



## Dr. Chris Wilson Dies July 25

Tulane's Associate Professor of Psychology, Dr. C. Chrisman Wilson passed away suddenly last Monday, July 25.

Dr. Wilson served Tulane, its students, and the Tulane scholarly community for 30 years, coming from Texas U. to a position at Tulane in 1981. His contributions to the school and the department were significant and long-standing.

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## Governor Appoints Dr. Zimmermann To Psychology Bd

Governor Bobby Jindal has appointed Dr. Marc Zimmerman, licensed clinical psychologist and medical psychologist, to the Louisiana State Board of Examiners of Psychologists, according to a press release from the Governor's office on July 7.

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## Dr. Tony Young New LSBEP Chair

Dr. Tony Young, psychologist and Associate Professor from Louisiana Tech University in Ruston, is the new Chair for the Louisiana State Board of Examiners of Psychologists. He takes over for Dr. Joseph Comaty in this role, who

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## Psych Bd Cites Workman's Comp Law In Reversal Decision

Responding to a set of questions from the *Times*, the psychology board (LSBEP) noted in a July 29 email to the publisher that it regards a medical psychologist to be a 'psychologist.'

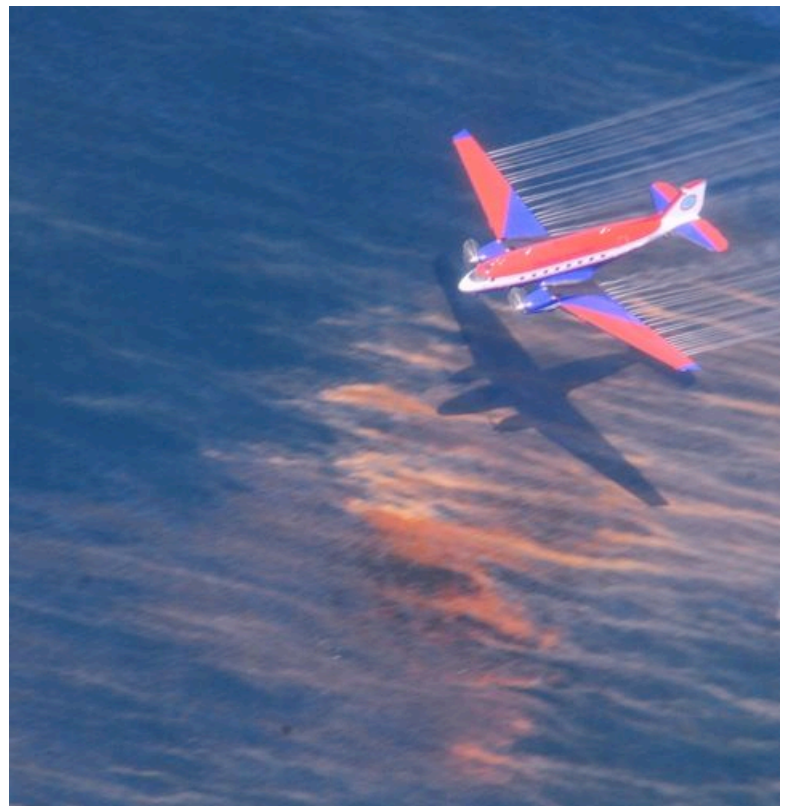
In June the *Times* had asked the board, "Does the board consider a medical psychologist who is not licensed by LSBEP [to be] a 'psychologist?' If no, why? If yes, why?" In their July 29 email the board answered, "Yes," and referenced RS 23:1371.1.

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## LSUHSC, Tulane To Study Oil Spill Effects

The National Institute of Environmental Health Sciences (NIEHS) announced that it will fund a network of researchers, called the Deepwater Horizon Research Consortia, to study the effects of the oil spill on citizens of the Gulf Coast.

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May 2010, Houma, La.- Crew of a fixed-wing aircraft release dispersant over oil in Gulf. LSU Health Sciences Center and Tulane U. will help understand physical, psychological, and social impact of the Deepwater Horizon disaster on citizens of coastal parishes.

Coast Guard photo by Stephen Lehmann.

## Beyond "brute survival"

### Psychoanalytic Psychologists

In a mental health industry driven by lower costs and increasing reliance on pharmacology, psychoanalytically trained psychologists remain steadfast in offering their clients an intimate, personal approach for lasting change, and a process that acknowledges the unique inner journey of the individual.

The *Times* spoke with psychoanalytically trained psychologists in our community, several on the faculty of the New Orleans-Birmingham Psychoanalytic Center, who have remained committed to the values inherent in the psychodynamic process.

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# Editorial Page

## “Who and What Am I?”

—Is the important question to ask beyond brute survival, said Dr. Alvin Burstein, psychologist and psychoanalyst (see article this issue).

Psychology could use that advice. The Fort Hood psychiatrist is in the news again and every third reporter calls him a psychologist. To the public there's little difference. The word “psychologist” leads the listener to a person who treats mental illness, and then to the cognitive frame for psychiatrist.

We come by our problems partly because we're so diverse. We're scientist-practitioners, scientists, and professors, who according to ASPPB, apply ourselves in clinical, counseling, school, forensic, cognitive & behavioral, clinical health, correctional, academic, industrial-organizational, clinical neuropsychological, rehabilitation, psychoanalysis, and research. And even this list doesn't include everything or capture our real identity.

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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*.

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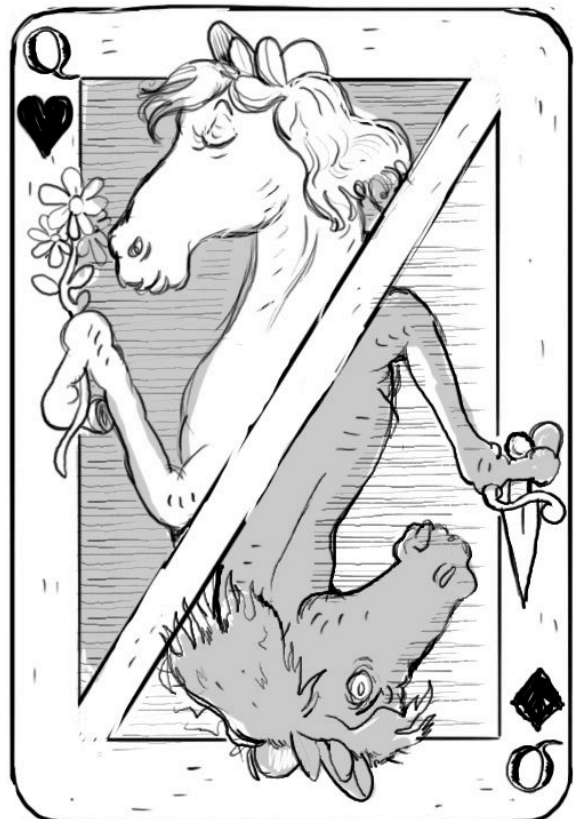
Psychology could do ourselves and the public a great service by devising a worthy frame. A cognitive frame (metaphor) collapses, limits, and directs the listener. It creates a readiness and priming effect. It is necessary for accurate problem-solving, for defining issues and generating solutions.

We are an intellectually rich, diverse community of premier social scientists that apply what we know to the human condition, and we deserve a worthy frame that doesn't mean psychiatrist.

## Psychology Times Turns 2 Contest

*The Psychology Times* is holding a contest in honor of our second birthday. Submit your *positive* comment about the *Times* and you could win a \$100 gift certificate to Amazon or for your favorite charity. The best *negative* comment will win a \$20 gift certificate or donation. Top comments will be published in the *Times'* anniversary issue with or without the name of the author, as he or she wishes.

Send your entry to  
[psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)



### Appointment...

Dr. Zimmermann is a resident of Baton Rouge and is owner of Zimmermann Psychology Clinic.

He and Dr. Michael Chafetz were nominated by the Louisiana Psychological Association to fill a vacancy left by Dr. Joseph Comaty, who this past June completed his five-year term of service.

Dr. Zimmermann wrote in the election materials that if appointed, one of his goals for his service would be to "help improve the board's efficiency and also its effectiveness at staying clearly within its mandates."

He explained that he has seen times when a psychologist has an inappropriate or bogus complaint against them. The process drags on when it should be handled quickly and much more effectively to resolve these unwarranted claims against licensees.

He wrote, "The board is dealing with great turmoil in the profession. An even and temperate attitude will be needed to transverse this period."

Dr. Chafetz, who received 70 percent of

### Dr. Young...

completed his five years of service in June.

Dr. Young is the Chester Ellis Endowed Professor in Education for the Psychology Department at Louisiana Tech, where he also manages the Psychological Services Clinic.

Dr. Lee Matthews, clinical psychologist and neuropsychologist from Metairie will serve in the role of Vice Chair.

The psychology board is working on a number of issues of importance to the community, including a Sunset review in 2012 and consideration of new continuing education and competency requirements.

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the votes from licensees, was not appointed.

The Governor has the authority to select any person from the list submitted by the Louisiana Psychological Association.

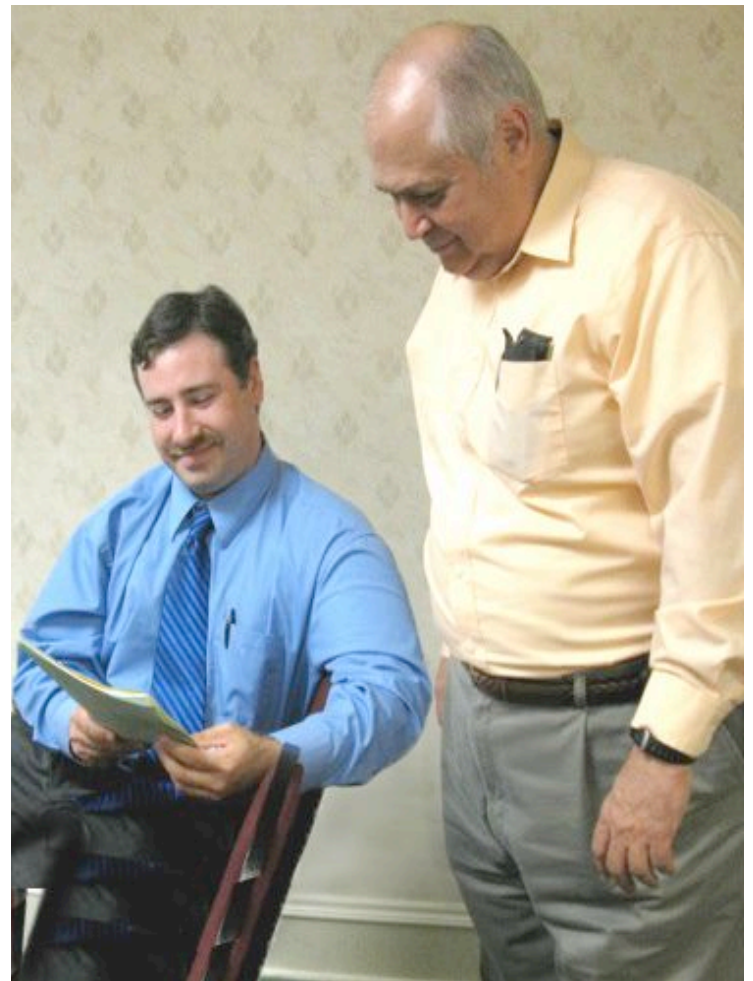
Chafetz has served as President of Grass-roots and has been outspoken regarding the independent regulation of psychology and Act 251.

### Call For LSBEP Nominations Again in September

Ms. Gail Lowe, Executive Director of LPA, told the *Times* that another call for nominations to the state psychology board will go out in September. This will begin another election cycle to fill an opening for 2012, which will be left as Dr. Tony Young completes the term that he took over for Dr. Glenn Ally, who resigned in 2010, leaving a partial opening. The typical term is for five years.

### Correction

In the July 1 issue of the *Times*, in the story "MPs Qualify To Supervise Without Psychology License," Dr. Tony Young was incorrectly identified as a medical psychologist. Dr. Young does not currently hold the MP credential. The *Times* previously obtained the information from the board's website. We are sorry for any confusion this may have caused.



Dr. Jesse Lambert (L) and Dr. Marc Zimmermann look over the program at the April LPA Annual Meeting. Dr. Zimmermann was appointed to the Louisiana Board of Examiners of Psychologists in July.



### Dr. Chris Wilson...

He served as Chair of the Psychology Department and as the Director for the School Psychology Doctoral Program.

He distinguished himself in service and leadership. He was Chair of the Institutional Review Board (Human Subjects Research), Chair of the Academic Integrity Subcommittee, and Chair of the Senate Committee on Athletics. He served as interim director of the Center for Education, and on committees for Dean's Honors Scholar admissions, Grievance, the Newcomb Childcare Center, Health Professions, and Academic Standing. He was named Distinguished Newcomb Fellow for his devotion to the academic life of Newcomb College.

His class in Abnormal Psychology was a favorite with students. "Nearly every psychology major over the past 20+ years elected to take Abnormal Psychology with Chris," his family noted in the *Times-Picayune* article. "Every semester, the course enrolled 150+ students. Chris continually added video and sound bites to keep the course engaging to each generation. He recently developed a new undergraduate course in clinical interventions, a sign he remained the consummate teacher."

Chris earned his Bachelors Degree from Western North Carolina University, his masters from Radford University, and his PhD from the University of South Carolina.

Chris' research interests included professional school psychology, applied behavioral

### Reversal...

RS 23 is Workman's Compensation law, and in the definitions, 23:1371, applicable to workman's compensation, item 6 notes, "*Psychologist*" shall mean an

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analysis, behavior therapy and social learning in children. He published in the area of child psychology including a book on behavioral assessment, and articles in *Genetic Psychology* and *Abnormal Child Psychology*.

"Chris was the co-founder of the School Psychology program at Tulane and served as the Director of the program from 1992 – 2004," said Dr. Stacy Overstreet, Tulane Professor and colleague. "Chris left an indelible mark on the program and the students who completed it," she said. "We will miss the experienced wisdom, professional perspectives, and sharp wit that Chris brought to our lives."

Dr. Dan Tingstrom, a former student of Chris' is now on the faculty of USM. He said, "Chris was always patient and very giving of his time and support... I learned a great deal from Chris both in and out of the classroom."

"Chris also had a very quick wit and welcomed sense of humor."

And, "He was a committed family man and loved his wife, Gail, and his son, Evan dearly. In our many get-togethers over the years he spoke of them often."

Dan said, "Chris was my teacher, supervisor, mentor, and ultimately my friend. I will miss him dearly."

Chris is survived by his wife Gail Cannon Wilson, PhD and son, Evan Chrisman Wilson. He was 67.

*individual licensed to practice psychology by the Louisiana State Board of Examiners of Psychologists or licensed to practice medical psychology by the Louisiana State Board of Medical Examiners, or, in the event an individual is practicing psychology in a jurisdiction other than Louisiana, licensed by the appropriate member board of the Association of State and Provincial Psychology Boards to practice psychology, ..."*

In an October 2010 decision the LSBEP had determined that the psychology licensing law would prevail in their view, which specifically defines psychologist: " '*Psychologist*' means any person licensed as a psychologist under this Chapter."

The medical psychologist licensing law notes, " '*Medical psychologist*' or '*MP*' means a psychological practitioner..."

The reversal of Opinion #012 followed the testimony by Dr. Marier, the medical board's Executive Director, and Dr. John Bolter. The *Times* asked for that testimony but the LSBEP declined, referring back to the sources.

Medical psychologists' practice, including supervision of psychological assistants and psychometricians, and now candidates for psychology licenses, falls under the authority of the medical board, which has the right to "Establish and publish standards of medical psychology practice..."

The board's vote to reverse the Opinion #012 was: Comaty-yea, Courtney- yea, Matthews-yea, Young -yea, Culross-nay.

## LSUHSC, Tulane To Study ...

"The five-year, \$25.2 million program will support population-based and laboratory research at Louisiana State University Health Sciences Center New Orleans; Tulane University, New Orleans; the University of Florida, Gainesville; and The University of Texas Medical Branch at Galveston," noted the July 7 press release.

The researchers will study the effects of the oil spill on a variety of physical and psychological variables including reproduction and birth outcomes, mental health, cardio-respiratory system, and resiliency of the Gulf Coast citizens in dealing with disasters.

"A focus will be on the physical and psychological health of vulnerable populations," noted Gwen Colman, Ph.D., director of the NIEHS Division of Extramural Research and Training, "especially pregnant women, children, fishermen, immigrants, and minorities." The NIEHS group will also study the potentially harmful effects of "contaminants in air, water, and seafood, and assess their relationship to health outcomes."

This study is different from the research started earlier this year by NIEHS designed to study adverse effects on oil spill clean-up workers and volunteers, called the "GuLF Study." The new study will focus on members of the general public.

NIEHS officials noted, "In addition to sharing data and research results, each of the four institutions will implement a community resilience project, which seeks to better understand how local populations respond to and recover from disasters. Through their partnerships with community-based organizations, researchers will assess how culture, social networks, and other determinants may enhance pre-event



Deepwater Horizon was over a year ago now but the disaster released 5 million barrels of oil and the equivalent of 3 million barrels of natural gas. into the Gulf area. LSUHSC and Tulane will help discover the complex effects, including psychological variables, on those in the coastal Gulf South.

*Photo courtesy U.S. Coast Guard*

preparedness and post-event recovery."

Edward Trapido, ScD, of **LSUHSC** will lead the research team to answer questions about "mid- and long-term effects..." including physical, behavioral, social, and economic," he noted in the NIEHS announcement.

"... the LSU School of Public Health-New Orleans will launch a longitudinal study of women and children in the affected parishes to look at the effects of the disaster, ..."

Dr. Stephanie Tortu, Associate Dean for Academic Affairs, and Professor (Psychology) at LSUHSC told the *Times* the group is just getting started but will be "looking at the effects on families and children."

The group plans to study 4,000 women and 2,000 children in Orleans, St. Bernard, Plaquemines, Jefferson,

Lafourche, Terrebonne, and St. Mary's Parishes.

**Tulane University** Maureen Lichtveld, MD, MPH will lead the "The *Transdisciplinary Research Consortium for Gulf Resilience on Women's Health*." She noted in the announcement that the focus of the Consortium will be to study the effects of the disaster, "... combined with the other adversities faced by the area, on mental health and reproductive outcomes among pregnant women and women of reproductive age living in affected parishes in Louisiana."

An additional goal will be to "Utilize community-based participatory research and outreach strategies to strengthen community resilience in vulnerable Gulf Coast populations."

For more information go to <http://www.niehs.nih.gov/about/od/programs/gulfspill/>



## Psychoanalytic Psychologists...

In recent years careful outcome research has shown that psychodynamic approaches are on par with other evidenced-based techniques. Advances in cognitive psychology, neuroscience, and even evolutionary psychology, support the main tenets of Freud and other depth psychologies: The unconscious really exists and is important; inner conflicts cause human suffering; and the defenses restrict well-being and creativity.

### Empirical support

"There is plenty of empirical support for psychoanalytic technique and psychoanalytic concepts in the scientific literature..." said Dr. Denise Newman, New Orleans psychologist and former Tulane professor, who specializes in developmental psychopathology, the way normal development can cause mental health problems. She looks at the role of personality processes and identity formation in mental health, especially for cultural and racial minority youth.

"As a scientist," said Newman, "I have no problem with psychoanalytic theories guiding my clinical treatment of patients. But I came to that conclusion after a very lengthy course of study and comparative analysis of different models of the mind and explanations of psychopathology."

"Most of the current trends, economic pressures, and politics of clinical training and treatment were not supportive of my conclusions," she explained. "Nonetheless, to my way of thinking, psychoanalytic theory, with all of its various revisions over the last 120 years, most closely respects the intricate contours of the human mind. It most closely observes the multiplicity of subjective experience and the over-determined nature of complex human behavior."

Dr. Eric Cerwonka, a clinical psychologist practicing in Lafayette, agrees. He pointed to the work of Dr. Jonathan Shedler whose "The Efficacy of Psychodynamic Psychotherapy," (*American Psychologist*, Feb-Mar 2010) made a splash in the media, including a review in *Psychology Today* and an APA press release in January this year.

Cerwonka practices psychodynamic psychotherapy because "I like to see people get better, especially patients that have not benefitted from other types of psychotherapy," he told the *Times*. He remarked on Shedler's finding that

psychodynamic approaches are equal to cognitive behavioral therapies, and that the benefits last well after therapy has been completed.

These conclusions emerged from Shedler's review of eight meta-analyses focusing on effect size as a measure of change. In one meta-analysis of 1,431 patients in psychodynamic therapy the effect size was .97 (.80 being large) for symptom improvement. This placed the psychodynamic approach on par with cognitive behavioral therapy. But perhaps even more important was that effect size increased by 50 percent on follow-up, nine months later.

Shedler noted to APA, "Pharmaceutical companies and health insurance companies have a financial incentive to promote the view that mental suffering can be reduced to lists of symptoms, and that treatment means managing those symptoms and little else. For some specific psychiatric conditions, this makes sense," he said. "But more often, emotional suffering is woven into the fabric of the person's life and rooted in relationship patterns, inner contradictions and emotional blind spots. This is what psychodynamic therapy is designed to address."

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The New Orleans-Birmingham Psychoanalytic Center.  
(Photo courtesy of NOBPC.)



Panel of New Orleans clinicians at the FAR Fund Project community presentation, September 2010, “Stetched Thin.” (L to R) Ghislaine Boulanger, PhD, Debby Poitevent, LCSW, Elsa Pool, PhD (at that time President of the NOBPC), and Kathryn Nathan, PhD, grant coordinator of the project. A community outreach effort of the NOBPC, the group discussed the personal and professional impact of shared trauma of Katrina and then the BP oil spill for therapists and their clients.

(Photo courtesy of the NOBPC)

## Psychoanalytic...

### Self-Awareness, Creativity & Culture

For many who provide psychoanalysis the outcomes of reduced anxiety or depression are a result of deeper changes, such as greater emotional congruence or creativity.

Dr. Randolph Harper, psychologist, psychoanalyst, past president of the New Orleans–Birmingham Psychoanalytic Center (NOBPC) and faculty instructor said to the *Times*, “What is most gratifying to me is to be able to do personal growth, to meet the patient where they are, in a personal, intimate way. And when they are blocked, to help them open up and be more creative.”

Dr. Harper is also an instructor in psychoanalysis, teaching formally and informally since the 70s. “That sort of teaching is very exciting and very stimulating,” he said about his work at the Center. “You meet really good people who want to learn and grow.”

Dr. Alvin Burstein, professor and past Chair of Psychology at Southeastern Louisiana University, clinical psychologist, and psychoanalyst, spoke with the *Times* about the trend away from personal introspection.

“It seems to me,” he said, “that as a society, we increasingly value external stimulation as opposed to reflection and introspection. There is a related expectation that ‘rewards’ a la Skinner should be external rather than internal. The measure of personal worth is one’s salary, and the dollar obviates the need to cultivate personal values.”

Psychoanalysts often consider art, literature, and personal or cultural symbolism to be important to self-awareness. For Dr. Newman, whose clinical emphasis is with adolescents, adults, and families, these are also significant. Her research while at Tulane explored these issues, such as, “Ego Development and Ethnic Identity Formation in Rural American

Indian Adolescents,’ published in *Child Development*.

“I have a special interest,” she said, “in how life transitions stress human adaptive capacities, call us to question who we are, and then how people transform themselves out of that distressed state into a more differentiated self.”

She was recently interviewed for Yahoo *Associated Content*, “Tips on Overcoming Racial Identity Issues.” She explained some of the psychological connections for overcoming racial identity issues and encouraged the exploration of “one’s cultural roots and heritage and to express one’s sense of identity,” through music, dance, poetry, and other artistic expressions.

Dr. Carolyn Weyand, clinical psychologist and psychoanalyst from New Orleans, and instructor at NOBPS, is also faculty member for the China American Psychoanalytic Alliance. She explained there are “four psychologies” in the Freudian tradition: Freud’s Drive Theory, Ego Psychology of Anna Freud, Self Psychology of Hans Kohut, and the school of Object Relations.

“All overlap,” Weyand noted, “in that they all assert the presence of a dynamic unconscious, and that we have powerfully formative experiences with the significant people in our

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## Psychoanalytic...

lives.” While the four schools disagree on which motivations drive fantasy and behavior, she explained that “They all agree on the function of defense mechanisms; on the observations that children are psychologically different from adults in their mental functioning, changing over time.”

They also all agree “on the importance of fantasy in psychological process—that internal reality trumps external reality every time,” she said.

## New Orleans–Birmingham Psychoanalytic Center

Drs. Weyand, Newman, Burstein and Harper are members of the New Orleans–Birmingham Psychoanalytic Center, a regional organization for training, education, and community outreach.

The NOBPC is the oldest psychoanalytic training center in the southeastern United States, originating as a study group in 1947. Acknowledged by the American Psychoanalytic Association in 1949, it became a fully accredited institute in 1961.

Dr. Harper, past president and faculty instructor, explained that the Center’s purpose is education but also to apply its principles to the human condition. From the bylaws, he noted one of their goals, “...to develop a community of analysts, analytically informed clinicians, scholars, artists and lay people who share an interest in psychoanalysis and the application of a psychoanalytic point of view to the human condition.”

Harper explained, “...We created only one class of membership, not different classes of membership if one is an analyst or a clinician, scholar or lay person who is not an

analyst.” Center members strive for an organization that promotes participation, mutual respect, and creative involvement for its diverse membership, a group that includes psychologists, physicians, social workers, professors, and others, he noted.

This is working well, he said. Following a site visit by the American Psychoanalytic Association, the committee members said they were “very impressed” with the quality of membership and the Center’s collegiality. “They said they thought that this model represented what would be considered ‘best practices’ as a model of organization and governance,” Harper noted.

Dr. Harper himself has an unusual honor. He was the first non-physician applicant accepted to the New Orleans Institute following the 1980s lawsuits that opened training to psychologists.

Outreach and education is inherent in many of the Center’s programs. Their popular “Film and Discussion Series” is enjoyed by mental health professionals and local film buffs. The series has included reviews of films *Grey Gardens* (1976), *Harold and Maude* (1971), and *Pan’s Labyrinth* (2006). The psychological and cultural significant of characters and story lines are explored using psychoanalytic themes.

Another community outreach project is the FAR Fund Project, headed up by psychologist, psychoanalyst, and Board Member at Large, Dr. Kathryn Nathan. The project offers education, support and help to local mental health professional following the challenges of Katrina and other disasters.

Nathan and New York colleague, Dr. Ghislaine Boulanger, recently presented at APA Division 39 (Psychoanalysis) regarding the psychodynamic perspective for those in natural disasters.

The team has helped produce a mini-documentary for wider distribution and education, that dramatically and beautifully describes the journey of New Orleans therapists during the city’s crisis. The 18-minute documentary, “Shared Trauma- Psychotherapy in New Orleans After Hurricane Katrina,” directed by Neil Alford and produced in conjunction with FAR Fund Project of New York, can be viewed at

<http://www.neilalford.com/portfolio/>

## Perspectives

Dr. Alvin Burstein, clinical psychologist, psychoanalyst, professor, author and poet, serves as Board Member at Large, on Outreach and Continuing Education Committee, Clinical Assistance Committee, and Ethics Committee at NOBPC.

He has been responsible for university training programs for clinical psychologists at University of the Michigan at Ann Arbor, the University of Illinois Neuropsychiatric Institute in Chicago, the University of Texas Health Science Center at San Antonio and the University of Tennessee, Knoxville. He has served as Chair of Psychology at Southeastern Louisiana University in Hammond.

“I got my doctoral training in the years before full time fee for service careers for clinical psychologists were common,” he told the *Times*. “Indeed, my psychoanalytic practice has always been combined with an academic career”.

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### Psychoanalytic...

Burstein served on the APA Committee on Accreditation for many years, and also as member and chair of the APA Board of Education and Training. "So," he explained, "I am very sensitized to the connections between the university and the professions, as well as to interrelations among the professions."

"Under financial pressures at the state and national levels," he said, "universities are becoming much more pressed to justify their activities on the basis of subsequent employment and there has been a simultaneous skepticism about the importance of a general education, one not focused on a particular career path."

In the 60s and 70s, clinical and counseling psychology flourished, he explained, because the National Institute of Mental Health and the Veteran's Administration began to provide support. "Those same years were the salad days for psychoanalysis," he said, "when department of Psychiatry chairs were likely to be psychoanalysts and psychiatric careers focused on psychotherapy."

"Much has changed since that time," he said. "External support for clinical and counseling psychology has dried up. Psychiatric practice, and research, has become much more biochemically oriented. Psychoanalysis, or more generally, depth psychology, is not, as it was in the post-WW II years, an engrossing topic in the eyes of the intelligentsia."

"From my perspective," he said, "this last poses the most significant challenge."



Neil Alford directing the 18-minute documentary, "Shared Trauma-Psychotherapy in New Orleans After Hurricane Katrina," at the Center, produced in conjunction with FAR Fund Project and the NOBPC. It can be viewed at <http://www.neilalford.com/portfolio/>

(Photo courtesy of NOBPC.)

Psychoanalysis as a general theory of the mind and a way of understanding human nature and as professional practice depends upon it being seen as relevant by the intelligentsia, the educated classes."

"... we need analysts and analysands," he explained.

"Analysts will only emerge from the educated classes, and analysands will only emerge in a society in which depth psychology is seen as valuable."

"The humanities— literature, history, art, etc.— are important and are so named because their study generates an understanding of human nature. The reason that Introductory Psychology attracts great quantities of students is not because of a general aspiration to become practitioners, but because

of a hopefully unquenchable interest in human nature."

"That includes the question, Dr. Burstein said, of 'Who and what am I?' There is no more important question beyond that of brute survival."

*Interviews by Leda Neale and J. Nelson*

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### **Bd Suggests Psychologists Monitor Internet Info**

The LSBEP posted an alert on 6/30/11 suggesting licensees know what is posted about them on the Internet. The alert says licensees need to make a "good faith effort to correct" any errors about themselves.

## Contemporary Psychoanalytic Theory and Practice

*by Dr. Eric Cerwonka*

Contemporary psychoanalytic theory and practice, referred to as Object Relations, is an evolution of classical psychoanalytic theory. The term "object" was coined by Freud, and is synonymous with the word person or people. Hence the term "Object Relations" refers to psychoanalytic theory based on the relationship between objects (people). Where classical psychoanalysis is sometimes referred to as a psychology of one, object relations theory is a psychology of more than one, with the actual developmental relationship serving as the basis of personality and future relationships (This is what Freud meant when he said that there is no such thing as a new relationship, that all relationships are superimposed over old relationships). More specifically, both the outside object and the relationship with that object are introjected by the developing mind. In this way Object Relations theory stands congruent with other exciting and cutting edge developmental theories such as Bowlby's Attachment Theory. Due to these origins, however, Object Relations theory is based on the same assumptions of classical psychoanalytic theory.

Of course, a central assumption of Object Relations theory is the recognition of an "unconscious mind," that influences behavior and that produces the symptoms of psychopathology. In addition, Object Relations theory is based on the assumption (like all psychoanalytic theory) that symptoms have symbolic meaning. As such, the role of the therapist is the accurate reading of that symbolism as fodder for treatment.

Also central to Object Relations theory is the assumption that personality and psychopathology have a

developmental etiology, i.e. symptoms result from a disruption in the developmental sequence, and that earlier breaks in the developmental sequence are associated with more severe pathology. Nonetheless, these disruptions are not necessarily the result of the horrible trauma of common lore. While abuse and neglect are certainly pathogenic, more often these breaks in the developmental sequence are found to be the result of much more banal events (e.g. a second colicky baby results in the caregiver being unavailable to the other child).

### Developmental Sequencing

Within the confines of our mind we all carry an "internal map" or schema of the outside world. But this is not so for the newborn. In the immediate postnatal period a child has no memory traces nor can they focus their eyes. Thus, they have no "internal map" as we know it. Nonetheless, during this time the child does have a crude understanding of self and mother, which exist internally as one ephemeral unit. As such, both the internal world and the external world are represented in the unconscious by one object. As development progresses, however, visual acuity improves and memory traces accumulate. Soon an infant begins to differentiate between the external world and the internal world (i.e. there is someone out there and I am in here). This then becomes the building blocks of what will eventually become "the mind:" two individual objects, one representing mother and one representing self. Disruption of this stage can later lead to a state in which the patient is unable to differentiate between the outside world and

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Dr. Michael Schwartz from New York (L) and Dr. Eric Cerwonka, who received his training in New York, discuss issues at the LPA convention. Dr. Schwartz was a guest presenter and will Chair a program at APA.



# Close-up

## Dr. Gary Jones

Dept Chair Louisiana State  
University Shreveport

Dr. Gary Jones has built a prestigious and fruitful career from his talent for working with people, his enjoyment of psychophysiology, and his love of mentoring students in psychology.

He is Chair of the Department of Psychology at Louisiana State University Shreveport and Tenured Professor, coming to LSUS eight years ago after a full and varied career at the University of Southern Mississippi (USM), including Director of Clinical Psychology Training, Director of USM's Psychology Clinic, and Professor at a university that many in Louisiana affectionately regard as home.

Dr. Jones is a member of the Counsel of Graduate Departments of Psychology (COGDOP) and a member of Association of Heads of Departments of Psychology (AHDP). He has been a member of the Council of University Directors of Clinical Psychology (CUDCP) and the Association of Directors of Psychology Training Clinics.

He is Team Chair, APA Accreditation Site Visit Teams, Clinical Psychology, a position he has held for over ten years. He also serves as Site Visitor, Clinical Specialty Member, and Site Visitor, Health Psychology Specialty Member, among many other duties.

His research in cardiac awareness and visceral perception has spanned decades and led to over 80 publications, 67 national and international presentations, 44 invited addresses and presentations at state/regional meetings, and four book chapters including "Constitutional and physiological factors in heartbeat perception," in *From the heart to the brain: The psychophysiology of circulation-brain interaction*, and "Perception of visceral sensations: A review of recent findings, methodologies, and future directions," in *Advances in Psychophysiology*.

"My dissertation was an analysis of the imagination process involved in systematic desensitization," Gary told the *Times*. He found that "what made people react physiologically was not the valence of the imagined scene, but the activity involved in the imagery."

"The issue of visceral awareness," he said, "its accurate measurement, individual differences, and the



Dr. Gary Jones

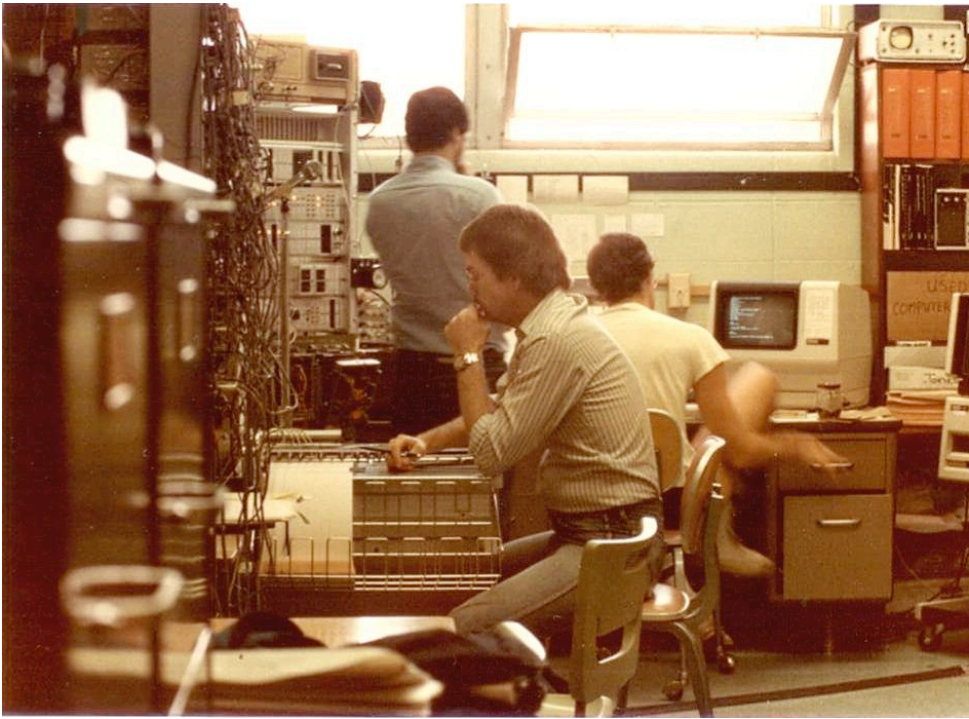
impact of awareness on a person's understanding of their health or sickness became my programmatic research for the next 35 years, and virtually all of my research, and that of my students, has been in that area. I'm still fascinated by it."

Along the way he has produced works such as "An investigation of the role of physiological arousal in test anxiety," in *Educational and Psychological Research*, "Physiological responding during self generated imagery of contextually complete stimuli," in *Psychophysiology*, and "Perception of arousal and awareness of physiological responding prior to and after running 20 kilometers," in *Journal of Sport Psychology*.

"I did a series of studies on an American Heart Association grant to understand how patients with serious cardiac diseases such as arrhythmias or premature ventricular contractions interpreted visceral feedback and how it impacted their use of medical services or their understanding of their own health," he told the *Times*. "In short, most cardiac patients are not particularly aware of cardiac activity, have lots of misinformation about what their heart is doing, and make lots of bad behavioral choices based on misinformation about their physiological functioning."

His extensive publishing record in psychophysiology is paralleled by his service as editor for numerous journals. He has served as the Associate Editor for the *International Journal of Psychophysiology*, as Consulting Editor for the *journals of Psychophysiology*, *Journal of Psychophysiology*, *Biological Psychology*, *Psychobiology*, *Journal of Applied*

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The \$50,000 minicomputer and steamer trunk-sized hard drives are on the right. The now Dr. Michael Scott above is collecting dissertation data, while Drs. Ken Jones and John Caldwell program the computer. (Photo courtesy Dr. Gary Jones)

### Dr. Jones...

*Psychophysiology, and Psychosomatic Medicine.*

He has also served as Consulting Editor for *Science, Journal of Behavioral Assessment, Biofeedback and Self-Regulation, Journal of Personal & Social Psychology Consulting, and Journal of Personality and Social Psychology.* He has served as Special Series Editor for *Biological Psychology.*

Gary is a Licensed Clinical Psychologist in Louisiana, in Mississippi, and holds the Certificate of Professional Qualifications in Psychology (CPQ). He has served on the Mississippi Board of Examiners and he is a past member the American Association of State and Provincial Psychology Boards.

He is a member of the American Psychological Association, Southeastern Psychological Association, and Fellow of the International Organization of Psychophysiology. He is a past member of American Psychological

Society, Society for Psychophysiological Research, and Society for Behavioral Medicine.

He has served on the Scientific Program Committee for the World Congress of Psychophysiology, on the Convention Committee, Membership, and Bylaws Committee for the Society of Psychophysiological Research. He serves in multiple roles for the Southeastern Psychological Association. He has served as President of the Biofeedback Society of Mississippi, and in many roles for the Mississippi Psychological Association, including Chair of the Scientific Affairs, and Legislative Committee. He has served on numerous university committees including the College of Business, Education, and Human Sciences Technology Committee, the LSUS Technology Fund Committee, the University Research Council, Graduate Council, and the Statistical Review Committee.

He has worked as a clinician in private practice, and as Clinical Psychology Consultant and Clinical Supervisor, to P.A.C.E. – Head Start, as a Clinical Psychologist Consultant to Pine Grove Recovery Center, and consultant to Department of Youth Services.

Gary earned his B.A. in psychology from Penn State, and his masters and doctorate in Clinical Psychology from Bowling Green State University. But he chose psychology only after some turns.

“I started as a marine biology major at Penn State primarily because I had watched Lloyd Bridges on the television program, *Sea Hunt*, and that seemed really interesting,” he explained. However, he soon changed to biology, then education, and finally psychology.

Nothing quite felt right until one day, while walking past an office in the basement of the psychology building at Penn State, Gary spotted a “very large piece of electronic equipment...” It was a Beckman Dynograph, a device for recording physiological, autonomic, or cerebral electrical signals.

Gary was hooked. The combination of psychology, sophisticated electronic equipment, and research, was exactly what he had been looking for. “What a combination! It pushed all my buttons simultaneously,” he said.

“I decided quickly that I would like to be a psychophysiolgist,” and he asked to work in the lab, proceeding next to graduate training with

**Con’t next pg**



## Dr. Jones...

Bowling Green's Dr. Harold Johnson, a licensed clinical psychologist and psychophysiology.

"To me, psychophysiology was a natural combination for a clinician," Gary told the *Times*. "I was most fascinated with the role of a person's perception of visceral sensations as being critical to the emotional experience."

He still loves gadgetry. "I am definitely an old technology geek (long before there was such a term) and have been one since my introduction to amateur radio at about 12 years of age." He began collecting physiological data on \$50,000 minicomputer in 1971 that had only 64K of memory, with hard drives that were "the size of a large steamer trunk," explained Gary.

In recent years Gary has attended an NIMH and APA sponsored Advanced Training Institute at Massachusetts General Hospital in Functional Magnetic Resonance Imagery (fMRI) at Martinos Center for Biomedical Imaging, a collaboration of the Massachusetts General Hospital, Harvard, and MIT.

What has been most rewarding? "I am, at my core, mostly an academic, researcher, and mentor," he said. "Clearly, the most rewarding part of all of this activity was my role as a mentor for doctoral students."

During his almost 30 years at USM, Gary mentored approximately 65 doctoral candidates. "There is nothing like having a research group of 4 to 9 PhD candidates all working in the same area as I was working. These people were bright, enthusiastic, eager, motivated and excited about learning psychology, and it was an amazing environment for me."

Gary's very first graduate student was Dr. Glenn Ally, Louisiana medical psychologist. "I taught the intellectual testing courses," Gary said, "for our program and students were required to do lots of practice testing, and Glenn would bring his son [Brandon] in to be tested by his colleagues. Brandon was a fixture of the testing classes," Gary said.

"About 25 years later, a young man named Brandon Ally applied to our doctoral program..." and "...became 'my' last doctoral student. The 'Ally psychologists' bookended my mentorship career. Brandon is one of 'my' most distinguished students, now on the faculty at Vanderbilt Medical School (after leaving Boston University and Harvard Medical), and has a research track record that puts almost all of us to shame."

"Seeing all of those kids turn into professionals and make careers and names for themselves is amazing, and to have a little to do with furthering that process, is, by far, the best part of my career in psychology."

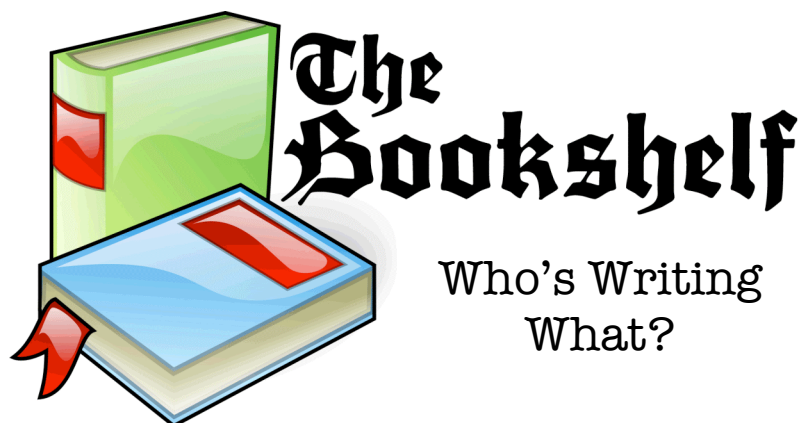
What does Dr. Gary Jones see ahead for psychology? "I think that this is an exciting time for psychology. I think that psychology is growing into a real science." He explained that the field has advanced more in the last 15 years than in the previous 100. "We have a lot more to learn, but psychology is riding technological advances into advanced understanding of human behavior."

His advice to younger psychologists? "Truly master the knowledge and skills available in your disciplines." And, "... graduate school is just not getting a degree but is the acquisition of knowledge that you are going to build on the rest of your career. Don't be in a rush..."

Dr. Gary Jones is married to Dee (Dolores) Jones. Dee is a professional librarian now at the LSU Health Science Center Medical Library in Shreveport. In her career she has served as the Curator of the DeGrummond Children's Literature Research Collection, the second largest collection of original children's literature manuscripts and original illustrations in the U.S. Also, Dee has served on the Board that confers the premier national award for Children's Literature, the Andrew Caldecott Medal.



This was a newspaper picture taken sometime during Dr. Gary Jones' first year (1975-1976) as a faculty member at USM. (Photo courtesy Dr. Gary Jones.)



Who's Writing  
What?

## Sports Hypnosis In Practice Scripts, Strategies and Case Examples

by Joseph Tramontana, PhD  
Crown House Publishing, July 2011

*"Do just once what others say you can't do and you will never pay attention to their limitations again."*—James R. Cook

*—from Sports Hypnosis, Appendix "Affirmations"*

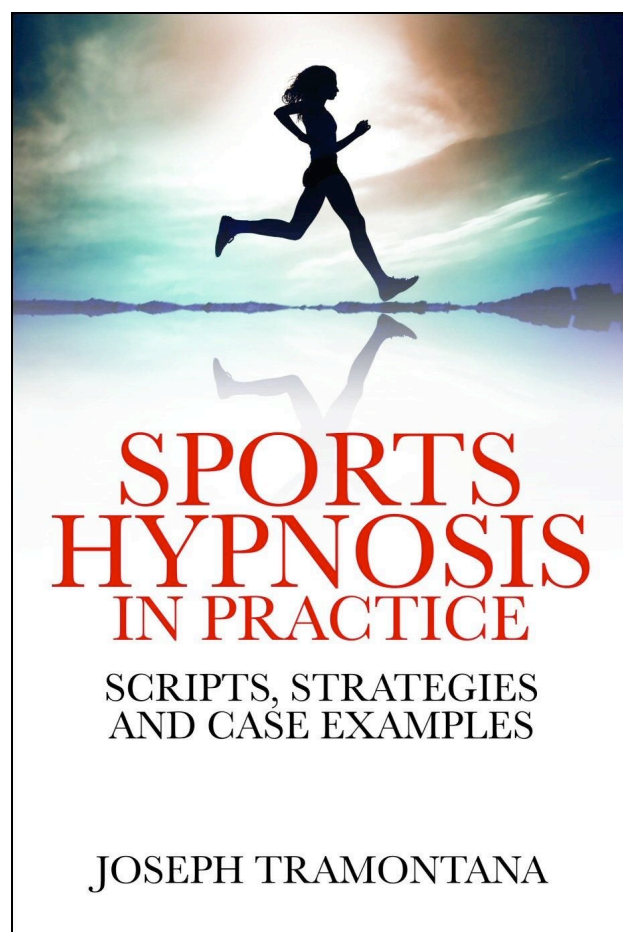
*Sports Hypnosis In Practice*, by Dr. Joseph Tramontana, is a delightful, candid and enormously useful book for clinicians working with athletes. Licensed clinical psychologist, and one time runner, sprinter and coach, Dr. Tramontana applies his clinical skills and imagination to the mental side of sports. He weaves together hypnotherapy techniques, elements from the culture of competitive athletics, and specific directions for uncovering meaningful personal imagery, to help athletes improve their performance.

Dr. Tramontana accomplishes this within a solid base of classical hypnotherapy technique and multi-level communications for unlocking potential. He writes in a direct, genuine, and first person style that lends itself to an appreciation to this interesting sub-specialty. He includes a variety of ideas in story-telling, interviews, affirmations, quotes, books, and movies that help with the process and enlivens the text for the reader.

"What I especially enjoy about working with athletes, young or older," Joe explained to the *Times*, "is their extremely high motivation to improve." Joe's enjoyment of sports culture and his concern for the athletes emerge clearly in the text.

"... I find it to be a fun and exciting sub-area of my general psychological practice," he writes in the Introduction. "Typically athletes are not coming to see me because of psychological disturbance; rather they are seeking self-improvement in their sport."

"...The progress, gains, and successes are often quick, dramatic, and measurable," he notes, a situation that makes this work a satisfying, upbeat area of clinical practice.



In *Sports Hypnosis* Dr. Tramontana provides specific directions and scripts, showing the reader how to modify techniques and suggestions for particular sports or particular athletes.

For instance, he explains the difference in the mental approach of a tennis player, who keeps moving, to that of a competitive golfer who has more than enough time to dwell on a mistake. The golfer "has more time to think between shots. If the previous shot was a bad one, this thinking can involve grappling with self-doubt, anxiety, fear of failure, and tension."

In another example, Joe presents a case with a young gymnast who had fallen and who finds it impossible to perform the same move unless her coach is near the bar. "Hypno-projection was then utilized to review performing the skills perfectly in the past (age regression)," Joe writes. "...and then seeing herself doing them perfectly in the future (future projection)." Next, he used scripts involving an approach for "rehearsing future performance." And finally, "...the client was told to ask the coach to move a little further away each day and to practice these

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Dr. Joseph Tramontana catches up with Dr. Karen Slaton of Covington, Louisiana, at the LPA convention this last April.

### Bookshelf...

techniques at home.” In a short time the gymnast was back performing comfortably.

The directions and scripts are enhanced by a set of interviews with coaches and athletes, including Brian Kinchen, former LSU football star and NFL tight end and long snapper. Also included is LSU women’s tennis coach Tony Minnis, LSU’s women’s softball coach, Yvette Girouard, and LSU’s equestrian club team coach, Leaf Boswell.

*Sports Hypnosis* is complete with scientific links and references, successfully blending with the work of other sports psychology experts, information from researchers in human performance, and important techniques from other hypnotherapists.

As a former competitive runner and sprinter, and also a coach for marathoners, Joe demonstrates his insightful knowledge about the challenges and demands that athletes encounter. He brings together his knowledge of normal personality, clinical insight, and his awareness of the emotional demands that arise in a variety of competitive endeavors, to show how the clinician can uncover the cognitive psychology of the athletes’ beliefs.

*Sports Hypnosis* will be directly and immediately useful for psychologists trained in clinical hypnosis who want to assist athletes, but it will also be valuable to those who want to better understand the specifics of indirect methods and how hypnotherapists engage the subconscious to help clients overcome personal obstacles.

The design of the book begins with a crisp but complete “Introduction,” providing background and scientific context for applications. In Chapter 1, “Overview of Hypnotic Approaches with Athletes,” Joe outlines the techniques he uses for trace induction and deepening, imagery, and techniques for specific suggestions for athletes.

For instance, he describes “The elevator,” “The practice effect and generalization effect,” and “Efficiency and effectiveness.” Also included is “Alert and open eye hypnosis,” a technique essential for athletes. In later chapters he describes techniques such as “World Class Visualizer,” and “Space Travel Meditation.”

He clarifies how self-hypnosis is used for homework and explains the use of story-telling and “Inspirational stories.” He reviews how issues with low self-esteem, self-sabotage, or other emotional issues may need to be discovered in sections on “Uncovering” and “Reframing.”

Chapters 2 through 9 address specific sports, beginning Chapter 2, “Golfers” followed by Chapter 3, “Track and Field Athletes: Sprinters, Distance Runners, and High Jumpers,” and Chapter 4, “Gymnastics and Cheerleaders.”

In Chapter 5, “Equestrians: Show Jumping,” Joe reviews his work with a female equestrian who reported feedback of a “slow motion” effect following hypnotherapy, allowing her to feel as though she had extra time to mentally prepare. “

In “The US Big Three: Football, Baseball, and Basketball,” Chapter 6, Joe interviews Brian Kinchen, tight end for LSU, the Miami Dolphins, Cleveland Browns, Baltimore Ravens, and Carolina Panthers. Kinchen became the deep snapper for the New England Patriots and snapped the winning field goal in the team’s Super Bowl victory.

Chapter 7, “Softball (Fast Pitch),” Chapter 8 on “Tennis,” and Chapter 9

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## Bookshelf...

covering "Volleyball, Soccer, Olympic Shooting, Cycling, and Rugby," completes the review of specific sports.

Dr. Tramontana shifts gears in Chapter 10 to give a review of "Recovering from Injury and Returning to Training and Competition," which includes hypnotic techniques to enhance recovery after surgery or injury.

"My work with pain patients—I currently work one day per week in a pain management clinic and am referred to as their 'pain psychologist'— dovetails nicely with working with athletes who have overuse or injury-related pain," Joe noted.

Chapter 11, "Substance Abuse and Other Addictive Behaviors," builds on his clinical expertise of working with addictive behaviors.

Sections on "Affirmations" and on "Books and Movies," are given in the Appendix, and complete this engaging, upbeat and very usable book.

Dr. Joseph Tramontana is in private practice in Baton Rouge, and is also a Psychological Consultant to DDS. Additionally, he serves as the "Pain Psychologist" at Southern Pain & Anesthesia, in Metairie. He also sees clients monthly in Pass Christian, MS. He has served as Director of the North Mississippi Mental Health and Retardation Center. He belongs to the Southern Pain Society and the Mississippi Pain Society, the American Society of Clinical Hypnosis (for whom he has served as a faculty member), and the Association of Applied Sports Psychologists. He is a member of APA, the Louisiana and Mississippi Psychological Associations. Dr. Tramontana was recently elected to the Louisiana Psychological Association Executive Council and is Chairperson of the Public Affairs Committee and of the Elections Committee.

He is presenting a workshop in September (2011) at the annual meeting of the Society for Clinical and Experimental Hypnosis, an international organization, held this year in New Orleans.

*Sports Hypnosis* is his second book. His first is *Hypnotically Enhanced Treatment for Addictions*, also published by Crown.

## Continuing Professional Development Guidelines Taking Shape

The LSBEP is considering revising requirements for Continuing Education requirements, and conducted a survey of licensed psychologists in June and July to discover their views on number and kind of training activities for verifying continued competence.

Dr. Tony Young, Chair of LSBEP noted to the *Times* that, "ASPPB has published a draft of guidelines regarding CE or Maintenance of Competency that we are mulling over. They are incorporating suggestions now from state boards and revising their document, as I understand it." He indicated that the document is available on the ASPPB website at

<http://www.asppb.net/i4a/pages/index.cfm?pageID=3572>

Changes in Continuing Education may follow the ASPPB's recommendations, after input from state boards and individuals are included.



Dr. Joseph Tramontana at a competition run with trophy.  
(Photo courtesy of Dr. Tramontana.)



## Contemporary Psychoanalysis...

the internal world. Problems related to this early developmental stage can later result in a state in which the patient is unable to differentiate between internal "voices" and external "voices." Hence, Object Relation theory provides a psychological explanation for auditory hallucinations (my apologies to the chemical imbalance industry).

As time moves on, however, these single objects are unable to represent the infant's ever expanding world. This is especially true for emotions. Angry, blue-in-the-face baby cannot be represented with the same object as happy, loving baby at the breast. Similarly, "mother the-caretaker-and-provider" cannot be represented with the same object as "neglectful-make-me-wait-she's-trying-to-kill-me mother." As such, baby now uses a very primitive defense mechanism to rectify the situation: a splitting defense. In this regard the infant now develops dual objects for both self and mother, and the emotion that accompanies those objects. Now the infant has two separate objects for self (good baby/bad baby) and for mother (good mother/bad mother), and the emotions (actually instincts) that accompany these objects: libido and aggression, respectively. As time moves on, however, baby begins to understand that good mother and bad mother are actually the same person, as is good baby and bad baby, and a merging of the objects occurs. With this merger baby can now experience people (and

themselves) as whole objects, with both good and bad qualities. Accompanying this is also a merger of the emotions/instincts that are associated with each object. Hence, the aggressive instinct is now tempered by libido, and the pure rage that is a product of pre-merged (split) objects is no longer produced. Problems related to this stage produce a condition in which splitting is the major defense and rage is still experienced (i.e., a borderline condition).

As you can see, Object Relations theory, similar to classical psychoanalytic theory, can account for the clinical conditions that many face daily in their practice. Although space limitations limit further discussion, I feel I would be remiss if I did not at least mention the curative (rather than palliative) aspects of psychoanalytic treatment. Just as

pathology is caused by early problematic relationships, the curative aspects of treatment also rest on the relationship. Although the exact mechanics are still pondered, the psychoanalytic relationship is what is therapeutic i.e. that it is introjected by the patient, to replace or mitigate early malignant relationships.

*Dr. Cerwonka is in private practice in Lafayette. He completed his doctoral training at Long Island University, C.W. Post Campus, and his post-doctoral training at Columbia University.*

## Nutrition and Health

Organic solvents are ubiquitous worldwide. Sources include paints, paint thinners, gasoline, varnishes, degreasing agents, adhesives, printing inks, pesticides, cosmetics and cleaners. Studies have suggested that chronic, high-level solvent exposure might be associated with a syndrome of personality change, memory impairment, and neurological deficits that is termed solvent neurotoxicity.<sup>1</sup> Fatigue, difficulty concentrating, irritability, psychomotor deficits, and depression are other symptoms seen as a result of chronic solvent exposure. Occupations with increased solvent exposure include painting, floor laying, printing, and dry cleaning.<sup>2</sup>

1. Dick FD. Solvent neurotoxicity. *Occup Environ Med.* Mar 2006;63(3):221-226, 179. 2. Bockelmann I, Pfister EA, Peters B, Duchstein S. Psychological effects of occupational exposure to organic solvent mixtures on printers. *Disabil Rehabil.* Jul 8 2004;26(13):798-807.

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## IN THE NEWS

### **Dr. Kelly Ray Presents at APA, August 4**

Dr. Kelly Ray, outgoing LPA President will present "Developing a part-time practice," as a member of the panel for "Nuts and Bolts of Practice: Successful Early Career Perspective." The program is sponsored by Division 42, Independent Practice and will be held August 4 at the APA Convention Center.

The Chair for the panel is Dr. Michael Schwartz, who recently presented a workshop at LPA.

### **Dr. Michael Chafetz Publishes Research On Disability Validity**

Michael Chafetz, Erica Prentkowski, and Aparna Rao have authored a study, "To Work or Not To Work: Motivation (Not Low IQ) Determines Symptom Validity Test Findings," published in the Archives of Clinical Neuropsychology.

The authors looked at Social Security Disability Determinations Service (DDS) claimants and compared them to claimants for the Rehabilitation Service on measures symptom validity. They found that, "... intrinsic motivation explains effort in this particular study of low-functioning claimants: those seeking to work or to look good to reunify with their children pass SVTs [Symptom Validity Tests] at high rates."

### **Dr. Nadia Webb Authors Article For Scientific Am**

Dr. Nadia Webb authored a feature article for *Scientific American* and it's "Mind Matters," on the web, "The Neurobiology of Bliss--Sacred and Profane," Sex in the brain, and what it reveals about the neuroscience of deep pleasure. "

She writes, "The left hemisphere is even preferentially more active among people free of depression and less active among the unhappy. If the brain were a simpler and more cooperative organ, the left hemisphere would be lit up like the

Fourth of July during an orgasm. Instead, it is surprisingly silent. Why might this be so?"

Her article can be found at <http://www.scientificamerican.com/article.cfm?id=the-neurobiology-of-bliss-sacred-and-profane>

### **UNO Dr. Scaramella Find Parents Upset Their Babies' Sleep**

UNO Professor Dr. Laura Scaramella was one of a team that researched the impact marital problems have on babies' sleep. The study's findings were reviewed in an UNO news release and also on the Huffington Post.

The UNO news release noted, "The conventional wisdom is that infants are hard on a marriage because parents' sleeping habits are disrupted by babies. But a new study that appears in the journal Child Development finds that marital instability when a child is nine months old can affect child sleep problems at 18 months. 'This study suggests that regardless of the cause of marital instability, marital instability affects the babies and interferes with babies' sleep,' said Laura Scaramella, a University of New Orleans psychology professor and one of the study's investigators."

The Huffington Post reviewed the study and wrote, "These new findings suggest babies are able to internalize parental discord before they are able to cognitively understand its implications."

See

<http://news.uno.edu/UNOintheNews/articleType/ArticleView/articleId/71/Study-Finds-That-Marital-Problems-Are-Related-To-Infants-Sleep>

### **The Psychology Times**

The *Psychology Times* is provided as a community service for those in the practice, science, and teaching 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.