

LPA, GR Members Propose Resolution

A group of LPA members, who are also Grassroots members, developed a resolution and petition and began an effort to seek support of others in the state regarding the regulation of psychology.

BP Denies Individual Mental Health Claims

Kenneth Feinberg spoke before Congress in July saying it was not likely that individual mental health claims would be covered in the \$20 million fund from BP, drawing sharp criticism from many in mental health.

Con't pg 4

In an open letter posted to the Grassroots listserv, spokesperson Dr. Susan Dardard noted, "Concerns include that the existing law [Act 251] blurs professional boundaries, fails to differentiate between the philosophical traditions of psychology and medicine, and ignores the distinguished scientific foundation upon which psychology rests."

She continued, "The new law also risks confusing a public that already has difficulty grasping the differences between a psychologist and a psychiatrist, and opens the door for legislation that would place all of psychology under medicine."

Con't pg 3

31 MPs Allow Psychology License to Lapse

In a call from the *Times* today, Ms. Jaime Monic, Executive Director of the Louisiana State Board of Examiners of Psychologists (LSBEP) said, "It is complicated, but the number appears to be about 31," referring to the number of medical psychologists who have allowed their license with LSBEP to lapse.

When files of medical psychologists were transferred to the medical board last year there were a total of 58 certified medical psychologists, she noted.

Psychology, LPCs Discuss Topics

The "Behavioral Health Professionals Working Group" met in July and August to begin their efforts to comply with the Senate's Concurrent Resolution 100. The resolution asked the two boards to work together to develop language for legislation that clarifies the LPC (Licensed Professional Counselor) scope of practice.

Minutes from the first meeting on July 28th, with Dr. Joseph Comaty as recorder, indicated that co-chairs

Con't pg 5

Highlights from the Year

Publisher's note: This issue of the *Times* marks the beginning of the second year of publication. It has been an interesting, educational and challenging year for many in our community.

In this issue you will find some of the highlights of the past eighteen months, with a special report on pages 9 and 10 that lists many of the events that moved the community along in various directions, events that will likely continue to unfold in the coming year. Also, some of the interesting photos are included throughout this issue.

I sincerely thank the readers, columnists, and all the contributors for their help over this last year. A community newspaper works best only with the involvement of its community.

Julie Nelson



One of the most popular stories of the past year was Dr. Suzanne Chabaud's work on the A&E series *Hoarders*. Above she wears a mask at a hoarder's home. Dr. Chabaud will appear in the Season Premier this Labor Day, on A&E at 8:00 pm Central. See full story page six.

Photo courtesy of A&E.

Editorial Page

Thank You Readers!

It's the *Times'* first birthday and I'm going to indulge myself by sharing with you some of my favorite reader comments. They are from different sorts of people, at different times throughout the year.

"Wow, wow, wow. Julie, what an incredible job you did. I look forward to reading every word ..."

"This is the best psychology newspaper I have ever seen. It is terrific!! It looks like the culmination of a ton of hard work - yet you made it seem elegant and graceful."

"Great job! It is very balanced and informative and will serve as a unifying force. I was really glad to see your reminder in the editorial that we are "scientists" and that we should call upon what we know as scientists to direct our actions and make effective decisions. You remain a very positive force -- thanks."

The Psychology Times

Published monthly
by Nelson News, LLC.
psychologytimes@drjulienelson.com

Publisher: Julie Nelson, Ph.D.
Member, Louisiana Press Association

Journalism Consultant: Robert Holeman
*Editor (Ret.), The Coughatta Citizen,
Winn Parish Enterprise.*

Media Consultant/Columnist:
Susan Dardard, Ph.D.
Dardard Media Services

Columnist/Reporter:
Carolyn Weyand, Ph.D.

Cartoonist:
Jake Nelson-Dooley

We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana. Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of
The Psychology Times.

*All materials copyrighted by J. Nelson
unless otherwise noted.*

"Your paper gets better every month."

"I just read the Psychology Times and I wanted to write and thank you. The work, as a whole, is incredible. I can tell that it required a lot of work, care, and time on your part, and it shows in the production. You truly have ink coursing through your CNS."

(After being approved for the Louisiana Press Association)
"Congratulations. Now you are an official pain in the ass."

"I have read this issue [#5] of The Psychology Times from beginning to end. It was wonderful...so positive...so objective...just what we need. I really appreciate the work that you and your staff are doing. It is truly an expression of love for our field."

"Like your father before you, you have been an advocate for the disenfranchised, the timid, and the ignorant. We all owe you a debt."

"I just got through reading the new PT. What a great issue! Very hard hitting, and also most informative. Love the diversity discussion, and especially the candidate comparisons. What a great service this is. Every time I think an issue has topped all others, then a new one comes out that is even better. Amazing!"

"Another great issue of "The Times". I hope you don't get shot or anything."

"Julie, it just keeps getting better and better."

"Dear Madame Editor/Publisher: Congrats on attaining a full year under your belt. Nice work, Julie, and great professional service."



Resolution...

She noted that the authors of the resolution, and the follow-up petition, “believe that the best law for those trained in both the practice of psychology and in prescribing psychotropic medications would provide for two separate licenses, one that gives authority to LSBME to regulate pharmaceutical practices and one that maintains the authority of LSBEP to regulate psychological practices.”

She went on to remark that this model is one used by other professionals, when trained in two different fields.

She stated that the goal of this effort is to “re-establish psychology in Louisiana as a self-regulating profession, in which those practicing psychology are regulated by the psychology board, rather than any other profession, in this case medicine.”

“Having LPA adopt such a resolution,” she wrote, “would reaffirm that our state organization continues to have a strong commitment to the independence of the profession of psychology.”

“The belief is that this resolution will be amenable to all those taking a logical view of the matter, including the board of psychology,

Medical Bd Reviews Proposed Rules for MPs in August

According to their the agenda for their August 16-17th meeting, the medical board decided to “undertake a rule making effort pursuant to Act 251 of the 2009 session of the Louisiana Legislature which, among other matters, transfers medical psychologists from the Louisiana State Board of Examiners of Psychologists to the Board. Draft rules are submitted to the Board for its consideration and discussion.”

Minutes from the Medical Psychology Advisory Committee’s meeting of September 16, 2009 and January 5, 2010 indicate that the group has been working on the proposed rules, and coordinating on certain issues with the psychology board.

The Times requested a copy of the draft from the board’s secretary but no response had been received yet.

the medical board, and both state organizations, without leading to conflict or opposition in those willing to give fair and thoughtful consideration.”

“The authors also believe that this resolution should be acceptable to medical psychologists whose prescribing activities would remain regulated by medicine as set forth in Act 251.”



Dr. Carrie Wyland, left, is a Tulane psychology Professor of Practice, who led students on a service-learning experience in Australia. From left are Joy Wan, Karen Bernstein and Sarah Javier. (Photo by Emily Brabeck. Article by F. Simon, Tulane New Wave.)

Tulane Professor Dr. Wyland Takes Her Class Down Under

Dr. Carrie Wyland, a social psychology Professor of Practice at Tulane taught class this summer in Sydney, Australia. In a joint effort of the Tulane Center of Public Service and University of Western Sydney, Dr. Wyland assisted students in completing service hours while learning about another culture.

In an August 5th article by Fran Simon in Tulane’s *New Wave*, Carrie was noted to say, “The focus of this program is on how groups interact, how people start to formulate identity within a group and within the larger community.” Wyland said to *New Wave*, “I can teach all sorts of things about diversity, inter-group relations and other people in the classroom, but it’s not until they’re in that world that students understand it.” And she noted, “Sydney is similar to New Orleans in that it is a city with a lot of wonderful cultural diversity yet, unfortunately, there is still some conflict surrounding that diversity, so there’s an interesting parallel between the cities.”

Dr. Wyland’s research interests at Tulane include biases related to self-esteem, social cognitive neuroscience, and also emotion.

MPAC to Meet 9/13 in BR, Approves Advanced Certificates

The Medical Psychology Advisory Committee will meet at 9:00 am on Monday, September 13th, at the Neuromedical Center, 10101 Park Rowe Avenue, Suite 200, 2nd Floor Conference Room.

Members of the Committee are James Quillin PhD, MP, Chair, Glenn Ally, PhD., MP, secretary treasurer, Warren C Lowe PhD, MP, John Bolter PhD, MP, and Robert Marier MD ex officio.

On September 16, 2009 the group met and reviewed a draft of rules and elected Dr. Quillin as Chair, Dr. Anita Kablinger, MD, Vice Chair, and Dr. Ally as Secretary.

Minutes from the January 5, 2010 meeting noted that they convened in executive session to consider applications for "certificates of advanced practice as a matter of the character, professional competence, or physical or mental health of an applicant..." They approved for the advanced certificates the following: Drs. Ally, Bolter, Lowe and Quillin, and Dr. Cathy Castille, Dr. Robert Davis, and Dr. Thomas Fain.

The MPAC also met February 11 and May 3, but no minutes have been posted for these meetings as yet on the Medical Board's website.



Dr. Pellegrin Accepts Presidency For Grassroots Initiative

Dr. Alicia Pellegrin, a Baton Rouge psychologist recently took over the presidency of Grassroots Initiative, founded last year for the reform and revitalization of psychology in the state. She replaces outgoing president, Dr. Mike Chafetz. Above, Dr. Pellegrin relaxes in gardens in Aries, France. Dr. Mike Chafetz enjoys a bit of cake served at the Pro-Party in April 2010.

Feinberg...

Speaking before the House Judiciary Committee he said, "If you start compensating purely mental anguish without a physical injury – anxiety, stress – we'll be getting millions of claims from people watching television." Feinberg also said, "You have to draw the line somewhere..."

His opinion drew criticism from National Alliance on Mental Illness, Mental Health America, and the president of the American Psychiatric Association.

According to the online news source ProPublica and a July 27th article, Feinberg's opinion is consistent with liability law that requires a link of mental to physical injury.

Individual mental health claims are separate from BP's policy on providing aid to states, which are requests for aid rather than claims. Louisiana's requests have been ignored and mental health contacts are mounting, as was noted by Dr. Tony Speier, Deputy Assistant Secretary at DHH, in last month's *Times*.

In Louisiana's coastal communities, the stresses are changeable as situation continues. Dr. Clarence Bergeron, a psychologist practicing in Houma, told the *Times* last week that the issues are now more about the moratorium. He indicated that the moratorium might be doing as much or more damage to people's well-being in his community than the direct impact of the oil release.

Mental Health America is coordinating advocacy efforts on Feinberg's decision. Go to <http://www.mentalhealthamerica.net/> Select "Action" then "Take Action Now" from menu.

Highlights from the Year

Psychology, LPCs...

are Dr. Tony Young, the Vice Chair of the psychology board, and Mr. Michael Gootee, the chair of Government Relations for the Louisiana Counseling Association.

The minutes noted that the group discussed ways to approach the task, including looking at professional practice issues, such as similar settings, duties, and work as members of multidisciplinary team.

The minutes also noted the discussion of existing models including the MP model, the podiatric model, models from other states such as Kansas, and the "Superboard" model.

According to the minutes, the group discussed differences and similarities between the two boards, and how each regulates its members.

The minutes also noted, "The medical board regulates 17 other professions and physicians make up only about half of the number of professionals regulated. Dr. Marier explained the advantage to MPs of being regulated by the medical board which included a pathway for the development of enhanced practice (independent practice). But, to do this required them to meet numerous requirements, national exam, etc. Dr. Marier stressed that it would be important to think about where we are going with health care in the future and how we would develop areas of practice that would meet the needs of the community as we move forward."

Among other topics the minutes listed discussion regarding: how the LPC board regulates their members and how they determine the validity of complaints; how both boards require members to pass a national exam; and how psychologists have national licensing standards from APA and ASPPB, while the counselors do not have similar national licensing groups.

The minutes also listed a discussion of what was expected by the legislature and "the impression is that the legislature



Dr. Lana Whitlow, V.P. at Morris & McDaniel in NO, and colleague of Dr. David Morris, snapped this picture of the Saints at the NFC championship game. Lana told the *Times*, "There was not a dry eye in section 267." It was a popular photo of readers.

would like the groups to settle this in a way that would not require a repetition of what occurred this year in subsequent years. The members concurred."

Mentioned also was, "Current issue of disagreement involves how the two disciplines interpret the LPC scope of practice language: ..." It was noted that psychology interprets the language "to limit the diagnostic scope to non-Axis I disorders and maybe adjustment disorders, ..." While counselors view the language as broader. "There is also a difference in what is considered to be the minimum required level of credential for independent practice and scope: ..."

It was noted that, "Description of the practice of psychology is quite broad in the law and therefore, there is a lot of overlap with the scope of practice of counseling."

"Dr. Comaty expressed the opinion that in an ideal progression, training, experience, and demonstration of competency would precede and support any change in scope of practice legislation. However, in the cases cited thus far (adding psychotherapy to scope for SW and LPCs) for example, the cart was put before the horse and the law was changed to expand scope based on fiscal and political expediency without any change in training, experience, or demonstration of competency to support added scope." Then, "Some members felt that this was incorrect..."

Noted was a recommendation to "bring in respective laws governing practice to examine differences in language," as well as preparations for future meetings.

(Minutes are available at the state boards and commissions website.)

Dr. Chabaud in Season Premier of A&E *Hoarders*

Dr. Suzanne Chabaud will appear in the season premier of A&E's captivating series *Hoarders*, airing on Labor Day, September 6th at 9:00 pm central time on A&E. This will be Suzanne's 11th filmed episode. A licensed clinical psychologist in New Orleans, she consults with the show's producers to help hoarders while giving viewers an inside look at the lives of those struggling with Compulsive Hoarding Disorder.

In this year's season premier Suzanne will be working with Sir Patrick, whose fanciful Camelot is hoarded with "treasures." Two weeks later Dr. Chabaud will appear in another episode with a hoarder named Vula, who "...is an extreme or severe compulsive hoarder, whose home was toxic," Suzanne told the *Times*. "She hoards every kind of thing imaginable, including cats-Maine Coons, who eliminated all over her terrain of stuff."

The series helps viewers understand how this disorder affects "...virtually every psychological, sensory and

perceptual process, and frequently the physical health of people who live in hoarded homes," Suzanne explained. "It affects the development of children and the entire health of families. It affects neighbors who often fear the effects of a hoarded home that threaten their property safety and value. It can also require costly interventions by code enforcement, child protection, humane societies, fire fighters, and so on."

Suzanne noted the episode with Vula reveals "the far reaches of this disorder into a community, a disorder that would seem so private and personal."

While Suzanne experiences the joys of hoarders on the show who make progress, she noted that it is always sad when those, who have received intensive help during the filming and offered aftercare with therapists and organizers, fall back into destructive patterns. She said, "Anyone who has worked with this disorder knows that, even with optimal interventions, progress is tenuous."

"What is rewarding for me," Suzanne

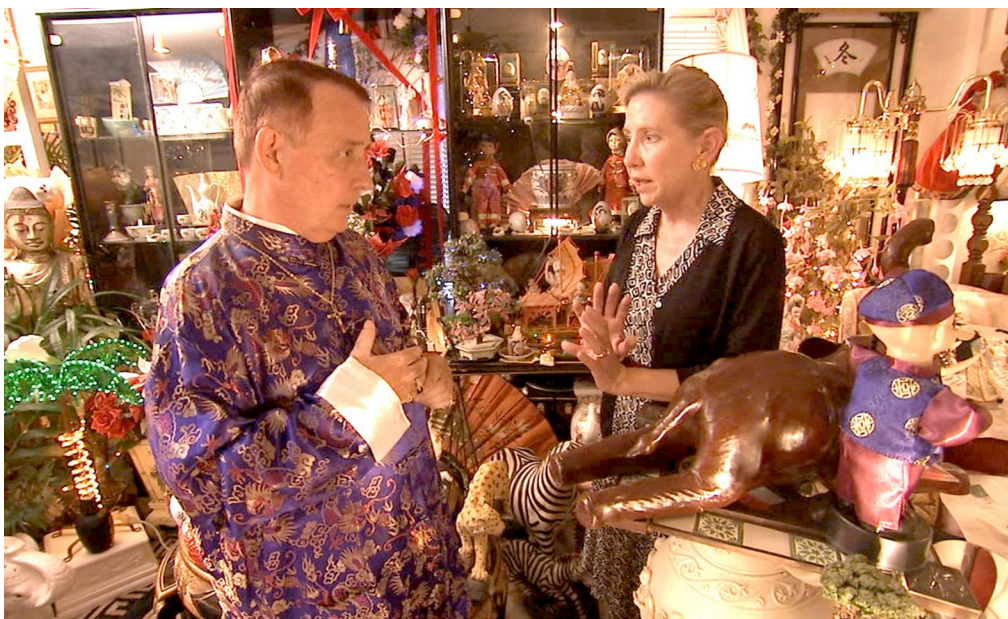
said, "is the increase in people seeking help for compulsive hoarding. Destigmatization of this mystifying disorder is encouraging. More people are getting help."

Dr. Chabaud has opened "The Gate," a treatment and research facility in a large historic home on Dante Street in New Orleans. This effort is part of the Obsessive Compulsive Disorder Institute of Greater New Orleans, where she and colleague Tim Kershenstine, Ph.D., treat OCD and hoarding through outpatient treatment, intensive day treatment and educational client-groups. They will soon be offering professional workshops.

"One objective of the institute," she explained, "is to destigmatize the disorders of OCD and compulsive hoarding by providing services and education for the public and professionals." They are excited she said, "...to create an openness in the community about two disorders that sufferers rarely speak about."

Since Suzanne began her extensive work with A&E, she has learned first hand about hoarding. "At the base of my home's attic stairs," she said, "I have watched piles of one year of decorations, off-season clothing and a sundry of stuff accumulate. The good news is that my Halloween decorations are ready for installation again, that is, if I can separate them from the hurricane readiness supplies."

Dr. Chabaud can be contacted directly at schabaud@msn.com.



Sir Patrick and Dr. Suzanne Chabaud on Season Premier of *Hoarders*, Labor Day.
Photo courtesy of A&E.



Health Psychology

by Carolyn
Weyand, Ph.D.

In the minds of many psychologists, Health Psychology is the application of clinical psychology services provided in a health care facility to clients who are primarily medical patients. But this is just a facet of health psychology—it is much more. Health psychology, also the name of an academic discipline, is the scientific study of the psychological factors and physical health. The impact of behavior on health, the study of the healthcare delivery system, and the psychological sequella of physical illness, are just a few avenues of investigation that concerns the health psychology field.

Among Louisiana's psychologists who identify themselves as Health Psychologists is Linda Brannon, PhD, psychology professor at McNeese State University in Lake Charles. Dr. Brannon has devoted much of her professional life to research, writing and teaching in the field of health psychology. Her books have been translated into languages as diverse as Korean and Polish, making her an international, as well as a national expert in the field. Her popular textbook, *Health Psychology: An Introduction to Behavior and Health* is in its 7th edition and is credited for its scholarship and balanced coverage of cognitive, behavioral and biological factors that affect human health.

Dr. Brannon has also linked her work in health psychology with her work in gender. Her book *Gender: Psychological Perspectives* is coming out this October in a 6th edition.

Studies of gender may not intuitively surface when one thinks of health psychology, yet gender constitutes an important factor in health care and psychology. Gender specific hormones and chromosomes have determining influences on both health and psychological function. Conversely, psychological functioning and behavior influence hormone secretions and the expression of genes, which in turn can influence affect and motivate behavior. Sexual function most obviously exemplifies this confluence of body and mind, biological functioning, psychological well-being, and differences between men and women.

Highlights from the Year



The *Times* article on Diversity (#8) featured Tulane's Dr. Marva Lewis (L), Dr. John Robinson from Howard U., and Dr. Linda Brannon from McNeese (not shown). A request to reprint the article from the D.C. psychological association was granted. (Photos courtesy of Drs. Lewis, Robinson.)

Understanding gender, psychology and health helps to shine a light on this broad, rich field but still highlights only the surface.

Scientists and clinicians observe differences between the genders in the expression of their mental health problems and the biological sequella. Health concerns common for women such as infertility, breast cancer, or menstrual disorders can have a profound effect on psychological well-being. For men, cardiovascular health, erectile dysfunction, and prostate cancer have analogous reciprocating influences, body to mind, mind to body. For example we know that men can have breast cancer, but with a different psychological impact. Today, women are increasingly prone to stress related illnesses and cardiovascular disease, previously thought to belong almost solely to men.

Cultural demands, socially prescribed roles, and gender identity can come into play. For example, depression and eating disorders are psychological disorders commonly bringing women into psychological treatment and have a profound effect on their physical health. But, recent observations show an increase in depression and eating disorders among men, or perhaps less gender bias in diagnosing male patients with these disorders.

We can thank health psychologists like Dr. Brannon for bringing these realities to our awareness and continually updating our knowledge through their research.

Please send your questions and comments about health psychology to cweyand@cooper.net.

Equestrian Therapy Offers Benefits, Enjoyment

"After hurricane Katrina, things were really in a mess," said Dr. Beverly A. Stubblefield, a clinical psychologist in Slidell, Louisiana. "People's lives were in disarray, nothing was the same, and anxiety became a normal feeling." She noted that during those days more children began to experience feelings of insecurity, phobias increased, and families disintegrated.

It was at that same time that Beverly brought into being The Equestrian Therapy Center of Slidell. "Most people are familiar with therapeutic riding for the handicapped," she said. "But our Center had adapted a different approach—EAGALA—Equine Assisted Growth and Learning Association's nontraditional therapy techniques—for the primary presenting problems of anxiety,

mood disorders, marital discord, and pervasive developmental disorders."

"In Equine Assisted Psychotherapy," she explained, "horses are used in a similar fashion as in play therapy to improve patients' well-being and lifestyle functioning." And she noted, "This type of therapy tends to effect behavior change more rapidly than more traditional forms of psychotherapy."

Presently, The Equestrian Therapy Center treats adults and children who present a host of diagnoses from Asperger's Syndrome and Pick's Disease to Bipolar Disorder and Posttraumatic Stress Disorder. The primary goals are to stabilize mood, develop self-esteem, improve social skills, and help individuals accept everyday responsibilities.

According to Beverly, the therapeutic mechanism includes the fact that horses are large animals and some patients may not be comfortable around them initially. However, overcoming their fear adds confidence and completing tasks and obstacles improves self-esteem.

Other animals are also used with many patients at the Center. "People respond differently to the cats and dog depending upon their age and diagnosis," she said. "So pretty much anyone can participate in therapy at the Center."

Beverly explained that the feedback is quite positive. Parents and children report that equestrian therapy has helped improve self-efficacy, coping abilities, behavior problems, and stress. The horse work teaches characteristics like trust, loyalty, responsibility, and friendship. "Self-esteem is built when one overcomes fears and challenges presented with the horses," she said. "These herd animals simulate human social



groups so social skills, cooperation, and patience are dynamic in equine assisted psychotherapy."

Young campers have experienced good success in the program, said Beverly. "One camper reported it this way. 'In horse camp I learned to fish, I learned how to ride horses, I don't think about stuff anymore. I'm happy that I'm not thinking about stuff anymore and I like school much more.' Her mother reported that she has learned to control her anxiety and not become upset and uncontrollable."

"A young man who developed Trichotillomania and fear of storms spontaneously reported in camp this summer that he is no longer afraid of storms. He told us, 'The horses taught me how to not be afraid.'"

"If you can control an 800 pound horse," said Dr. Beverly Stubblefield, "you can accomplish anything!"

To learn more about The Equestrian Therapy Center of Slidell, its programs and research, contact Dr. Stubblefield at 32597 CC Road, Slidell, Louisiana 70460, 985-641-4934, or drbeverly@charter.net.



Photos courtesy of ETC. Subjects are not clients.

Highlights of the Year

The political issues surrounding Act 251 created much of the news reported over the past year. The following are some events covered in the *Times*.

- July 1st 2009 the governor signed Act 251 into law, transferring the regulation of medical psychology, and the practice of psychology by medical psychologists, to the state medical board.
- Louisiana Academy of Medical Psychologists (LAMP) designed the bill in collaboration with the state medical board. LAMP leaders viewed the legislation as a success, "formally integrating their RxP expertise with medicine." And saying, "The Eagle has landed."
- At a conference in November, 2009 Dr. Quillin explained the reason for 251 was a "moral issue," based on the realization that the practice of medical psychology had evolved into something more than it was originally designed to be. He said that 251 created a "new, hybrid healthcare profession."
- The LSBEP was never officially contacted or consulted about Act 251 by those designing the bill. Four of five board members were MPs and believed to be members of LAMP.
- Dr. Glenn Ally, MP and Chair of Legislative Affairs for the psychology board reported on April 10, 2009 that "there was not anticipated to be any legislation presented at the 2009 Regular Session that would affect LSBEP".
- On May 8, 2009, Dr. Ally brought Act 251 to the attention of the board. It was discussed and the board asked their attorney for an opinion. By the following meeting (June 12) Ally reported that 251 had been sent to the governor.
- In a call to APA Practice Directorate they indicated that they had not been consulted about 251, and that it was "very unusual for APA not to be involved." They stated they recommend against dual regulation of psychology. APA has taken no formal position either for or against 251.
- In July 09 Dr. James Childerston, President of the Academy of Medical Psychology (AMP) and President of the American Board of Medical Psychology (ABMP) wrote the Louisiana Attorney General and objected to the restriction in the use of the term "Medical Psychologist."
- Non-MP psychologists in LPA were taken by surprise by the passage of Act 251. A flurry of postings and debate began in June 09 on the LPA listserv. A member wrote, "And the #1 reason to pay your LPA dues-- So you can continue to watch, or even participate in the firework show on the list-serv."
- Gradually it became clear that LPA officials, mostly medical psychologists (MPs), had known about Act 251 but had followed instructions from LAMP to remain silent for political reasons. Dr. Jim Quillin was both chair of legislative affairs for LPA and a key figure in negotiations with the medical board.
- Questions arose about LAMP's lobbyists Courson & Nickel, who were also the lobbyists for Louisiana Psychological Association (LPA) at that time.
- LSBEP sent a list of questions regarding dual regulation, among other things, to the state Attorney General. No reply has been received as yet.
- Reports indicated that APA had supplied over \$527,700 to LPA during the last decade. Dr. Tom Hannie commented, "In short, APA and LPA funds were used to create a new profession."
- By August 09 frustrated LPA members formed "Grassroots Initiative" in response.
- Writing on behalf of Grassroots, Dr. Kim VanGeffen asked LPA to apply for an emergency grant from APA to fund defensive actions against Act 251. No response was received.

Con't pg 10



Dr. James Quillin (L) and Dr. Mike Chafetz discussing Act 251 at NAN presentation. Dr. Quillin explained that MP practice had evolved past its original design.

Highlights...

- Drs. Ally and Dammers resigned from the LSBEP, effective for September and December 09.
- Responding to a call in September 09, APA Practice Directorate personnel said that they were not aware of any other state where the practice of psychology is regulated by the state medical board.
- In September Dr. Julie Nelson published the first issue of *The Psychology Times*.
- Pressures caused both those supporting and those opposing 251 to seek help from parliamentarian Alan Jennings. He refused to work with either “faction” alone, and both agreed to work together in the state association.
- Late 2009, Medical psychologists files were prepared for transfer from the LSBEP in January. The Medical Psychology Advisory Committee was being developed with Drs. Quillin, Lowe, Ally and Bolter as members.
- A statewide election was held in December to fill three vacancies on the board. Six names were submitted to the governor. None were MPs.
- In November, Dr. Susan Dardard submitted a resolution to the EC to establish a bylaws revision committee. It passed. Alan Jennings commented, “I’m engaged by LPA because there are complex questions for the association to decide and an internal climate of impassioned division of opinion.”
- In LPA the first official response to problems came on December 13th, with a town hall meeting called by then President Judith Levy. Drs. Quillin and Lowe were absent. Conflict arose over the contract with lobbyists Courson & Nickel.
- Around February Drs. Quillin and Lowe resigned their LPA positions. Dr. Jessica Brown took over in legislative affairs and LPA hired a new lobbying firm.
- In their February the board of directors of the Association of Medical Psychology, a national group, told its members that maintaining a license to practice psychology from their state board was required for board certification in medical psychology.
- In March 2010, Dr. Tony Young was appointed to the LSBEP. Dr. Dammers was “reappointed.” This reappointment was questioned by Grassroots. Dr. Dammers then re-resigned. Top vote getter Dr. John Simoneaux was then appointed. Dr. Rita Culross was appointed to the third and final opening on the board.



Members of the state association voted in April 2010 for a more democratic organization.

- In April LPA members passed the bylaws changes by a seemingly unanimous vote at the convention, making the organization more representative and limiting the power of the president.
- In April Dr. Jerry Suls, President of APA Division 38 (Health Psychology) and Divisional Task Force on Medical Psychology & RxP, wrote to all APA division presidents and called for them to request APA to conduct a “thorough investigation” of Louisiana’s new statute.
- The Interdivisional Healthcare Committee (IHC), a group of representatives from seven APA divisions, published a list of concerns about Act 251. The authors called for action by three APA bodies.
- CAPP made a statement opposing the use of the term ‘medical psychologist’ exclusively by psychologists with prescriptive authority.” Division 55 concurred in a later statement.
- In May 2010 at the end of the legislative session, Dr. Simoneaux was not confirmed, surprising and disappointing many. Dr. Lee Matthews was immediately appointed by the governor.
- The *Times* publisher asked questions about 251 and reported on the board’s presentation in April 2010. This prompted complaints about her methods of reporting from the Vice Chair. She wrote back, and then spoke at the board meeting about ethics. A follow-up written inquiry about the events surrounding the board and Act 251 from the *Times* was answered by the board, but provided little additional information.

Close-up

Dr. Greg Gormanous

In speaking with Dr. Greg Gormanous, you feel you're listening to a humanistic psychologist, a philosopher, an advocate for professional psychology, and a dedicated educator—all wrapped into one—covered over with clarity, genuineness and enthusiasm that is immediately engaging. You feel lucky. The same luck probably felt by his students because it is clear that his heart is in teaching.

"Teaching is my drug of choice," he told the *Times*. "I was one of those people who, in the Ericksonian sense, was late in forming my identity. I wanted to be a college professor. It was English, then math, and then I stumbled across psychology. I realized it was the field where I could discover myself, and discover my need to teach. I love to teach and help develop people, and we have students who want to learn and develop, and so it's been a perfect fit."

Greg has served as Chair of the Department of Behavioral and Social Sciences at LSU Alexandria, but will soon be taking early retirement from that position, partly to be helpful with respect to the state's financial challenges. But it is unlikely he'll slow down, it does not seem to be his style.

Greg has served two terms, and twice as chair, on Louisiana State Board of Examiners of Psychologists (LSBEP). He has served as President of the Association of State and Provincial Psychology Boards (ASPPB), and he recently helped complete the practice analysis (similar to a job analysis) to update the psychology licensing exam taken by licensure candidates across the U.S. and Canada. He first performed this duty in 1994, and continues to serve on ASPPB committees.

Greg has been the President and Vice-President of the Federation of



(L to R) Dr. Greg Gormanous, Alexandria Zoo Director Mr. Leslie Whitt, a volunteer, and Dr. Richard Elder, associate professor of psychology at LSUA, examine the Bengal tiger cubs born at the zoo. The cub held by Greg is named for BB King, now named "King" and residing at Busch Gardens in Tampa. Through LSUA and APA Division 34 (Society for Environmental, Population, and Conservation Psychology), students have the opportunity to intern at the zoo through their psychology classes. Greg and BB King are involved in Greg's project, "The Psychology of the Blues."

Photo courtesy of Dr. Gormanous

Associations of Regulatory Boards, a group of U.S. licensing boards for psychology, social work, counseling, optometry, nursing, veterinary medicine, and many other regulated professions.

He has served as Government Liaison for LSU Alexandria, facilitating communications between elected officials and the college. He is a member of the Society for Industrial and Organizational Psychology and co-chairs their State Affairs Committee.

During his career he has maintained a full slate of activities. He recently returned from the 4th International Congress on Licensure, Certification and Credentialing of Psychologists, in Sydney, Australia, where he chaired, "Provoking Discussions: Trans-National Ethics and Judgments." At APA last month he co-chaired, "Duty to Protect Versus Confidentiality—Mock Licensing Board Hearing," along with Dr. Warren Lowe, long time colleague. He also participated in "Licensure and Certification—What Students Need to Know." His presentation, "To Be or Not to Be a Real Psychologist: I/O Issues," reflected his continuing interests and contributions regarding licensure, professionalism, ethics and credentialing.

Gormanous...

Greg has stayed involved in his community through efforts with the Alexandria Zoo, Business Incubator, the Rapides Parish Primary Health Care Center, the Syra-Meric Club, and the Alexandria Mardi Gras Association, where he started a new parade - Classic Cars & College Cheerleaders. He also started the Krewe of Kolbi Bow-Wow with the Animal Shelter and the Alexandria Zoo. This is a dog Krewe that advocates for pet adoptions. He is currently active with the Chamber of Commerce, Rotary Club of Alexandria, and the Convention and Visitors Bureau.

He plans to begin a business psychology practice consulting to business and industry offering general organizational and executive coaching services.

Greg earned his masters from Northwestern State University, his doctorate from the University of Southern Mississippi, and then went for post-doctoral training in Industrial-Organizational psychology from the University of Houston.

While Greg's heart might be in teaching, his soul is in the blues. A special project, "Psychology of the Blues," where he applies psychological principles to songs and singers, and how they have been molded into who they've become, has captured his imagination for many years.

"Psychology of the Blues" involves four musicians as Greg explained--Otis Redding, Steve Cropper, Grady Gaines, and the legendary B.B. King.

"I've had the privilege of knowing, and sort of informally and unofficially traveling with B.B. King since 1983," he said. In '83 Greg attended an event memorializing the slain civil rights leader Medgar Evers. "Charles Evers and B.B. King wanted to keep the spirit of Medgar alive," Greg said. "BB King and his band played free so that music could be the language to bring people together to overcome racism." Greg realized then that music was a vehicle to change the world and it inspired him to be involved.

Last summer Greg traveled to Europe for the last part of King's tour. "I call him the Buddha of the Blues," Greg said. "He used to joke that I

was talking about his girth, but I'm talking about his wisdom. He is beyond the blues. In my view, he is one of the greatest humanitarians in contemporary society."

Greg is currently working to start a project with King, "A Mother's Love," based on King's song of that title. The song is a tribute to King's mother and grandmother, both who died when King was young. The idea is to teach that violence against innocent people should be as taboo as cannibalism. "We don't eat each other," Greg said. "We can keep our war, we can keep our military, we can even keep our hate and prejudice, but violence against innocent people-- that should be taboo." He explained, "It's a start. It won't happen overnight, it won't happen in a generation, but you have to start somewhere."

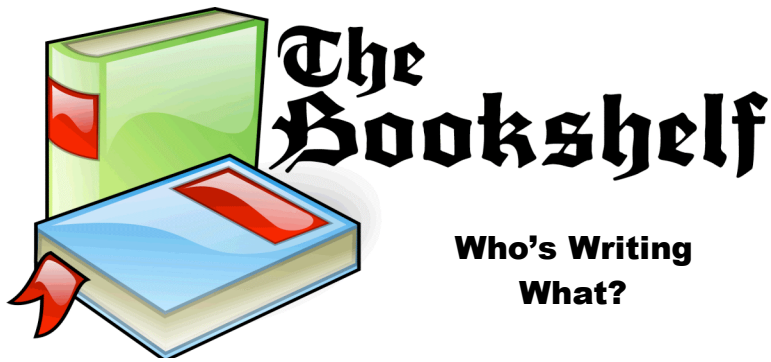
Greg's advice to younger psychologists is to get beyond one's specialty. "One of the big benefits I've had is I trained as a generalist, went back post-doc in IO, but I've gotten beyond IO. When you get beyond your specialty, you get beyond your comfort zone. If you're in clinical, find out what the international psychologists are doing. If you're in counseling, find out what the IO business people are doing. If you're in school, find out what the experimentalists are doing. Cross-fertilize within psychology and outside of psychology."

"'The good teacher leads you to the threshold of your own mind,' " Greg said, citing a line from a favorite poet Kahlil Gibran and *The Prophet*, and a principle that has guided him in his teaching and learning. "Gibran's philosophy pervades the essence of who I am and my teaching," he said. "My role as a teacher is not really to teach students but to enable them to find out who they are, what the deity and the talents are within them, that they got from their creator, their parents, the people who nurtured them ..."

"That's what education and psychology is about," Dr. Greg Gormanous explained. "You find yourself, develop, and change the world for the better. And you do that for and through your students."

"It's not about me," he said. "It's about psychology and the future."

Greg is available to talk to student groups about a variety of issues in psychology.

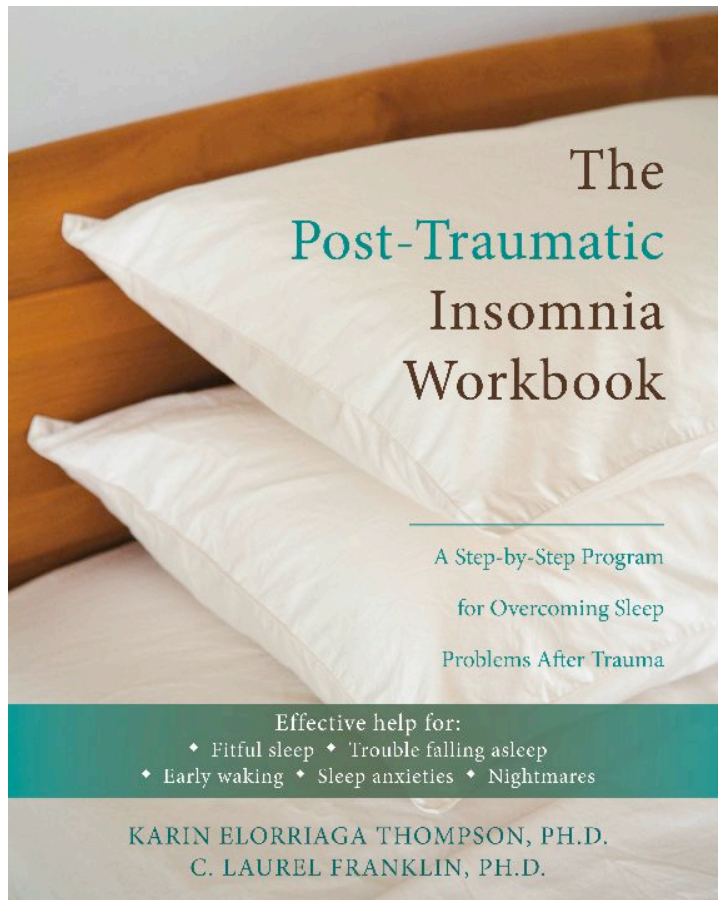


The Post-Traumatic Insomnia Workbook

A Step-by-Step Program for Overcoming Sleep Problems After Trauma

*By Karin E. Thompson, Ph.D.
and C. Laurel Franklin, Ph.D.*

Publisher: New Harbinger Publications



Used by permission, New Harbinger Publications.

The Post-Traumatic Insomnia Workbook is a cleanly written and gently compassionate text for those suffering from sleep disorders due to trauma, authored by two psychologists who have built their expertise and knowledge in this area by helping veterans and others suffering from PTSD.

With a deceptively simple presentation and writing style, authors Drs. Karin E. Thompson and C. Laurel Franklin guide the reader effortlessly through their comprehensive program. They provide behavioral tools, motivational information, and well-chosen tidbits of research and theory in an uncluttered, fresh presentation that is easy for a reader or patient to absorb. A sprinkling of compassion in their writing conveys the authors' empathy and kindness and yet they wisely avoid making the condition sound overly pathological.

"Understanding and treating PTSD is my specialty," Karin explained to the *Times*. "Working with traumatized individuals almost always requires addressing sleep disturbance because it is so prevalent in this population."

A New Orleans native, Karin relocated to the Memphis VA after Katrina. "My co-author," she said, "is Dr. Laurel Franklin, who has also devoted her career to working with PTSD-diagnosed veterans."

Laurel agreed, "... I knew that what we wrote would be of the highest quality," she told the *Times*. "We have always worked well as a team and had fun in the process." Laurel has continued at the New Orleans VA and both psychologists have been affiliated with the Tulane University School of Medicine, Department of Psychiatry and Behavioral Sciences.

Karin explained that after working with PTSD and traumatized individuals for many years, she found a common concern was sleep disturbance. "I quickly realized how disruptive and distressing not being able to sleep is, and I started researching it so that I could better help my clients. My colleagues and I developed a treatment protocol for PTSD-diagnosed veterans, and New Harbinger heard about our work and asked us to write a prospectus for a self-help workbook on the more general topic of trauma-related insomnia."

Bookshelf...

"I had already seen the success of cognitive-behavioral strategies in addressing sleep disturbance in our patients," Karin said. And, "We decided we wanted to make the strategies more broadly available in the form of a self-help workbook."

Laurel explained that the challenge was to write to readers who were unfamiliar with the techniques. "I enjoyed the collaboration with Karin," she said. "...being creative together to find solutions to make the treatments work for readers who were less familiar or unfamiliar with cognitive behavioral techniques for insomnia."

The Post-Traumatic Insomnia Workbook proceeds logically with a chapter on "Trauma-Related Sleep Problems," then chapters on assessment and goal setting. They continue with ways to change the environment and cognitive interventions in "Prepare Your Body and Mind for Sleep," and "Time to Sleep: Sleep Scheduling." The authors address attitudes in "Sleep Beliefs: How You Think Affects How You Sleep."

Also included is a chapter on nightmares, "Understanding and Coping with Trauma-Related Nightmares," and a chapter on pain and sleep by Jeffrey West, Ph.D. The "Treatment Checklist" in the appendix is worth the purchase price.

While written for individuals, the *Workbook* seems well suited for clinicians to use with their clients, reinforcing the cognitive approach and helping to work through steps systematically, as well as reserving face time for other therapeutic goals.

As to the writing process, Karin said, "We have a lot of fun together, and

we are a good writing team." She commented that Laurel is a "creative, clear thinker and an inspired writer." But, she said, "... It was a lot of work." Both worked full-time during the writing and so the entire effort had to be accomplished on evenings, weekends and holidays.

Nevertheless both authors enjoyed the writing process. "It has been fun to think through the techniques and strategies of cognitive-behavioral therapy for insomnia," Karin noted. The process of putting CBT-I strategies into a self-help format gave her the chance to use her clinical skills and background in a creative way. The same is true for Laurel, and she added, "...deciding to write the book together was very exciting...we have always worked well as a team and had fun in the process."

In their new book, Dr. Karin Thompson and Dr. Laurel Franklin have effectively meshed science and practice, in an accessible text that stems from their understanding and care of those they have served. "I want to thank the many veterans I have had the privilege to work with over the last 22 years," Karin added. "...for teaching me the true meaning of courage, strength, and perseverance."

The Post-Traumatic Insomnia Workbook is hot off the press tomorrow, September 2nd. Purchase it at www.newharbinger.com or booksellers everywhere.



Dr. Karin Thompson, co-author with Dr. Laurel Franklin, of *The Post-Traumatic Insomnia Workbook*.

Up-Coming Events

Highlights



Dr. Tom Stigall (L), Dr. Tom Hannie, and Connie Stigall discuss events in the community. This photo is from the *PT* issue #2.

Dr. Hannie To Moderate Forum

Dr. Tom Hannie will moderate a forum, "Same Sex Marriage: Is it a Church-State Issue?" presented by the Americans United for Separation of Church and State. The forum will take place on September 14th, at 7:00 pm at the Unitarian-Universalist Church on Goodwood Blvd in Baton Rouge.

Presenters will include Mr. Joe Traigle, president and CEO of Sterling Group, Inc. Mr. Traigle holds an MBA and has served as Secretary of Revenue for the State of Louisiana, president and chairman of Great American Corporation, and is a past chairman of the Louisiana Public Broadcasting Board and also the Greater Baton Rouge Area Chamber of Commerce.

Also presenting will be Professor John Devlin of the LSU Law Center, and is the William Hawk Daniels Professor of Law. Professor Devlin, whose early research focused on state constitutional law, has taught in the field of federal, state, and comparative constitutional law, federal civil procedure, and employment law.

MPA Hosts Convention Biloxi, Sept 8-10

The Mississippi Psychological Association will host their 61st Annual Convention in Biloxi next week, September 8th through 10th. The theme is "Transcendent Psychology- Everywhere You Look. In Everything We Do."

This year's presenters include Kim Gratz, Ph.D. ("Targeting Emotion Regulation: Treatment Applications and Research Support"), Michael Roberts, Ph.D. ("Civil Commitment Workshop & Exam"), Stephen Behnke, J.D., Ph.D. ("Ethics and Ethical Decision making for Psychologists: A vignette-based approach"), and David Ballard, Psy.D., MBA ("Bringing Psychology to the People Through Professionally Appropriate Marketing and Communication").

Louisiana psychologist Dr. Beverly Stubblefield will present some of her research from the Equestrian Therapy Center in a poster session at the convention on September 9th, titled "Are Horses or Cats Better Therapists?" She told the *Times* that the results are inconclusive at this point in her studies. However she said, "Cats are good therapists but poor research subjects!"

Online registration for Mississippi's convention can be found at www.mpassoc.org.

Highlights



Dr. Rick Adams' bluegrass band "Tuning South" performs regularly. He was featured in issue # 8, "Gone Fishing."

LPA Sets Date For Fall Meeting

Louisiana Psychological Association will host its Fall Meeting on October 23rd in Baton Rouge.

The conference will include a full-day continuing education workshop on "Record Retention."

This year's Fall Meeting will also include a "Science Track" for those interested in science and research advancements. Plans include LSU's Dr. Julia Buckner who will chair a symposium on laboratory research. Also included will be a student poster session chaired by Dr. Theresa Wozencraft and a round table chaired by Tulane's Dr. Marva Lewis. LA Tech's Dr. Mary Livingston will direct a discussion on research dilemmas.

A full program for both tracks will be available in the October issue. Executive director Ms. Gail Lowe noted that details will be posted on LPA's website when finalized. Visit www.louisianapsychologist.org for workshop description and registration information.

Professional Training Resources Announces Fall Schedule

Mental Health Professionals in Court:

9/17/10 – Baton Rouge, LA. – The Marriott, 5500 Hilton Ave.
10/8/10 – Lafayette, LA. – The Holiday Inn, 2032 NE Evangeline Thru.

Conduct Disorders: Destruction, Violence, and Bullying

10/22/10 – Monroe, LA, - The Atrium 2001 Louisville Ave.
11/5/10 – Baton Rouge, LA, The Marriott, 5500 Hilton Ave.
12/3/10 – Lafayette, LA – The Holiday Inn, 2032 NE Evangeline Thru.

PTR can be found at
www.professionaltrainingresourcesinc.com

The Psychology Times

The *Psychology Times* is provided as a community service for those in the practice and science of psychology in Louisiana and related individuals and groups. The *Times* offers information, entertainment, and networking for the Louisiana psychological community.

None of the content is intended as
advice for anyone.

AFCC To Hold Conference in Oct

The Association of Family and Conciliation Courts (AFCC) which is a professional organization for those who do family court work (e.g. child custody) is holding their annual symposium on "Child Custody Evaluations" in Cambridge, October 28-30.

Dr. Alicia Pellegrin, psychologist from Baton Rouge, will be conducting a workshop titled, "Avoiding Bias in Child Custody Evaluations."

She noted to the *Times* that "We have recently formed a Louisiana chapter of AFCC and it is important that psychologists who do this work are aware of this."

NAPPP Conference October 9-10th

The Second Annual NAPPP (National Alliance of Professional Psychology Providers) Conference will be held October 9th and 10th at the Tropicana Hotel in Las Vegas.

This year's theme is "On Integrating Psychology Into Healthcare Reform."

This year NAPPP will introduce a "private 30 minute consultation with a practice expert." These sessions will be charged at a separate fee which will go to the "NAPPP Public Awareness Campaign."

The consultants are prepared to help, share and provide attendees with tips, techniques and knowledge about their success in practice and business. There will be a small separate fee for these consultations. However, the consultants have agreed to contribute their entire fee to the NAPPP Public Awareness Campaign.

Board certified clinical neuropsychologist, Dr. Mike Chafetz is among those who will provide this mentoring service to colleagues at the conference.

The *Psychology Times* needs your
news and ideas about your
community events and happenings.
psychologytimes@drjulienelson.com