

## Cuts "less than 10 percent"

### **Governor To Protect Higher Education in Next Budget**

In a speech Monday to members of Louisiana's college boards, Governor Jindal described his reform proposals for Louisiana's higher education. According to the press release, the Governor noted that a number of reforms and key gains have been made but that there is still work to do.

"Through the use of creative solutions to protect higher education services while improving outcomes," he said to the group, "we expect the reduction to higher education to now be less than 10 percent."

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### **Controversy in LPA Continues**

In a continuing controversy that began with the passage of Act 251 in June 2009, Dr. Alicia Pellegrin attended the January 15<sup>th</sup> meeting of the LPA Executive Council to ask how a list of names on a special petition came to be in the possession of Dr. Jim Quillin only hours after it had been submitted to the LPA Council.

Pellegrin told the *Times*, "I went there to ask some important and specific questions," regarding exactly how Quillin acquired the list of names. Dr. Quillin is not an LPA member but is a key figure in the development and passage of Act 251, a bill developed by LAMP in conjunction with the state Medical Board.

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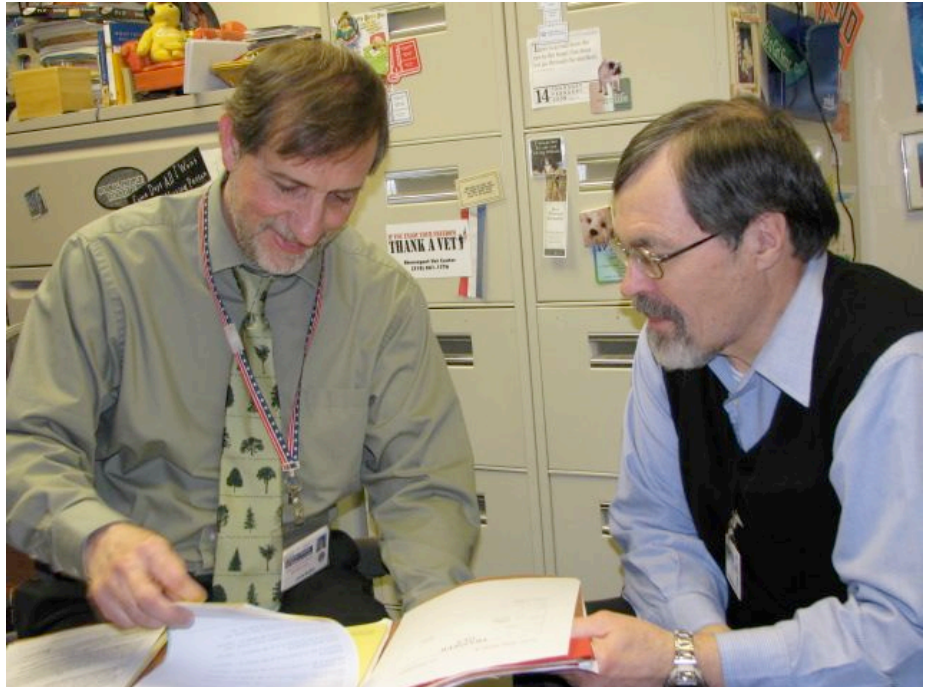


Photo by Public Affairs Officer, Sandy Franks, OBVAMC

Dr. John Magee, (L) Chief of Psychology at Overton Brooks VA Medical Center in Shreveport, conferring with Dr. Claude Eggertsen. Dr. Eggertsen is Staff Psychologist and conducts disability and neuropsychological evaluations.

### **VA Psychologists Aid Nation's Veterans**

Louisiana is home to three VA Medical Centers, eleven Community Based Outpatient Clinics (CBOCs, pronounced "C- Bocks"), five Vet Centers, and three intake sites. Today's psychologists work at all levels of the Veterans' Health Administration, the largest integrated healthcare system in the United States. The VA serves over five and one half million Veterans every year and VA Psychologists use an array of skill sets to treat, diagnose, evaluate, consult, research, train and lead teams in order to help support the military men and women who have served our country. The VA is the largest single employer of

psychologists in the US, as reported by APA.

The *Times* talked with three psychologists about their work and the VA: Dr. Kelley Pears, PTSD/SUDS psychologist at the Alexandria VA Medical Center in Pineville; Dr. Claire Brown, Psychologist with the Home Based Primary Care, CBOC for Texarkana; and Dr. John W. Magee, Chief Psychologist at the Overton Brooks VA Medical Center in Shreveport.

### Dr. Kelley Pears, PTSD/SUDS Coordinator

Dr. Kelley Pears is a Post Traumatic Stress Disorder/ Substance Use Disorders psychologist at the Alexandria VA Medical Center in Pineville.

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# Editorial Page

## Dr. Dardard Calls for Leadership

## Letters to The Editor

Let us know what you think, write a letter to the editor.

Dear Colleagues,

In August 2010 LPA member Alicia Pellegrin initiated a discussion about a resolution, drafted by several members in response to Act 251, which supported the independent practice of psychology. The new LPA president, Kelly Ray, promptly took the position that this topic was off the table.

Alarmed by this closed stance on such a critical matter, I decided to conduct an independent telephone survey of members about the resolution. Ignoring the issue seemed unfair to those who needed some way to voice their concerns. 105 members contacted voted in favor of the resolution.

In the following letter to the EC I describe what happened next, along with my observations and recommendations. Essentially, the survey results were summarily dismissed, momentum for a special meeting was squelched, an attitude of distrust prevailed, and my good faith efforts were rejected.

I believe that LPA needs an outside facilitator to teach us how to resolve conflicts constructively and to

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## The Psychology Times

Published monthly  
by Nelson News, LLC.

[psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)

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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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# Letters to The Editor

## Continued

guide us through the complex and pressing issues of identity facing our profession. Anything less, such as a town hall meeting or members' forum, would only scratch the surface of our problems.

Where is the leader willing to take this risk on our behalf?

January 14, 2011

Dear Members of the LPA Executive Council,

*The last contact I had with you was on Friday, October 29<sup>th</sup>, at 4:19 p.m., when I sent you a resolution petition for a special meeting about the autonomy of psychology in Louisiana, prompted by your vote against a resolution in support of the autonomy of psychology at the EC meeting on Friday, October 22<sup>nd</sup>.*

*I now believe, based on three key events, that LPA leadership is closed to an open discussion about the autonomy of psychology, or to any honest dialogue with those erroneously perceived as outsiders.*

*The first event was the EC meeting in which the autonomy resolution was voted down. The process walled off outside input and authentic discussion about this and other matters. For example, during membership discussions, no EC member acknowledged information offered earlier about academic dues options. A protracted but vague description of legislative threats served to heighten the wall of exclusion.*

*The second event was the formal email response to my petition, requesting an exact purpose for the meeting that, despite careful wording to the contrary, came across as resistance to such a meeting. I would have expected a phone call to discuss how to iron out any problems with the petition, demonstrating a willingness to work together toward compromise. Instead, I sensed that obstacles were being placed in the path of getting a special meeting.*

*The third event was the breach of boundaries that occurred when the special meeting petition signees list was forwarded promptly to LAMP leader Jim Quillin. I wondered why no one contacted me. I would have been happy to help*



Dr. Susan Dardard at Gray Ranch on Cattle Penning Day. (Photo courtesy of Kent LeDoux, Gray Ranch manager.)

*verify signees' identities. This action confirmed my impression that EC leaders show favoritism toward the LAMP agenda, distrust my sincere intentions and actions, and are unwilling to genuinely address the will of the broader membership.*

*I have concluded that further pursuit of a special meeting, forum, or program of any kind on the autonomy of psychology, though vital to the health of our association, is premature until our leadership better understands and is more open to the importance of this need. I look forward to that time.*

Sincerely,

*Susan Dardard*

Susan Dardard

### **"Women in Leadership" Applications Sought by APA**

APA's committee for Women in Psychology's Fourth Annual Leadership Institute for Women in Psychology (LIWP) will be held August 2-3, 2011, in Washington, DC. This year 60 women will be accepted to the Institute, 30 from academic and 30 from clinical or consulting settings. The mission of the LIWP is to empower, prepare and support women psychologists as leaders.

Go to:

(<http://www.apa.org/pi/women/programs/leadership/faq.aspx>) or contact Dr. Shari Miles-Cohen at APA, who is the Senior Director, Women's Programs Office, in Public Interest Directorate, for more information.



*Photo by Gary Hardamon/NSU*

### **NSU's Online Program Rated "Best Value"**

According to a national survey, Northwestern's online Bachelor of Science in Psychology and Psychology-Substance Abuse Prevention Counseling programs are rated among the "Best Values" in online colleges by the website GetEducated.com.

Dr. Susan Barnett, head of the Psychology Department said, "There has been great demand for our program, ever since we made online degrees in psychology and substance abuse prevention counseling available. Students who wanted to earn a

college degree are able to do so while balancing job and family demands. Each of our faculty who teach online has worked to use the latest teaching methods and provide our students with the best possible education."

The online degree programs in psychology and substance abuse prevention counseling are among 24 online degree programs at Northwestern on the associate, bachelor's and graduate level. Students from five countries, 35 states and 63 of 64 Louisiana parishes are taking online classes at Northwestern. (Source: NSU News Service.)

### **Higher Ed Con't from pg 1...**

Last week the Board of Regents announced 459 academic programs are being reviewed for low numbers of graduates. These college programs from across the state may be cut or consolidated as a step toward budget reductions.

The Regents have set criteria for "low-completer" programs. Doctoral programs at risk are those that have fewer than two graduates per year, or six in three years. Masters programs must reach the criteria of five graduates per year and undergraduate programs need eight graduates per year.

This criterion places the Specialist in School Psychology (SSP) program at University of Louisiana Monroe at risk and also the SSP school program at LSU Shreveport in a position to be monitored, according to reports on the Regent's website. Both programs are noted to be a "72-hour, predominantly post-master's course of study." The reports note that there is a strong need for graduates. Additional discussions and reviews will continue until the Regents vote on the matter in April.

This is the third review since 2009 in efforts to streamline the state's education system. "This review however, is the most stringent..." it was noted in the announcement. Two hundred and forty-five programs have already been eliminated or consolidated.

## **Merger of UNO SUNO Considered**

Governor Jindal met with the Board of Regents on January 18<sup>th</sup> and asked them to consider merging the University of New Orleans (UNO) and Southern University at New Orleans (SUNO). Then they are to consider moving the merged universities to the U. of Louisiana System, according to a press release from the governor's office. He also asked the Regents to examine how to link this new grouping with Delgado Community College.

Since Hurricane Katrina, UNO's enrollment has dropped by 32 percent, from 17,000 to 11,700. SUNO's enrollment has decreased by 14 percent, from 3,500 to 3,100, according to the press release. Delgado's enrollment has grown.

The Board of Regents is directed by legislation passed last year to study coordination and effectiveness of resources and quality of postsecondary education in the New Orleans area.

Findings of their study are due by March 1<sup>st</sup> this year.



### Controversy, con't from pg 1...

The leaked names were some of those polled by Dr. Susan Dardard last fall (see *PT*, 2, 3), and who supported a resolution for the independent regulation of psychology. Dardard presented this information and a compromise resolution to the LPA Council on October 22<sup>nd</sup>, 2010, but it was voted down. The resolution that was voted down read, "... LPA shall support the autonomous practice and regulation of the profession of psychology."

LPA President Dr. Kelly Ray later wrote to members explaining her belief that the resolution was "...to build the foundation to take an offensive position against 251, against medical psychologists, and against the medical board."

After the Council rejected the resolution in October, Dardard asked about 50 of those she had polled if they would agree to sign a petition to call a special meeting to discuss the resolution. She submitted this request to the Council members by email on October 29<sup>th</sup> at about 4:30 pm. At about 6:30 pm one of the petitioners received an email asking him about his signature, and the list was attached. (See *PT*, 2,4)

Dr. Pellegrin, an LPA member and president of Grassroots of Psychology in Louisiana, posted to Grassroots listserv after the leak became public in December. Pellegrin wrote, "This raises concerns on many levels. While Grassroots did nothing to encourage this breach, we apologize to the petitioners who rightly believed that the LPA Council members would respect their privacy. I will be placing my name on the next EC agenda to ask for a full and thorough explanation. I will report to the signers and to Grassroots regarding this unfortunate situation."

In a recent interview with the *Times*, Dr. Pellegrin said she attended the council meeting in January and asked who had forwarded the names and why. Dr. Jessica Brown, LPA Secretary and Legislative Chair explained that she had not forwarded the list to Dr. Quillin, but she had asked for a "third party" to help her investigate the names on the petition. Brown was not willing to disclose the identity of this third person.

Pellegrin also told the *Times* that she asked why a third party was needed and Brown said that she was under time pressures and required assistance.

Pellegrin said that she also asked why Brown had not requested help from the LPA Executive Director, and that Brown indicated that because of the new bylaws she felt it was her responsibility to handle all the issues of a special meeting.

Also Pellegrin asked why the validity of the names on the petition was questioned and noted that Brown said that she felt it was necessary to take another step to find out if people knew what they were agreeing to sign.

In December President Ray had told the petitioner who had been questioned by Dr. Quillin, that the reason the list was given to a third party was because there were names that were "unknown to us." (See *PT*, 2,4.) Ray had noted that a council member had contacted "others" to inquire about these "unknown" persons. Ray did not explain why the executive director had not been enlisted for help or why the petitioners had not been contacted directly.

Dr. Brown apologized for the error on her part and offered to be sanctioned. However, the council did not sanction Brown, according to Dr. Pellegrin.

"Several times during the meeting," Dr. Pellegrin said to the *Times*, "Dr. Ray stated that she was not willing to discuss or rehash the issues. I don't know what she thought I was coming there for, if not to discuss the issues."

Like a number of other medical psychologists, Dr. Ray is a member of LA Academy of Medical Psychologists – Political Action Committee, the group responsible for Act 251.

According to sources, organizers tabled the petition for an LPA special meeting for a number of reasons.

### Writers' Group Forming

If you are a published or unpublished writer of psychology topics and would enjoy joining with others to participate in an informal, online support group please contact [psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com).





*Photo courtesy of Dr. Pears*

Dr. Kelley Pears (L) with Dr. Leslie Drew, also a psychologist and head of the PTSD clinic, look at graphs of PTSD Check List scores of a Veteran after Prolonged Exposure Therapy.

### **VA Psychologists...**

"It's the most rewarding work I've ever done," Kelley told the *Times*. "When we use the evidence-based therapies that the VA has provided, I see people get better every day."

His position was originally "created to deal with the co-occurrence of these conditions," he said. "Our mission is to assess for and treat PTSD, since there is such a high co-occurrence of PTSD and Substance Use Disorders, the VA has established this position," he explained.

Most of his work is with Vietnam Veterans. "Their symptoms are 40 years old," he said. "The veterans don't necessarily have full blown addictions, but 50 percent of PTSD cases have occurrence of substance use or abuse."

Working with trauma is not new for Dr. Kelley Pears. He has worked in this area for over twenty years. "I worked a lot with PTSD for sexual trauma," he said. "But there was not a lot of research available back then. We had '*The Courage to Heal*.' It was the one thing we had to help us deal with trauma. It worked, but it was slow," he explained.

These days, "I'm partial to Prolonged Exposure Therapy. It works and it works fast," he noted.

The VA supports cognitive behavioral therapy and provides two forms for Veterans with PTSD: Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) therapy. "I'm a cognitive therapist from the get-go," Kelley said, noting that both CPT and PE can be equally effective.

Prolonged Exposure Therapy (PE) is a methodical approach for systematic desensitization. Kelley said, "You take the worse

exposure that happened, get down to the emotions, and record it on a CD. They listen to it every day and at some point the anxiety comes down. Each time you do it you move to more detailed, richer memories. You can get down to the emotions and move to the 'hot spots.'"

This structured approach allows the individual to access unprocessed emotions, Kelley explained, where the symptoms originate. "As the PTSD symptoms go down on one side," he said, "the quality of life goes up on the other side. I think of it as a seesaw."

Kelley believes that part of the success is how the therapy process is packaged by the VA. There are specific tasks, such as deep breathing relaxation, designated for each of the ten to twelve sessions. Among other therapeutic goals, Kelley helps the Veteran to "stay on the fence," to stay with the emotions. "What the PE does is take them to the place where they can habituate." Kelley explained that the symptoms include avoidance and arousal, leading to irritability and angry outbursts. He tells the Veteran that "his idle is set too fast," explaining the arousal in understandable ways and how to ease it down. "We have to 'reset the idle,'" he tells his Veterans.

"When they start the Prolonged Exposure it's no accident that the alcohol or drug use starts to decrease," he said. "They no longer have to work to avoid the memories."

"It's not just about reducing nightmares," Kelley said. "It's about giving them a life back that they might have never had," explaining that a lot of these Vets left for the war and came back changed. He shared a story of a Vietnam Veteran who had severely restricted his life due to his PTSD. After treatment the Vet told Kelley, " 'Because of you I got my wife back, I got my marriage back.' And the wife said, 'I got my husband back. I'd hadn't seen him in 42 years.'"

Dr. Kelley Pears told the *Times*, "That's why I come to work every day."

### Dr. Claire Brown, Psychologist, Home Based Primary Care, CBOC

Dr. Claire Brown is a clinical psychologist in the Community Based Outpatient Clinic that serves the Veterans in the north part of the state.

"One of the principles of the program," she told the *Times*, "is to serve those who have difficulty





Dr. Claire Brown, Psychologist, Home Based Primary Care, with her VW.

traveling to the VA hospital or to their community based clinic.” The Home Based Primary Care (HBPC) program assists patients who suffer with two or more chronic conditions and many of these Veterans are age 65 and older, she explained.

In her role as a HBPC psychologist, Dr. Brown is involved in a consulting capacity to the HBPC program staff directed by Yvonne Osborn, MSW, as well as to Veterans, their families, and their caregivers. She noted that her duties “include responding to varied and evolving requests ranging from psychological input in staff meetings and planning sessions to psychological testing, treatment, and behavioral interventions in the homes of patients with issues of dementia, depression, anxiety, PTSD, complicated bereavement, or other mental health concerns.” And she added, “We often end up doing some family and marital therapy.”

Relatively new to VA, she finds the work and the VA a very positive experience. “One of the most rewarding aspects for me,” she said, “has included the experience of working within the VA family, a gathering of talented and committed staff and administrators who share in a legacy of the VA past, who themselves are often Veterans, spouses, or children of Veterans, and who feel and articulate a strong sense of service to Veterans and contribution to the goals of the VA system and its programs.”

She works primarily with WWII, Korean War, and Vietnam War Veterans whose mental health issues are often complex and include psychological and neuropsychological problems of early trauma and aging. She noted, “The work of diagnosis and treatment with these homebound veterans is challenging, rewarding, and intellectually fascinating.”

After years of training and practice as a psychoanalytic psychotherapist, and two years of work with soldiers at Moncrief Army Hospital at Ft. Jackson, SC, the diversity of mental health issues encountered in HBPC work with Veterans at Overton Brooks VA Hospital has prompted her to obtain additional training. She is currently pursuing postdoctoral study in neuropsychology.

“I enjoy the work with Veterans,” Dr. Claire Brown said about her duties at the VA. “...even given its scale, the VA is providing veterans with excellent medical service. It seems to me that within our HBPC program these aging, chronically ill Veterans are receiving better care than they would receive without home based care, and probably better care than they would experience in the private sector, especially given their limited incomes, and their difficulty in accessing services due to mobility problems, encroachments of medical illness, and cognitive difficulties.”

#### Dr. John W. Magee, Jr., Chief of Psychology

Dr. John Magee, Jr. is Chief of Psychology at Overton Brooks VA Medical Center in Shreveport, which serves Veterans for a region that includes portions of Louisiana, Arkansas and Texas.

Dr. Magee came to the VA in 1993 when there were “only six of us,” he told the *Times*. Now he guides a team of 21 psychologists and one master’s psychology technician, to provide comprehensive services for the region’s Veterans.

Throughout the decades, psychologists who have served have come home to assist their fellow veterans in the VA. Dr. John Magee is one of them, having served in the US Air Force. “There is a strong emphasis,” John explained, ‘on reaching out to all Veteran’s groups, and for developing the mechanisms

### VA psychologists...

and training to meet their needs for both mental and physical health..."

The VA's emphasis has been backed up by new positions over the last years for psychologists in a variety of areas: in the satellite clinics (the CBOCs); services offered through telemedicine; home-based primary care positions; primary care positions for psychologists. "In mental health, this has meant additional psychologists due to the increased volume and needs of our Veterans," John explained.

"I feel very fortunate to work with this group of psychologists," he told the *Times*. The quality and commitment of his team is one of the things John finds most satisfying about the work. "As a group these are dedicated and caring individuals." They are "hardworking and excellent clinicians. They tend to step up to the plate to help, even before they are asked," he noted, and explained that this is just not the psychologists but all the VA employees.

Perhaps the most rewarding part of John's work is the Veteran population, he said. "They are as varied a group as you might imagine, like all Americans. Varied by demographics, by background, age, military experiences, etc. I've met Veterans who were at D-Day, the Battle of the Bulge, ex-POWs of both German and Japanese Prisoner of War Camps, Korean War Veterans who were at Chosin, Vietnam and the most recent wars in Iraq and Afghanistan. They are white, black, Native American, you name it."

"A large percentage of those, especially those who served in combat areas," John noted, "are seeking treatment for the first time and have never discussed their experiences previously. As a whole, they want understanding and help. I've also observed that they go out of their way to help others, especially other Veterans. Some talk about the VA being the one place they can come to find understanding."

He explained that the psychologist is often the first person the Veteran sees, and it is a pivotal point in helping the vet return for additional care. "We may often be the very first person to whom a veteran will talk about problems including his or her combat experiences. My feeling is that this initial experience will likely determine whether the veteran returns for treatment. I always remind a newly hired psychologist to the VA to keep this in mind."

"We do thirty weekly groups," he said, "from stress management, anger management, PTSD. We have women's groups and a group for spouses of Veterans." (John is a co-therapist for a Vietnam Veteran's group, along with his psychiatrist colleague who is 89 years old, who also leads a WWII group.) He also noted, "We have four full time psychologists who do disability evaluations."

In the last few years there have been new positions and roles in the VA for psychologists in the satellite clinics (the CBOCs), psychological service offered through telemedicine, and home based primary care, John explained. There is a Behavioral Health Coordinator who organizes wellness and prevention, as well as training of staff, and additional resources for neuropsychological evaluations for TBI (traumatic brain injury) and ADD/ADHD, he noted. "In addition, one of our psychologists (a neuropsychologist) has received the equipment to begin treating Veterans with 'Neurofeedback.'"

"While we have psychologists for women Veterans, and trained psychologists in treating  
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Dr. John Magee's father, Lieutenant Warren Magee (L) in the time of WWII. (Photo courtesy of Dr. Magee.)



### VA Psychologists...

sexual trauma, one of my long range goals is to have a separate Women's MH Center/Clinic, with psychologists and a psychiatrist."

John's work provides him at times with very special experiences. His father, now deceased, was a Marine and WWII combat Veteran. A few years ago, John discovered something by accident about his father and his father's friends, a discovery that remains very important to him.

A Veteran came to the VA to be evaluated and was assigned to John as a matter of procedure. John knew of him because the man had attended the same Sunday School Class at a local church where John's father had attended for thirty years. John asked if they wanted another psychologist but the couple wanted to remain with John. This Veteran was in

combat in WWII and had also been a prisoner of war. After the evaluation the Vet and his wife shared with John that every male in that Sunday School Class was a combat Veteran from WWII.

"I didn't know that," John explained to the *Times*. "Of course I knew my own father had been a Marine Combat Veteran of World War II. I suppose this story remains special to me for several reasons, including the connection to my father. But it also reminds me that we often do not know what experiences or problems, or talents and strengths, that others carry with them. I believe that that Sunday School Class was more special than I had ever realized."

As with other VA psychologists, Dr. John Magee finds the work personally rewarding. One of his Vietnam War Veterans,



This was taken by John's father, Warren Magee, while Warren was in formation and piloting his own bomber plane. (Courtesy of Dr. Magee.)

that John has helped for a number of years, returned from an in-patient PTSD program in Waco, TX, noted to John that many of the younger Veterans asked him for advice.

"He told me he summed up what they needed to do in this saying, 'Be honest with yourself about your problem and find the best doctor/psychologist you can to work with you.' The Veteran then added, 'That's what I did.'"

"It's those kind of experiences that I believe are the reason we're here, and why I'm proud to be able to offer something to those who served their country," said Dr. John Magee.

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Below: a young John Magee with dad Warren on a family outing in south Louisiana. (Photo courtesy of Dr. Magee.)



### Two Important Resources For EBP

The Society of Clinical Psychology (APA Division 12) and SAMHSA (Substance Abuse and Mental Health Services Administration) have excellent websites for Evidence-Based Practice information.

The Div 12 website can be found via [PsychologicalTreatments.org](http://PsychologicalTreatments.org).

For SAMHSA's site go to [nrepp.samhsa.gov](http://nrepp.samhsa.gov), the National Registry of Evidence-Based Programs and Practices.



# Close-up

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**Dr. Matt J. Rossano**

**Dept Ch, Southeastern Louisiana U.**

*"You are a slave boy passing by the Athenian Agora when suddenly you are approached by a bald, bumpy-headed old man with a crooked nose and wild, excited eyes. Stooping at your feet, he scratches out a dusty square and begins pummeling you with a series of odd questions. Quite accidentally you have become a small but critical player in human intellectual history. You are about to help the old man settle a dispute with his friend Meno. The old man is Socrates and the dispute is about the Truth -- whether it really exists. You are about to show that it does."*

*[...] "Human virtues such as goodness, justice, beauty, temperance, and love are like this, Socrates insists. Our experience of them is always incomplete, fallible, and corrupted, a pale shadow of the true Forms of these concepts. Yet somehow we do understand real justice, goodness, beauty, and love. Striving for ever more perfect renderings of these virtues may be our highest human calling."*

From "Religion and the Perfection of Love,"  
Dr. Matt Rossano, *Huffington Post Religion and Science*

Dr. Matt Rossano, professor, author, and Chair of the Psychology Department at Southeastern Louisiana University, first applied to graduate school in developmental psychology at U. of California, Riverside. There, he was mysteriously moved from developmental to cognitive psychology by the late night antics of a professor "who will remain nameless," Matt told the *Times*.

Matt didn't object to the mysterious move, being a "fresh-faced new graduate student," he said, and unwilling to make waves. And perhaps it was a closer fit after all, since Matt's work has turned to topics of artificial intelligence, the evolution of mind, the nature of religion, and evolutionary psychology.

"My work in cognition starting moving more and more in the direction of artificial intelligence," Matt said, "and the differences between human and machine thinking. As I probed those issues more deeply it became apparent that it was our evolutionary history that was critical in molding our minds in very unique and interesting ways—ways that were very hard to replicate with a machine. So that moved me more and more toward evolutionary issues—first the evolution of the mind, but then more broadly the evolution of emotions, behavior, consciousness, religion and morality. It's all very interconnected and trying to understand how all of it fits together to create our uniquely human way of engaging the environment has been fascinating."

Matt's interests are reflected in his 36 scholarly papers, presentations, and commentaries. His publications include "How our ancestors raised children to think as modern humans," in *Biological Theory*; "Making Friends, making tools, and making symbols," in *Current Anthropology*; "Ritual behaviour and the origins of modern cognition," in *Cambridge Archaeological Journal*; "The moral faculty: Does religion promote 'moral expertise'?" in *The International Journal for the Psychology of Religion*; "Supernaturalizing social life: Religion and the evolution of human cooperation," in *Human Nature*; "The religious mind and the evolution of religion," in *Review of General Psychology*; and "Artificial intelligence, religion, and community concern," in *Zygon: Journal of Religion and Science*.

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## Close-Up...

Among the many traditional courses Matt teaches at SELU, his Honors courses engage the imagination: "20th Century Thought: Darwin and Human Nature," "Medieval Thought: The Medieval Soul," and seminars in "Evolutionary Psychology," "Artificial Intelligence," "Philosophy of Mind," "Evolution of Ethics," and "Evolution of the Mind."

Additionally, Matt has served as ad hoc reviewer for over twenty journals including *Perception*, *Journal of Environmental Psychology*, *Review of General Psychology*, *Topics in Cognitive Psychology*, *Current Anthropology*, and *British J. of Social Psychology*. And he has served as ad hoc reviewer for Brook/Cole Publishing, Cambridge University Press, MIT Press, Elsevier Press, Columbia University Press, Oxford Press, and National Science Foundation.

With his recent book, *Supernatural Selection: How Religion Evolved*, published by Oxford University Press in June 2010 (See "Bookshelf," PT Vol 1, No 9), Matt has crystallized ideas building on his early textbook, *Evolutionary Psychology: The Science of Human Behavior and Evolution*, published in 2002 by John Wiley & Sons, as well as book chapters in *The Nature of God: Evolution and Religion*, *Cognitive Archaeology and Human Evolution*, *The Biological Evolution of Religious Mind and Behaviour*, and *New Developments in Consciousness Research*.

Does he plan on another work to follow *Supernatural Selection*? "Yes," he said. "Right now I'm becoming increasingly convinced that ritual behavior is a crucial factor in the evolution of the human mind. I'm working on a few papers now where I'm trying to put together a number of strands of thought along those lines. I anticipate that once those papers are in a more or less coherent state, that will form the basis of a book on the subject."

Some of his most visible contributions are to the Religion and Science section of the immensely popular internet newspaper, *The Huffington Post*.

"That came about as a result of my latest book on the evolution of religion," he explained. "The people at Oxford had some connections with the editor of the HP religion page and he asked me if I would be interested in blogging on the subject. I try to deal with some topic relevant to religion and science about every two weeks or so. It gives me an opportunity to inform people about religion and



Dr. Matt Rossano with Dr. Alicia Pellegrin looks over his books on evolutionary psychology at the Pro-Psych Party last year, an event sponsored by Grassroots.

science issues and to put some ideas out there in the public forum for discussion and debate."

Over the last years, Matt has balanced his theoretical work and teaching with the hands-on job of managing a department and being a key participant in Southeastern's leadership.

As department head, Matt has worked as the Honors Program Director, the Curriculum committee, Research Funds Allocation committee, textbooks committees, search committees for new professors to build the talent base of the department, and numerous administrative task teams.

Matt has committed considerable time as a member of the university-wide Academic Affairs Committee, International Studies Committee, President's Evaluation Committee, University Planning Council, Faculty Excellence Committee, Presidential Search Committee, Council of Department Heads, Arts & Sciences Curriculum Committee, to name a few.

Perhaps the most involved university-wide role Matt has performed has been his position as Faculty Senate President, Faculty Senate Vice President, and Faculty Senate Executive Committee, an effort spanning many years.

**Close-Up...**

"My work with the academic senate was the most interesting. We have been lucky at Southeastern to have an administration that makes a serious effort to work with faculty on policy and budgetary issues. Working with the Provost and President as faculty senate President was both a learning experience and an exciting opportunity to help shape policy and lead the University to hopefully a stronger position in the academic world."

But it is his work in evolutionary psychology that now pulls him and demands his attention. "I enjoy every minute of it," he said, "which is why moving away from administration has become more and more of an issue."

About his writing for *The Huffington Post*, he said, "If it enlightens people a little bit, broadens their thinking, makes them aware of some of the science that is being done on religion, then I will have accomplished something positive I think."

There should be no doubt in anyone's mind that it does.

# RELIGION AND SCIENCE

A CONTEMPORARY DISCUSSION



**Matt J. Rossano**  
 Professor and Department Head of  
 Psychology, Southeastern Louisiana  
 University  
 Posted: August 10, 2010 07:43 AM

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## Would Evidence for God Mean the End of Atheism and Christianity?

What's Your Reaction:

Amazing
Inspiring
Funny
Scary
Hot
Crazy
Important
Weird

**Dr. Matt Rossano is a regular contributor to Huffington Post's Religion and Science section. Titles of some of his essays are:**

- "The Pope, The Environment and Religiously Inspired Self-Restraint"
- The Surprising Effect of Religious Devotion on Suicide Attacks"
- "Who is My Neighbor?: The Best and Worst of Religious Morality"
- "Thomas Aquinas: Saint of Evolutionary Psychologists?"
- "Sacred Brands: Consumerism as Modern Religion"
- "Fear of Death, Joy of Life and the Origins of God"
- "Alexander Hamilton's Religion:  
A Temperate Example For Today's Fractured World"
- "Why Religion Is Not Delusion"
- "Why the Birthplace of Jesus Matters"
- "Religion and the Perfection of Love"
- "Understanding Religion Through the Lens of Relationships" (originally titled: "Imagining John, Yoko, and Religion Too")



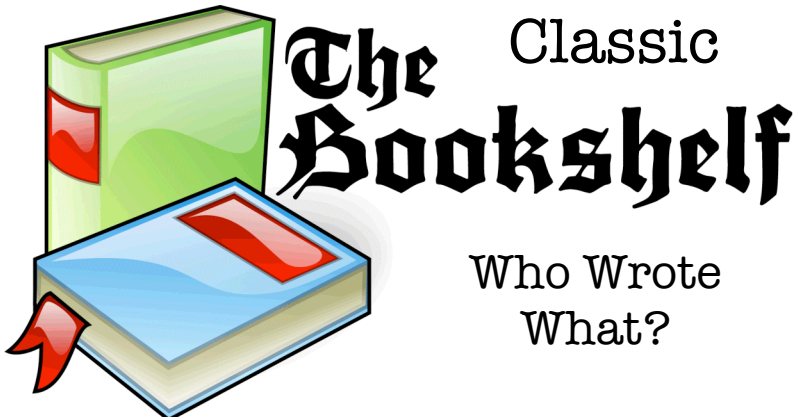
<http://www.huffingtonpost.com/>

## SEPA To Hold Convention Jacksonville, FL, March 2-5

The Southeastern Psychological Association (SEPA) will hold its 57<sup>th</sup> Annual Meeting March 2-5 at the Riverfront in Jacksonville, Florida. This year's conference offers seminars and CEs in topics including treatment, ethics, teaching, publishing, research, and also a number of leisure activities to enjoy. Dr. Rosemary Hays-Thomas, SEPA administrative officer notes that the Hyatt Regency is located on the "walkable area on the banks of the St. John's River," convenient to parks, museums, trolleys, the skyway, and surrounded by Atlantic beaches of the historical city.

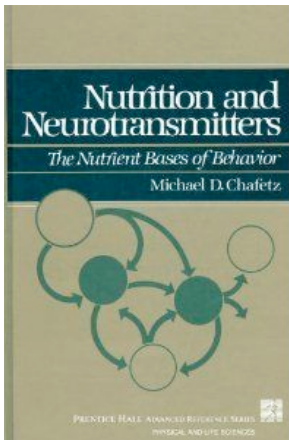
Highlights of the conference include Invited Addresses: Dr. Myrna F. Schwartz, neuropsychologist and expert in aphasia, and the Associate Director of the Moss Rehabilitation Research Institute in Philadelphia; Dr. Sam Gosling, personality/social psychologist, University of Texas at Austin will speak on "Snoop Dreams: The expression of personality in everyday contexts;" and Dr. Alice F. Healy, cognitive psychologist from the University of Colorado. For more information go to [sepaonline.com](http://sepaonline.com).





# The Classic Bookshelf

Who Wrote  
What?



## ***Nutrition and Neurotransmitters:***

### ***The Nutrient Bases of Behavior***

by Michael D. Chafetz, Ph.D.

*Prentice Hall Advanced Reference Series, 1990*

*Nutrition and Neurotransmitters* is an amazing little textbook that author Dr. Mike Chafetz crafted not just with facts, but with ideas, in this classic volume that was ahead of its time.

Before it became popular to do so, he was looking at the growing evidence of how nutrients affect brain and behavior. In the authoritative *Nutrition and Neurotransmitters* Mike helps the reader ponder the myriad of connections between behavior, nutrition, and the way things can work or go faulty in the brain-behavior

system. While Mike informed me that many of the facts are now out of date, it will be clear to any reader that *Nutrition and Neurotransmitters* is still quite informative for the reason stated in the introduction. "... it should be noted that this is more than a book of facts. The joining of nutrients and behavioral function into one research area is such a new proposition that this is of necessity also a book of ideas."

The work covers "The Interactions of Diet, Brain, and Behavior," and "Introduction to Neuroanatomy," "Serotonin and Behavioral Quieting," "Catecholamine and Behavioral Arousal," "Acetylcholine: Diet Affects Memory and Movement," and "Excitatory Amino Acids and GABA." In Part III is on "Macronutrients" and Part IV on "Micronutrients," with discussions and reviews of how these nutrients impact on cerebral activity and the biochemical conditions in the body and brain.

*Nutrition and Neurotransmitters* is still available for \$72, or used for a song, from various sources on the web. A visit to "Neuroscience for Kids" will prove that some are still pointing to the information in this important reference.

## ***Smart For Life:***

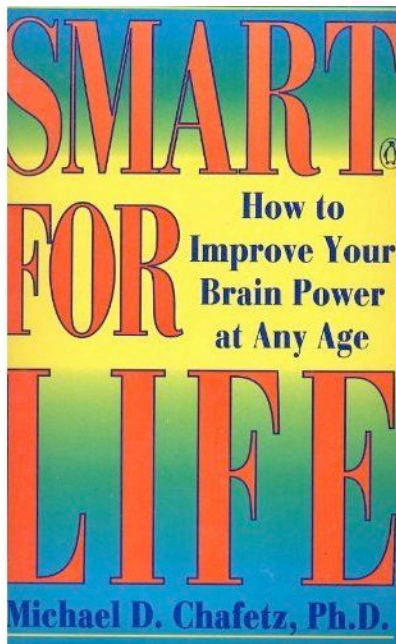
### ***How to Improve Your Brain Power at Any Age***

by Michael D. Chafetz, Ph.D.

Penguin Books, 1992

Mike followed *N & N* with *Smart for Life*, building on his expertise in neuroscience and writing a practical and interesting trade paperback that became a popular tool for those wishing to support their cognitive functioning for any reason. In the book he integrated biochemistry, general health and neuroscience information to build a knowledgeable and useful manual for clients dealing with cognitive decline or wanting to improve functioning.

*Smart for Life* is loaded with clever, interesting activities and is written in a conversational and encouraging style. He gives advice covering "Making Your Brain Smarter," "Eating the Right Brain



Foods: Nutrients for Brain Exercise,” “The Brain’s Other Chemical Environment,” and “Toning Up Your Brain,” in “Part One: Keeping the Brain Fit.”

In “Part Two: Exercising the Brain,” Mike lays out specific ideas and tasks in “Exercising Your Brain’s Spatial Abilities,” “Talking to Your Brain,” “Improving Your Brain’s Memory,” “Your Logical Brain,” and “Creating a Creative Brain.”

In the last section, “Part Three: Brain Exercise Regimens,” he explains how to put it all together in “Fitting It In.”

*Smart for Life* is still being used and even Mother Nature (.com) refers to it for health advice.

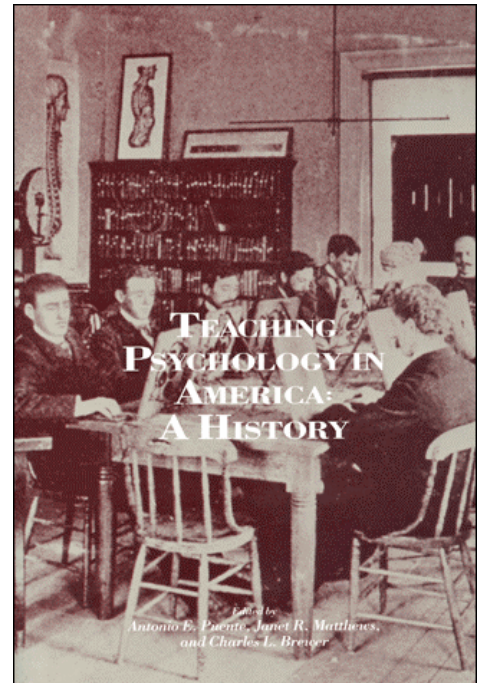
Michael Chafetz, Ph.D., ABPP, is in active practice in clinical psychology and clinical neuropsychology in New Orleans. He provides therapy and evidence-based neuropsychological assessment for cases involving head injury, stroke, toxicity, MS, dementia, and other neurodegenerative processes.

### ***Teaching Psychology in America: A History***

*Editors: Antonio Puente, Janet R. Matthews, and Charles Brewer  
American Psychological Association, 1992*

*Teaching Psychology in America* was published by APA in 1992 on its 100<sup>th</sup> anniversary and covers a range of topics about teaching psychology over the hundred-year history. It is one of Dr. Janet R. Matthews’ contributions, working with Antonio Puente (U. of North Carolina) and Charles Brewer (Furman University) and a host of contributors who help paint the fascinating history of the teaching of psychology in America, placing the facts and archival details into a rich social and cultural context.

“A discipline that is separated from its history lacks direction...” the authors quote Murchison in their introduction, going on to write, “...the history of the teaching of psychology in America suffers from a dearth of documented information. This book represents an initial and partial solution to that problem. However, these chapters are much more than a repository of facts and anecdotes or a chronology of the field. They represent a careful analysis of such data in the context of the larger professional, social, political, and scientific spirit of the times.”



The work accomplishes that, and more, in its 578 pages covering topics such as “Key Individuals in the Teaching of Psychology,” (Part II), “Conferences Advancing the Teaching of Psychology,” (Part III), and “Organized Psychology in Advancing the Teaching of Psychology,” (Part IV).

“Key Publications in the Teaching of Psychology” (Part V) includes chapters on “Portraits of a Discipline: An Examination of Introductory Psychology Textbooks in America,” “Psychological Handbooks: History and Function,” and “Constancy and Change: Teaching as Depicted in Psychological Journals.”

‘It was a fun project and part of the APA centennial celebration,’ Janet told the *Times*. “The outline for that book was actually prepared with my colleague Tony Puente as a convention of National Academy of Neuropsychology. We had coffee at the hotel and worked on a possible book on a paper napkin. We then recruited Charles Brewer as our third editor because he is such a legendary teacher.”



### Bookshelf...

The text is a valuable reference for anyone who wants to better understand the contributions of outstanding teachers and social organizations during the 100-year history. And, Janet noted that she and the others gave all royalties to the award fund for APA Division 2 (Teaching).

Dr. Janet R. Matthews is a Professor in the Psychology Department at Loyola University in New Orleans. Among her many other contributions Dr. Matthews is Chair of APA's Board of Educational Affairs.

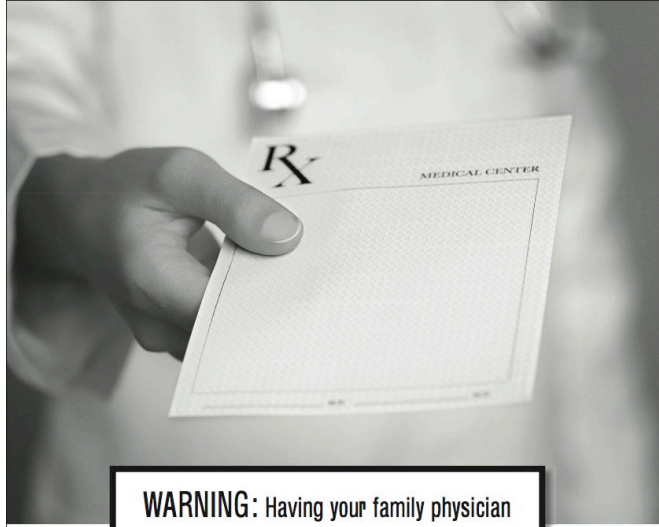
### NAPPP Launches "Truth In Drugs" Campaign

The National Association of Professional Psychology Providers (NAPPP) has launched a national public education effort to "restore psychotherapy as the first line treatment for behavioral disorders" and to help stop physicians from prescribing medications for behavioral disorders proven to be "ineffective, costly and harmful," according to the January 6<sup>th</sup> press release.

"Physicians are treating patients complaining of behavioral disorders with medications doctors know, or should know, are no more effective than sugar pills," said Dr. John Caccavale, Executive Director of NAPPP. "Every day, physicians, who are untrained and lack the expertise to diagnose possible mental health problems, are prescribing drugs, which do not work, for conditions patients may not even have. We are failing patients in need of quality mental health services."

The "Truth in Drugs Campaign" calls on doctors, patients, family members and community organizations to unite behind new standards of patient care so that millions of Americans receive the mental health services they need and deserve.

"Poor outcomes associated with inappropriate psychotropic prescribing regimens are based on compromised science generated by drug manufacturers. Drug companies spend vast sums on advertising to convince consumers these drugs are the answer to their problems and provide perks and financial incentives for physicians to prescribe them," added Dr. Caccavale. "Psychotropic medications should only be considered after a patient has been fully evaluated and diagnosed by a doctoral level



**WARNING:** Having your family physician treat depression can be harmful to your health.


There is a health care crisis no one is talking about: physicians treating patients complaining of behavioral disorders with medications the doctors know, or should know, are no more effective than sugar pills.

Instead of referring patients to a doctoral level mental health professional who can evaluate and correctly diagnose patients with behavioral disorders, many physicians consign their patients to long-term pharmaceutical treatment, often prescribing multiple medications that have never been tested in combination.

Physicians are well trained in treating physical diseases. But most get only a few weeks of training in diagnosing and evaluating mental illness. And the average physician has less than 90 hours of training in pharmacology. Doctoral psychologists, on the other hand, have an average of six years training beyond a bachelor's degree plus an additional 3000 to 4000 hours of internship. So, every day, physicians, who are untrained and lack the expertise to diagnose possible mental health problems, are prescribing a drug or drugs, which do not work, for a condition the patient may not even have.

Drug companies make billions from the sale of these medications, spend vast sums on advertising to convince consumers that these drugs are the answer to their problems, and provide perks and incentives for physicians to prescribe them. This is a prescription for disaster that denies patients the proven treatment they deserve.

If this is not malpractice, it's at the very least, bad medicine.

 **NAPPP** NATIONAL ALLIANCE OF PROFESSIONAL PSYCHOLOGY PROVIDERS

For more information on these issues, visit our website at [www.truthindrugs.com](http://www.truthindrugs.com)

If you are a doctoral level clinical psychologist and would like to help us build public support for more effective treatment, we invite you to visit the website for the National Alliance of Professional Psychology Providers, which paid for this ad. [Go to www.NAPPP.org](http://www.NAPPP.org)

specialist in behavioral health and has failed to significantly improve from non medication intervention," he noted.

NAPPP invites individuals and organizations to "unite behind our principles to assure that youth and adults receive the best and most appropriate care possible." For more information about the Truth in Drugs Campaign and how to become involved, visit [www.truthindrugs.com](http://www.truthindrugs.com) and the [The NAPPP Website](http://www.NAPPP.org).

# Louisiana Perspectives

A Look Back at Important  
Events and Trends

## LPA Century Members – 1998

Glenn A. Ally, Ph.D.  
Jimmie D. Cole, Ph.D.  
Thomas C. Fain, Ph.D., ABPP  
Phillip T. Griffin, Ph.D., ABPP  
Murelle G. Harrison, Ph.D.  
Daniel Lonowski, Ph.D.  
Julie B. Nelson, Ph.D.  
James W. Quillin, Ph.D.  
Marsha H. Redden, Ph.D.  
Tommy T. Stigall, Ph.D.  
Beverly A. Stubblefield, Ph.D.

(From the *1998 Membership Directory, Fiftieth Anniversary Edition*, Editor Dr. Tom Stigall.)

## LPA Century Members 2010

### Platinum Level

Julie B. Nelson, Ph.D.  
John Simoneaux, Ph.D.

### Gold Level

Judith P. Levy, Ph.D., MP  
Daniel J. Lonowski, Ph.D.  
William G. McCown, Ph.D.

### Silver Level

Gayle R. Baer, Ph.D.  
Kevin J. Bianchini, Ph.D.  
Cathy O. Castille, Ph.D., M.P.  
Michael Chafetz, Ph.D.  
Joseph E. Comaty, Ph.D., M.P.  
Brenda Dawson, Ph.D.  
Jeanne L. George, Ph.D.  
Phillip T. Griffin, Ph.D.  
David B. Hale, Ph.D.  
Henry J. Lagarde, Ph.D.  
Bruce K. McCormick, Ph.D., M.P.  
Darlyne G. Nemeth, Ph.D., M.P.  
Patricia D. Post, Ph.D.  
Linda R. Upton, Ph.D., M.P.  
Thomas M. Welsh, Ph.D.  
Carolyn A. Weyand, Ph.D.

“Century Members” make additional contributions to the Louisiana Psychological Association and, according to the regular announcements, these members are “recognized for their commitment to the profession of psychology and its advancement in Louisiana.”



Dr. Kelley Pears hands out forms at the last LPA Annual Meeting. The 63<sup>rd</sup> Convention is to be held in Baton Rouge this spring, April 14-16.

## Up-Coming Events:

### **What Makes People Happy?**

2/11/11 – Lafayette, The Holiday Inn

### **Survivors of Child Sexual Abuse**

2/18/11 – Baton Rouge, The Marriott

3/18/11 – Monroe, The Atrium

Professional Training Resources

[www.professionaltrainingresourcesinc.com](http://www.professionaltrainingresourcesinc.com)

### **57th Annual Meeting**

Southeastern Psychological Association

March 2-5

Hyatt Regency Riverfront

Jacksonville, Florida

### **63<sup>rd</sup> Annual Fall Convention**

Louisiana Psychological Association

April 14-16

Baton Rouge

## 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.