV to careers@mypsychnetwork.com for immediate consideration.
- Apply online at <https://www.mypsychnetwork.com/join-our-team/>



July 21, 2023
Published Dec. 8, 2023

Executive Committee Report by Ms. Monic:

- The 2023 Regulatory Update and Training, Part I and II have been published. 144 individuals completed the course evaluation and received credit for Part I; 89 individuals completed the course evaluation and received credit for Part II.
- The Board is now accepting Registration of an Assistant To A Psychologist Applications and has received materials and criminal background checks on approximately 50 individuals to date.
- Renewal Update - Opening Renewals included:
 - a.789 Licensed Psychologists i. 409 Reporting CPD ii. 200 May qualify for a reduced fee or Psychologist Emerit: Retired if criteria met.
 - b.34 Licensed Specialists in School Psychology
 - c.12 Provisionally Licensed Psychologists
 - d.As of 7/19/2023 COB Outstanding Renewals included 207 Licensed Psychologists, 15 LSSP, 8 Provisional.

- As of May 31, 2023: The budget is stable, and the board has funds to operate through the end of FY 2022- 23. The Board's cash on hand is reported to be \$250,287.77, with an additional \$36,492 in receivables (this total does not include debt owed to the Board in matters older than 2 years old: \$40,622.25 (P16-17-11C – Eric Cerwonka), \$119,991.98 (P15-16-03C – Eric Cerwonka), and \$63,952.29 (P12-13-10C, P13-14-04C, P13-14-05C Glenn Ahava). Your budgeted expenses for FY 2022-23 are estimated to be: \$440,856. There is one month remaining in this fiscal year, and the majority of expenses, particularly contracts, are either at or below what is expected. Therefore, the board should end the year at or just over budget. The Board has met their rulemaking goals in FY 2022-23. This should have a positive impact on revenue in FY2023-24. The Board is well staffed, with three full-time employees. Staff productivity is up, even with the added projects of registration of ATAP’s and continuing professional development. Additionally, it is worth noting that financial statements are not available for June due to slow invoicing by contractors/vendors. [...]

- Board Strategy Recommendations:
 - Roll out new rules and regulations, with outreach communications and training. Focus on adopting new processes and procedures to implement Legislative Performance Audit recommendations including adopting a disciplinary matrix. Implement financially sustainable options for technology to be utilized in the application and renewal process which may either counter (or reduce) the cost of employees, workload and related expenses for processing applications, and/or counter (or reduce) the cost of real-estate needed to store paper files. Consider setting a goal to achieve and maintain a reserve balance to cover deferred liability plus unexpected expenses (e.g., hearing costs, lawsuits, major technology developments, moving) plus 3-6 months of operating expenses. Consider creating policy guidelines for Board approval to tap your reserve and then rebuild that amount.

- Settlement of State of Louisiana Through the Louisiana State Board of Examiners of Psychologists, of the Louisiana Department of Health vs. Dr. Jeremy Blunt, Psy.D., Stitches For Life, Inc., Docket: C-73317827, 19th JDC - Mr. Wagner reported on the status of the settlement of State of Louisiana Through the Louisiana State Board of Examiners of Psychologists, of the Louisiana Department of Health vs. Dr. Jeremy Blunt, Psy.D., Stitches For Life, Inc., Docket: C-73317827, 19th JDC. Following this report, Dr. Harness moved that the Board accept the Stipulated Judgement as a settlement and in lieu of prosecution. Following an opportunity for discussion, the matter was put to a vote. The motion passed by unanimous roll call vote of the members present as follows: In favor: (5) Moore, Harness, Sam, Holcomb and Woods-Smith; Against: (0); Abstained: (0); Absent: (1) McNeely.

Jurisprudence Examination Committee – Dr. Holcomb reported that it is taking longer than he expected to draft new items for the Jurisprudence Examination. He is continues to evaluate and work on new questions to pilot and is focusing awareness on implicit bias and item writing.

10. Liaison to Professional Organizations – Dr. Holcomb reported on the presentation to the Louisiana Psychological Association, stating that he was happy to be a part of the presentation. Ms. Monic reported on being invited to speak with the Baton Rouge Area Society of Psychologists, which talk was approved by Drs. Gormanous and Moore. The Board

From the Minutes

Selected Items from July Meeting of the Louisiana State Board of Examiners of Psychologists (LSBEP)

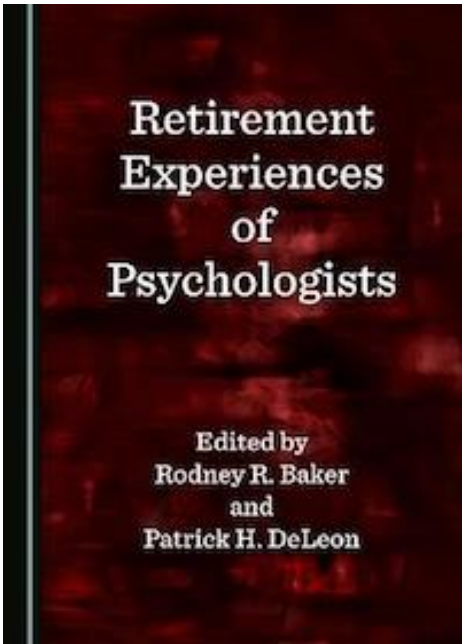
requested that they be advised of future requests for speakers by professional psychology organizations.

11. Long Range Planning Committee – Dr. Moore reported that the current January Meeting date falls on January 19th and explained that in the past the Board has met for a full day on the Thursday prior, then 1/2 a day on Friday culminating in the awards luncheon. The Board agreed to this schedule for planning the agenda and luncheon.

Referrals to the District Attorney pursuant to La. R.S. 37:2360 – Referrals to the District Attorney pursuant to La. R.S. 37:2360 – Mr. Wagner explained his interpretation of the statutory provision LA R.S. 37:2360; which establishes that it is a misdemeanor to violate the provisions of Title 37 Chapter 28. He explained the Board’s previous reading of the statute as forbidding disclosure to anyone other than the District Attorney created a situation whereby the disclosure was meaningless due to some D.A.’s office’s requiring a citation from law enforcement accompany the Board’s referral. Mr. Wagner asked that the Board affirm their updated understanding of LA R.S. 37:2360 so that, when the Board directs staff to act under LA R.S. 37:2360, it understands that interim steps and disclosures are required to be made by staff to carry out Board’s intent to seek prosecution by the District Attorney. Dr. Sam moved that the board affirm understanding of the process for turning matters over to the District Attorney. Following an opportunity for discussion, the matter was put to a vote. The motion passed by unanimous roll call vote of the members present as follows: In favor: (5) Moore, Harness, Sam, Holcomb and Woods- Smith; Against: (0); Abstained: (0); Absent: (1) McNeely.

Motion by Dr. Sam that LSBEP adopt a policy regarding length of time between various meetings and the receipt of an initial draft of completed minutes by LSBEP staff to ensure that timely recording is given to reduce the disruption of progress and increase follow-up of tasks and assignment. – The Board discussed this matter and motion by Dr. Sam. Following opportunity for discussion, adopted a policy that staff ensure minutes are drafted within a month of each meeting. The Board considered the motion. The motion passed by unanimous roll call vote of the members present [...]

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2023 Year-in-Review

Continued

JANUARY

No Substantive Changes After Public Feedback on Proposed Rules from Psychology Board After publishing over 19,000 words of new proposed regulations, the Louisiana State Board of Examiners of Psychologists conducted a public hearing on December 16. The board dismissed calls from the public for substantive changes.

Gov. Edwards Touts Positive Outcomes of Criminal Justice Reforms In two press releases, Gov. John Bel Edwards touted the state's improved criminal justice program after a November report by PEW and a bipartisan report by the Pelican Institute highlighted significant improvements in Louisiana's criminal justice reform outcomes.

Governor Edwards Names Terri Ricks Head of DCFS On December 21, Gov. John Bel Edwards named Terri Ricks the new secretary of the Department of Children and Family Services, according to the press release.

Louisiana Attorney Gen Jeff Landry Files Lawsuit On Government Involvement in Social Media/Speech

Louisiana Attorney General Jeff Landry and Missouri Attorney General Eric Schmitt have brought a lawsuit to show the federal government is colluding with social media companies to censor speech. This according to Landry's office.

Only Two Things Left for Psychologists Times Editorial by publisher, J. Nelson

The Banshees of Inisherin A Review by Alvin G. Burstein, PhD

FEBRUARY

Dr. Woods-Smith in Election Shawanda Woods-Smith, PsyD, from Ball, Louisiana is the sole candidate qualifying and offering to serve on the Louisiana State Board of Examiners of Psychologists and named in the current election to fill the board member vacancy occurring on June 30, 2023.

Medical Psych Advisory Committee Discusses Supervision Dilemmas The Louisiana State Board of Medical Examiners, convened a Regular Call meeting of the Medical Psychology Advisory Committee on January 27,

2023. The Medical Psychology Advisory Committee met via livestreaming video and teleconference for the public session. New Business included: "1. LSBEP – Supervision of psychology licensure candidates."

Legislature Kicks Off with Special Session this Week On January 22, the governor called for a special session to appropriate funds to the Insure Louisiana Incentive Fund, a fund created in the 2022 legislative session with the goal of attracting more insurance companies to Louisiana.

LSU's Dr. Todd, Creativity Expert, Named to National Sea Grant Program for La Dr. Michelle Todd, Assistant Professor in the School of Leadership and Human Resource Development at Louisiana State University (LSU), was named Fellow in the Louisiana Discovery, Integration, and Application program, part of the National Sea Grant Program.

Dr. Murray Weighs in on the Behavioral Immune System Tulane's Dr. Damian Murray co-authored the Association for Psychological Science lead article, *Psychological Science in the Wake of COVID-19 Social, Methodological, and Metascientific Considerations*.

Governor Edwards Makes Appointments to Regents, Southern & U. of Louisiana System The Governor appointed several individuals to the Louisiana Board of Regents.

Gov. Edwards to Mark Seven-Year Anniversary of Medicaid Expansion Governor Edwards is marking the seven-year anniversary of the expansion of Medicaid in Louisiana.

April Proposed Rollout Date for Registering Assistants to Psychologists At the Friday, December 16, 2022 meeting of the state psychology board, members proposed the schedule and rollout for registering assistants to psychologists, according to the minutes posted in January.

Psych Board Offers Mr. Wagner Position as In-House Attorney At the December meeting of the Louisiana State Board of Examiners of Psychologists, members agreed to offer Mr. Jonathan Wagner a position as in-house attorney.

The Psychology Times 2023 COMMUNITY AWARD LEADERSHIP

Dr. Richard Flicker



In March, we reported on Dr. Richard Flicker, who took the leadership role for the Baton Rouge Area Society Psychologists. This is only one example of Dr. Flicker's willingness to embrace leadership in the community. He is also president-elect of the Exchange Club of Baton Rouge, chair of the annual Adopt-A-Teacher project, past president and the current Treasurer of the Inter-Civic Council of Greater Baton Rouge, a volunteer for the American Red Cross and a member of the Professional Advisory Group for Our Lady of the Lake's Clinical Pastoral Education program, just as a few examples. He is a model of engaged leadership!

2023 Year-in-Review

Continued

The Psychology Times' BOOKSHELF Who's Writing What?
Clinical Assessment of Child and Adolescent Personality and Behavior, 4th Edition Paul Frick, Christopher Barry, and Randy Kamphaus

10 Years Ago! What The Psychology Times was reporting on in February 2013
UNO Biopsychologists Discover Way to Stall Huntington's Disease Dr. Gerald LaHoste and his team of researchers from the Applied Biopsychology Program of the Psychology Department at University of New Orleans (UNO) have discovered a way that could help delay behavioral decline in patients with Huntington's Disease.

Clementi Times Editorial by publisher, J. Nelson

How to Be Happier and Live Longer
Stress Solutions by Susan Andrews, PhD

The Fablemans by Alvin G. Burstein, PhD

MARCH

Legislators Filing Bills for April 10 Start of 2023 Regular Session The 2023 Regular Legislative Session will convene at noon on Monday, April 10, 2023.

Dr. Ledet's Innovations Aim to Reach Women Experiencing Stress
Dr. Sumer Ledet, licensed clinical and medical psychologist, and expert in anxiety disorders, is using innovative, psychoeducational methods to reach women who struggle with being overwhelmed due to their responsibilities as mothers, partners, and breadwinners.

We Remember Dr. Ron Boudreaux
Dr. Ronald F. Boudreaux died February 4, 2023, at the age of 79. He had struggled with complications of Parkinson's for two decades. Over his 40-year career, Dr. Boudreaux lead the state in establishing a comprehensive system of public health services for children and youth who suffered from severe emotional problems. Dedicated to the practice of public mental health, he built coalitions to integrate services across the state for serving children and their families, created advocacy groups such as the Federation of Families, and spearheaded innovative programs which embraced the

scientific evaluation of effectiveness for the benefit of the citizens.

Volunteering Expert, Dr. Richard Flicker, Takes Lead for Baton Rouge Area Society Psychologists Dr. Richard Flicker, an industrial–organizational psychologist who is heavily involved in his community and volunteering, will serve as president of the Baton Rouge Area Society of Psychologists, known as BRASP. This will be the second term for Dr. Flicker, who also served as president in 1998.

Association of American Physicians and Surgeons Issues Statement on Gender-Affirming Care in Minors In a February 25 press release, the Association of American Physicians and Surgeons (AAPS), a national organization of physicians in all specialties founded in 1943, issued the following statement:

Florida Announces Health Alert on mRNA COVID-19 Vaccine Safety On February 15, 2023, the Florida State Surgeon General notified the health care sector and public of a substantial increase in Vaccine Adverse Event Reporting System (VAERS) reports from Florida after the COVID-19 vaccine rollout.

Future Trends for Psychologists 2023 The fundamental changes that began with the COVID-19 crisis are continuing to cause shifts in the culture that will be with us for years. Experts agree that the social, economic, and psychological impact of the pandemic will reshape aspects of our society, and this seems especially true in the area of health and behavior. Overall, psychologists are adapting to and leading changes in the mental health field by incorporating technology, emphasizing prevention and early intervention, collaborating with other healthcare professionals and conducting research on novel treatments to improve outcomes for individuals. Here are the trends as we see them.

The Bookshelf – Who's Writing What? The Practical Guide to Cognitive Rehabilitation

10 Years Ago! What The Psychology Times was reporting on in March 2013 Members from Behavioral Health Step Up for Violence Prevention Professionals from various behavioral health groups have formed a coalition to promote safety in Louisiana by



strengthening early identification of those at risk of violence. Dr. Steele Appointed to Marriage and Family Therapy Advisory Committee In December.

Chatting with Hal Times Editorial by publisher, J. Nelson

Quick Stress Relief Using Your Senses Stress Solutions by Susan Andrews, PhD

All That Breathes by Alvin G. Burstein, PhD

APRIL

Bills Flowing in for April 10 Start of 2023 Legislative Regular Session The 2023 Regular Legislative Session is booming already with hundreds of bills being filed and the kickoff day set for April 10.

La Behavioral Health Notes Emergency in Children's MH Needs
According to a March press release, the Louisiana Department of Health (LDH), Office of Behavioral Health, is introducing five new initiatives focused on the behavioral health of children and adolescents and their families. These initiatives focus on improved access to early childhood, adolescent, and family behavioral health services.

Psychological Scientists Attend International Event Psychological scientists from Louisiana joined the nearly 1500 researchers that came

2023 Year-in-Review

Continued

together in Brussels, Belgium for the 2023 International Convention of Psychological Science. Organized as a branch of the Association for Psychological Science, researchers from Louisiana contributed to the 70 countries and six continents that were represented at this year's event, held March 9 to 11.

Dr. Susan Tucker Returns to Shreveport After a year in Mississippi as Mental Health Director for Mississippi Department of Corrections, Dr. Susan Tucker, innovative program designer, has returned to Louisiana to serve as Chief Operating Officer at Whole Health Treatment Center in Shreveport.

Med Psychology Advisory Committee Discusses Rule, Legislative Changes The Medical Psychology Advisory Committee held a Business Meeting, March 24, 2023, at 1:00 p.m., via Live Streaming Video and Teleconference during the public session.

La Congresswoman Dr. Julia Letlow's "Parent Rights Bill" Advances Louisiana's U.S. Congresswoman Julia Letlow, Ph.D, announced that her Parents Bill of Rights Act passed the U.S. House of Representatives.

Gov. Edwards' Statement on Deaths of Louisiana Natives in Nashville Mass Shooting On March 28, Governor John Bel Edwards released a statement on the mass shooting at Covenant Presbyterian School in Nashville.

Measure to Revise Dyslexia Screening & Diagnosis Filed HB 69 by Rep. Marino revises laws relative to screening for and diagnosis of dyslexia.

Rep. Selders Seeks to Prohibit Death Penalty for Those Mentally Ill Rep. Selders has filed a bill which prohibits the death penalty from being imposed upon any person with a severe mental illness, HB 328.

HB 175 to Prohibit Firearms in Mental Health Facilities Representative Boyd filed HB 175 which will 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.

HB 181 to Modify Emergency Certificate Procedures HB 181 by Rep. DeVillier 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.

Rep. Marcelle's Bill Aims to Support Student's Mental Health HB 353 by Rep. Marcelle provides relative to student behavior, discipline, and behavioral and mental health. Elements of the bill include:

Rep. Firment's HB 463 to Prohibit Sex Change Procedures on Minors, Filed HB 463 by Firment establishes the "Save Adolescents from Experimentation Act" in Louisiana and prohibits procedures that alter the gender of minors.

HB 466 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 Psychology Times' BOOKSHELF Who's Writing What? *Searching for Trust in the Global Economy* Jeanne Brett and Tyree Mitchell

10 Years Ago! What The Psychology Times was reporting on in April 2013 LSBEP to Form Task Force for School Psych Specialist At the Long-Range meeting, Dr. Welsh spoke about several issues. Salcedos Work to Rescue Sex-Trafficked Children.

Leading Change as Psychologists Times Editorial by publisher, J. Nelson

Early Life Stress Can Affect Brain Development and Mental Health Stress Solutions by Susan Andrews, PhD

A Man Called Otto by Alvin G. Burstein, PhD

Cont next pg

The Psychology Times
2023
COMMUNITY AWARD
INNOVATION
Dr. Susan Tucker

After a year in Mississippi as Mental Health Director for the Mississippi Department of Corrections, Dr. Susan Tucker, innovative program designer, returned to Louisiana to serve as Chief Operating Officer at Whole Health Treatment Center. She and her team will use her innovative approaches, modern communication technology, community coordination, and a keen awareness for doing what works, to improve lives, families, and community safety. She has earned state and national recognition for these achievements, including from the Vera Institute of Justice. She was also commended by Louisiana legislators for her work and the related cost savings of \$15 million. We are honored to participate in her innovations again!



2023 Year-in-Review

Continued

MAY

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*.

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.

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.

Legislature Churning Away; Gov. Makes Remarks and Presents His Bill Package On April 10 Gov. Edwards made remarks to open the 2023 Regular Session.

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.

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 multidisciplinary 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 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.

HB 463 to Prohibit Sex Change Procedures on Minors, to Be Heard HB 466 Reported Favorably in Tight Vote,

Prohibits Certain Discussion, Instruction Regarding Sexual Identity 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.

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.

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.

Dr. Choate Named LSU Director 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.

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

Mother's Day Times Editorial by publisher, J. Nelson

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The Psychology Times
2023
COMMUNITY AWARD
ALTRUISM
Dr. Darlyne Nemeth



Dr. Darlyne Nemeth is applying her wellness workshops to Ukraine war survivors. The Kyiv's community psychological support center has partnered with international charity organizations to "restore and rehabilitate war-torn minds" in Ukraine. Dr. Nemeth, a Clinical, Medical & Neuropsychologist, Founder of The Neuropsychology Center of Louisiana, and Secretary General of the World Council for Psychotherapy, is part of this effort. She and Ukrainian psychologists are collaborating to develop emotional rehabilitation workshops for Ukrainian veterans and their families. Collaborating to help in war-torn Ukraine easily qualifies her and her team for the altruism award.

2023 Year-in-Review

Continued

JULY

Chicago Prof. School PsyD Program at Xavier Closing Rumors were circulating last month that the The Chicago School of Professional Psychology Xavier would be closing. *The Times* asked officials from the school about these rumors and on June 6, 2023, Vivien Hao, Public Relations Manager, provided a statement.

Effort to Ban Medical Procedures for Trans Minors Rebounds, then Vetoed In a clash of ideologies, and after going through several gyrations to resurrect HB 648, Rep. Gabe Firment's effort to ban surgery and hormone blockers for trans minors was vetoed by Gov. Edwards on June 30.

Dr. Paula Zeanah Named 2023 Distinguished Psychologist by LPA Dr. Paula Zeanah, who has worked as a pediatric nurse and clinical psychologist in a variety of settings, serving children and their families for more than 40 years, has been named the 2023 Distinguished Psychologist by the Louisiana Psychological Association (LPA).

Dr. Joy Osofsky Testifies at Senate Congressional Committee Hearing Dr. Joy Osofsky, Professor of Pediatrics, Psychiatry, and Public Health, Head of Division of Pediatric Mental Health, and Ramsay Endowed Chair in Psychiatry at Louisiana State University Health Sciences Center in New Orleans, was an invited witness at the U.S. Senate hearing of the Health, Education, Labor, and Pensions Committee.

Mental Healing for Incarcerated People Act Signed by Governor Edwards The final version of Rep. Selders' House Bill 55, aimed to improve treatment of incarcerated individuals with mental health needs, and referred to as "The Mental Healing Justice for Incarcerated People Act," was signed by the Governor on June 8. It became Act 214 and becomes effective next month.

Governor Saves Health Care Budget from Cuts Gov. Edwards announced last Thursday that he had vetoed Lines 6-9 on page 72, noting,

"Veto No. 2 restores the \$100 million reduction in funding to Louisiana Department of Health (LDH) to protect against devastating programmatic cuts that would result from loss of the funding and the federal matching funds, totaling between \$400 million and \$700 million that were discussed in the Senate Committee on Health and Welfare on June 20 and that were outlined in the letter sent to me by the committee after the hearing asking that I restore the funds."

Surgeon General Warns of Loneliness Epidemic in New Advisory Report U.S. Surgeon General Vivek Murthy has published "Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community," an advisory on the growing epidemic of loneliness.

Gov. Comments on US Supreme Ct Decision In a 6-3 decision, the U.S. Supreme Court, in Fair Admissions

Inc. v. President and Fellows of Harvard College, found that a strict interpretation of the 14th Amendment, prohibits favoring individuals based on race. Medical Psychology Advisory Committee Meets The Medical Psychology Advisory Committee held a Business Meeting on June 23, 2023, at 1:30 p.m., via Live Streaming Video and Teleconference during the public session.

Emergency Certificate By Telemedicine HB 181 by Rep. DeVillier has been signed by the Gov. and takes effect August 1. Act 363 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.

Dyslexia Screening Bill Signed by Gov. HB 69 by Rep. Marino, which revises laws relative to screening for dyslexia, was signed by the Governor

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The Psychology Times
2023
COMMUNITY AWARD

INFLUENCE/OUTREACH

Dr. Joy Osofsky



Dr. Joy Osofsky testified at Senate Congressional Committee Hearing, on topics of "The Mental Health Impact of Natural and Technological Disasters on Youth Compared to the COVID-19 Pandemic," "Integrating Mental Health Support in School and Community Settings," and "Providing Mental Health Support in Collaboration with Community Groups." She is Professor of Pediatrics, Psychiatry, and Public Health at Louisiana State University Health Sciences Center, and has published widely and authored or edited numerous books on trauma in the lives of children. She has established an international reputation as an expert in this area. We are honored to acknowledge her level of influence for the benefit of children.

2023 Year-in-Review

Continued

on June 9 and became Act 266. The bill passed both the Senate and then again the House after being amended in the Senate Education Committee.

Gov. Vetoes Bill That Would Have Restricted Discussion of Sexual Orientation in Schools HB 466 by Rep. Dodie Horton, RHaughton, would have prohibited the discussion of gender identity and sexual orientation in public schools, but was vetoed by Gov. Edwards on Jun 29.

Rep. Marcelle's HB 353 "Mental Health Days" Becomes Act 318, Effective in August HB 353 by Rep. Marcelle was signed by the governor and becomes effective in August as Act 318.

10 Years Ago! What *The Psychology Times* was reporting on in July 2013 Community Leaders Talk about Violence Prevention June 28 The Louisiana Coalition for Violence Prevention hosted a meeting and training session for key community members on Friday, June 28 in Baton Rouge. *Hoarders'* Dr. Chaubaud Hosts Summit in N.O. Dr. Suzanne Chabaud, Louisiana licensed clinical and developmental psychologist, hosted individuals from around the country for the second Adult Children of Hoarders Summit held June 19 to 24 in New Orleans. Chabaud is Director of the Obsessive Compulsive Disorders Institute of Greater New Orleans and expert in 33 episodes of the award-winning A&E television show, *Hoarders*.

Censored Times Editorial by publisher, J. Nelson

Test Your Stress IQ Stress Solutions by Susan Andrews, PhD

BlackBerry by Alvin G. Burstein, PhD

AUGUST

Times Wins Honors at Louisiana Press Assn *The Psychology Times* earned second place in the prestigious General Excellence Award for its division in the Louisiana Press Association Better Newspaper Competition for 2022-2023, announced in late July.

Worldviews Clash in Veto Session Results On July 18, Louisiana lawmakers overturned Governor Edwards' veto of a bill banning certain medical procedures for transgender children.



Dr. Calamia Named for Early Career Honors 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.

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. 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.

New Study Links Gut Bacteria to Autism 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.

Gov. Makes July Appointments In July, Gov. John Bel Edwards announced his

appointments to the following Louisiana boards and commissions.

VIA LINK Providing Hurricane Dashboard VIA LINK is supplying a hurricane dashboard to act as the state's official source of information and assistance for residents before, during, and after hurricanes, according to the news release.

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.

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

Cont next pg

2023 Year-in-Review

Continued

changed with increased access to mental health resources. Call volume has increased 11% since launch in July 2022, according to the news release.

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

Privileged to Call Him Friend Times Editorial by publisher, J. Nelson

Tapping Reduces Cortisol by 43% Stress Solutions by Susan Andrews, PhD

Get Out by Alvin G. Burstein, PhD

SEPTEMBER

Healthcare & Education Alliance Secures \$400 Million for La Children Since 2006, Healthcare & Education Alliance of Louisiana (HEAL) has helped schools secure more than \$400 million in Federal Medicaid funds to support inschool healthcare and health equity, officials said in an August press release.

Heat Deaths Now at 25 LDH Issues Warnings On August 22, the Louisiana Department of Health (LDH) reported that they updated the total number of heat-related deaths to 25 for the months of June, July and August after an extensive examination of data from Louisiana Vital Records. The previous total reported on August 4 was 16.

CDC – Suicide Rates Continue to Rise; Life Expectancy Falls Again In August, the CDC released its report on suicide in the United States.

Tulane's Dr. Baker Named for Psychology in The Public Interest Tulane's Dr. Courtney Baker, leader for Project DIRECT, a community-engaged program for children who live in poverty, has been honored with the Award for Psychology in the Public Interest, announced this summer by the Louisiana Psychological Association (LPA).



Dr. Nemeth Collaborating to Help in War-Torn Ukraine American and Ukrainian psychologists are collaborating to develop emotional rehabilitation workshops for Ukrainian veterans and their families.

OCD Louisiana to Hold "Million Steps Walk" October 8 in New Orleans to Raise Awareness OCD Louisiana announced that they will be hosting the Annual One Million Steps for OCD Walk on Sunday, October 8 in New Orleans.

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

Gov. to Pray for US Rep. Scalise Gov. Edwards released a statement following U.S. Rep. Steve Scalise's diagnosis with multiple myeloma, a blood cancer.

FEMA Approves Grant for Vernon, Rapides Parishes On August 31, Gov. Edwards and the Governor’s Office of Homeland Security and Emergency Preparedness announced that FEMA has approved Louisiana’s

request for a Fire Management Assistance Grant declaration to help with wildfire fighting efforts for the Highway 113 Fire in Vernon and Rapides parishes.

Ivermectin Use Associated with 74% Reduction in Excess Deaths Researchers published, "COVID-19 Excess Deaths in Peru’s 25 States in 2020: Nationwide Trends, Confounding Factors, and Correlations With the Extent of Ivermectin Treatment by State," in the journal Cureus, in August.

How Much Do You Know About Suicide Prevention? TRUE OR FALSE? 1. If someone denies feeling suicidal, then they are not high risk for suicide.

10 Years Ago! What *The Psychology Times* was reporting on September 2013 The Psychology Behind A&E’s Hit, *Duck Dynasty* *Duck Dynasty* follows the rags to riches, duck-hunting, family and faith-oriented, Robertson clan of West Monroe. The show is a combination of wholesome clowning around, with dashes of humor and life philosophy that cause you to think

2023 Year-in-Review

Continued

twice. LSU I/O is “Gone for Good” Says Psychology Chair The Louisiana State University Industrial-Organization Psychology program is, “Gone for good,” current psychology chair Dr. Bob Mathews told the *Times* last week.

"Rich Men North of Richmond"– A Large System View Times Editorial by publisher, J. Nelson

Can Stress Cause Dementia? Stress Solutions by Susan Andrews, PhD

Dealing with The Devil: A Review of Black Mass by Alvin G. Burstein, PhD

OCTOBER

Researchers from Louisiana Present at Am Psych Assn Louisiana psychological scientists and researchers from Louisiana State University, Baton Rouge, Tulane University Health Sciences Center, Tulane University New Orleans, and Xavier University of Louisiana, New Orleans presented at the August national conference of the American Psychological Association. Presentations included the following.

Dr. Joy D. Osofsky Acknowledged for Scientific Contributions Dr. Joy Osofsky's achievements were recently acknowledged by the Louisiana Psychological Association when they named her the recipient of the Award for Contributions in Psychological Science.

Dr. Leonhard, Award Recipient, Grateful to Late Janet Matthews Dr. Christoph Leonhard, founder and first department chair of the Chicago School of Professional Psychology at Xavier, is the 2023 recipient of the Janet R. Matthews, Ph.D. Outstanding Psychology Mentor Award, announced by the Louisiana Psychological Association.

Dr. Buckner Awarded Grants: Alcohol, Drug Abuse and Microaggressions for Blacks Dr. Julia Buckner, Professor in the Department of Psychology at LSU and the Director of LSU's Anxiety

and Addictive Behaviors Laboratory & Clinic, has been awarded two grants, totaling over \$800,000, to study alcohol and drug abuse for Black persons including the impact of microaggressions.

Appeals Court Upholds Transgender Procedures Ban in Tennessee, Kentucky The US Court of Appeals for the Sixth Circuit ruled to allow Tennessee and Kentucky to enforce bans on certain medical procedures on children, reported Caitlin Williams of jurist.org.

Louisiana Reaches Lowest Unemployment Rate in History On September 19, the Louisiana Workforce Commission announced that federal data shows Louisiana

once again hit its lowest ever unemployment rate.

COVID Vaccines Linked to Increased Overall Mortality A research study published Sept. 17 by Correlation Research in the Public Interest, "COVID-19 vaccineassociated mortality in the Southern Hemisphere," examined the vaccine-dose fatality rate for all ages.

Inspector General Report Points to Gaps in Medicaid Opioid Treatment More than half a million Medicaid recipients diagnosed with opioid use disorder did not receive medication to treat it in 2021, according to a new report released Friday by the inspector general of

Cont next pg

The Psychology Times
2023
COMMUNITY AWARD
COMMUNITY DEVELOPMENT

Dr. Melissa Dufrene
and Dr. Kristin Fitch

Dr. Melissa Dufrene and Dr. Kristin Fitch not only lead the way in the Louisiana OCD Association, and the OCD WALK, they created The Rise Center for OCD and Anxiety to reach more people and educate the public and also the profession about this serious, chronic disorder that cripples people in their everyday life. These two psychologists are confronting a shortage of specialized treatment and a lack of understanding in the profession that should have been addressed years ago. Well done ladies!



2023 Year-in-Review

Continued

the Department of Health and Human Services, *DNYUZ* and the *NY Times* said last week.

Louisiana Department of Health Seeks to Destigmatize 988 Use In a September 13 press release, the Louisiana Department of Health (LDH) said it is launching a new marketing campaign aimed at raising awareness, destigmatizing the need for mental health treatment and services, and increasing Louisiana 988 usage statewide.

OCD Louisiana New Orleans "Million Steps Walk" on October 8 to Raise Awareness In a recent press release, OCD Louisiana President, Dr. Kristin Fitch, announced that the *New Orleans One Million Steps for OCD Walk* will take place on Sunday, October 8 at Washington Square.

"There's Something Out There..." Presented by Jung Society this Friday The C. G. Jung Society of New Orleans will present, "There's Something Out There...and In Here!" at St. George's Episcopal Church, 4600 St. Charles Avenue, New Orleans, this Friday.

Louisiana School Psych Association Annual Conference this November 8-10 The Louisiana School Psychological Association will hold its annual conference this November 8, 9, and 10 at the Lafayette doubletree by Hilton on Pinhook Rd. in Lafayette.

LPA Hosts The Trust for Ethics Workshop November 17 at Lake House in Baton Rouge The Louisiana Psychological Association will hold their fall workshop on Friday, November 17, 2023, at the Lake House Reception Center in Baton Rouge.

10 Years Ago! What *The Psychology Times* was reporting on in October 2013 OIG Shakes Its Finger at SSA *Investigation Finds SSA Policy Prohibiting Tests for Malingering Runs Counter to Good Science, Practice* In a September 17 congressional response report, the Office of Inspector General for the Social Security Administration pointed to flaws in the agency's prohibition against using psychological tests of malingering in disability claims. These flaws could account for over \$20 billion per year in adult mental disorder claimants alone. [...]

Aunt Lee Times Editorial by publisher, J. Nelson

The Psychology Times
2023
COMMUNITY AWARD
ENGAGEMENT
Dr. Chris Leonhard



When Dr. Christoph Leonhard, founder and first department chair of the Chicago School of Professional Psychology at Xavier, was named the recipient of the Janet R. Matthews, PhD Mentor Award, we remembered just how much he has done for the psychology community in Louisiana. His bringing a Chicago School clinical PsyD program to New Orleans in collaboration with Xavier University was a major achievement. The school was able to train much needed psychologists, many of whom represent historically marginalized populations, and bring much needed mental health services to this underserved area. For his part, a job well done and deserving of the award.

Salmon and Sardines for Stress Reduction Stress Solutions by Susan Andrews, PhD

Once Upon a Time in Hollywood A Movie Review by Alvin G. Burstein, PhD

NOVEMBER

Louisiana School Psych Assn Conference November 8-10 The Louisiana School Psychological Association will hold its annual conference this November 8, 9, and 10 at the Lafayette doubletree by Hilton on Pinhook Rd. in Lafayette.

For Veterans Day: Our WWII Fathers They were young and they were green. Drs. Andrews, Nelson, and Magee tell their fathers' stories.

Gov. Edwards Congratulates Representative Mike Johnson On Oct. 25, after more than three weeks of struggling in the U.S. House of Representatives, Louisiana Rep. Mike

Johnson, a conservative from Shreveport and an LSU educated Constitutional attorney, was elected Speaker of the House.

Dr. Leisi Bryant to Teach Ethics - Risk Management November 17 in Baton Rouge Dr. Leisl Bryant, clinical and forensic psychologist and consultant with The Trust, will present an updated review of decision science and its implications for bias and vulnerability in clinical, ethical and risk management decision-making.

We Remember Dr. Tommy Stigall Dr. Tommy T. Stigall passed away on October 15, 2023, after struggling with cardiovascular problems for several years. Dr. Stigall is best known for his unflinching dedication and comprehensive leadership in advancing the profession of psychology at both the state and national levels. He was there when Louisiana

2023 Year-in-Review

Continued

psychology was still a fledgling profession, he was there when it sought independence, and he was there to nurture its development for a span of fifty years.

LSBEP Calls for Nominations Last month Michelle B. Moore, PsyD, current chair of the Louisiana State Board of examiners of psychologists announced that the Board will begin accepting nominations from licensees to participate in an election to fill the board member vacancy occurring July 1, 2024.

Letters to the Editor

Medical Psychology Advisory Group Meets The Medical Psychology Advisory Committee, a subcommittee of the medical board, met on October 6 and also October 27.

Louisiana Action Coalition Addresses Healthcare Disparities The Louisiana Action Coalition invited health care professionals, stakeholders, and community leaders to participate in its Annual Culture of Health Summit, held in October.

10 Years Ago! What *The Psychology Times* was reporting on in November 2013 Dr. Kirsch Stuns Audience with Facts on Science, Politics and Anti-Depressant Drug Industry Stunning the audience with a review of scientific research showing that the main reason anti-depressants appear to work is due to their placebo effects, Harvard's Dr.

Irving Kirsch, laid out the damning evidence that drug companies and the FDA skew research to approve drugs that have little actual value. Tulane University Recognized for Suicide Prevention.

Ashes of Our Fathers Times Editorial by publisher, J. Nelson

Foods that can help fight off Everyday Stress Stress Solutions by Susan Andrews, PhD

The Shape of Water by Alvin G. Burstein, PhD

DECEMBER

An Ounce of Prevention The third reason for death in the U.S. is unintended outcomes of medical treatment.

Dr. Erin Richard Helps with Novel School Design Dr. Erin Richard, Associate Professor in the School of Leadership & Human Resource Development and Louisiana State University (LSU) has helped pave the way for two traditional elementary schools in the East Baton Rouge Parrish School System to transform into magnet schools.

Our WWII Mothers & Sisters in the Military by Rodney R. Baker, PhD VA Psychology Historian Dr. Baker explains women's roles in WWII. "The reference to WWII mothers and sisters in the military in this commentary is quite accurate."

Louisiana Department of Health Releases Outcomes Report—Meets 91% of its 45 Goals In a Nov. 27 announcement, the Louisiana Department of Health (LDH) released its annual Outcomes Report detailing the results of key initiatives and policy goals for FY 2023.

Gov. Posts on His Accomplishments Nov 13 the Office of Governor announced the launch of "56 for 56," a social media campaign that will highlight one signature accomplishments.

Christmas The Psychology Times' BOOKSHELF Classic Recommendations *Chicken Soup for the Soul: The Joy of Christmas*, as examples.

10 Years Ago! What *The Psychology Times* was reporting on in December 2013 Psychology Board Moves Toward Specialist License. In what some consider a historic move, the Louisiana State Board of Examiners of Psychologists is advancing plans to create an optional license for school specialists under the state psychology board, creating a multi-level license for the first time. Dr. McCown to Help Lead College of Business & Social Sciences at ULM Dr. Bill McCown will help lead the newly formed College of Business and Social Sciences at the University of Louisiana Monroe (ULM) as Associate Dean. McCown has served as Interim Director of the Graduate School and as Professor of Psychology.

Letters to the Editor

APA and Stress Stress Solutions by Susan Andrews, PhD

Bah Humbug by Alvin G. Burstein, PhD

The Psychology Times
2023
COMMUNITY AWARD

INCLUSION

Dr. Julia Buckner



Dr. Julia Buckner, Professor in the Department of Psychology at LSU and the Director of LSU's Anxiety and Addictive Behaviors Laboratory & Clinic, just keeps going and going. in October we reported that she has been awarded two grants, totaling over \$800,000, to study alcohol and drug abuse for Black persons including the impact of microaggressions. She has utilized a variety of procedures in her research, including ecological momentary assessment, affect and craving induction paradigms, attentional processing paradigms, and others, and will better understand the Black experience in Louisiana.

Stress Solutions

by Susan Andrews, PhD

Chronic Stress Can Harm Your DNA

Most everyone over 30 is concerned with aging and age-related illnesses, like cancer and heart disease. The role of stress and cortisol in aging and chronic illness is now well established. But how increased cortisol is linked to early aging has not been clear...until very recently. Scientists at the U. of California, San Francisco have been working for a decade on the links in this chain. And, the answer is: short telomeres.

Telomeres function like a cap whose job it is to protect the end of the chromosome where the genes lie. Each time the cell divides, a bit of the telomere is cut off (instead of the gene). Dr. Elizabeth Blackburn, a molecular biologist now at UCSF, won the Nobel Prize in 2009 for her discovery of how chromosomes and genes are protected. Over time, with repeated reproduction, the telomere gets shorter. As the telomere becomes shorter, the organism begins to age and irregularities creep into the reproduction process. Some cancers may be due to these irregularities. Dr. Blackburn’s discovery was that the telomeres are actually replenished by an enzyme, telomerase reverse transcriptase.

The bad news, however, is that stress and excess cortisol damage the body’s supply of telomerase. So chronic stress can cause premature aging and illness because the constant overproduction of cortisol reduces the supply of telomerase and that prevents the cell from reversing the effects of stress. Telomere length (TL) can now be measured. However, if you are the President of the US, one does not need fancy tests to measure your TL. Stress is not the only way that telomeres become short too soon. Some people have the bad luck to be born with shorter telomeres. Others earn shorter telomeres in advance of their years by their life style choices. And, some have been exposed to early life adversities, which lead to shorter TLs over time.

The same scientists that discovered telomerase have been working on finding solutions to the harmful effects of chronic stress on DNA. In 2010, Dr. Puterman and colleagues demonstrated that moderate to vigorous physical exercise can buffer the effect of chronic stress on TL. Subjects took the Perceived Stress Scale and were divided into sedentary (not exercising) versus the active group (those getting the CDC recommended amount of daily exercise). The likelihood of having short versus long telomeres was calculated as a function of stress and exercise group, covarying age, BMI, and education. There was a significant moderating effect of exercise. Non-exercisers with even a one unit increase on the Perceived Stress Scale showed a 15-fold increase in the odds of having short telomeres, whereas for the exercisers, perceived stress was unrelated to telomere length. The conclusion is that “vigorous physical activity” (increased HR, sweating, +/- rapid breathing) appears to protect people experiencing high stress.

The USDA recommends that adults (18 to 64) do at least 2 hours, 30 minutes each week of moderate physical activity (brisk walking, dancing) OR 1 hour, 15 minutes each week of aerobic physical activity at a vigorous level (running, walking fast uphill, cycling). Being active 5 hours or more a week can provide even more health benefits. It is recommended that the physical activity be spread out over at least 3 days a week and that each activity should last at least 10 minutes at a time. Strengthening exercises are also recommended, like sit ups, weights, at least 2 days a week to maintain memory.

In sum, as you age, it is essential to protect your telomere length by a minimum of 25 minutes at least 3 days a week of vigorous exercise. Next month we are hopefully holding onto our New Year’s Resolutions. I hope one of yours is to do 25 minutes of vigorous exercise at least 3 days a week! Happy New Year!



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



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