

School Psychologist Tweets Draw Sharp Criticisms

LSPA and LPA Respond

A Jefferson Parish school psychologist, Mr. Mark Traina, drew strong criticism from a number of sources for his comments on Twitter and NOLA.com.

In a May 22, 2012, WDSU News broadcast, reporters showed Traina's post on Twitter. The post was, "Two additional suspects arrested in murder of 11-year-old Harvey boy: Angry young Black Males with no respect for life! Destroying the U.S."

Another post on Twitter was shown, "Young Black Thugs who won't follow the law need to be put down not incarcerated. Put down, like the dogs they are."

On the broadcast a spokesperson from the Southern Poverty Law Center said they had found a number of comments on the Twitter account which were "racially hostile." The civil rights group has been concerned about Jefferson Parish school system's treatment of black and special ed students, according to

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Psychology board at April 18 public meeting. L to R: Dr. M. Zimmermann, K. Parker, Drs. T. Young, R. Culross, and J. Courtney.

Opponents Fend Off LSBEP Attempt to Regulate BAs

Debates End in Resolution for Study Group

A series of bills authored by Senator Dan Claitor on behalf of the Louisiana State Board of Examiners of Psychologists (LSBEP) came to an end on May 1 when the Senate voted to send the measure back to committee. The bill would have placed Behavior Analysts under the psychology board

Senator J. P. Morrell, who had emerged as a leading opponent of

the LSBEP effort, offered a Senate Resolution to create a study group on the issue. Resolution 110 passed the Senate on May 17 and created the "Behavior Analysts Licensure and Regulations Study Commission."

In what some might view as awkward, Senator J.P. Morrell, testified at the Senate and Governmental Affairs Committee on May 16, saying, "Basically there's

been a lot of contention about the licensure and regulation of the behavior analysts, who deal with autistic children. There's been a very contentious kind of relationship between myself and Senator Claitor over this issue."

Morrell continued, "What this resolution seeks to do is to create a study group, over the next year,

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Psych Times Takes Home Six Press Assn Awards



Bob Holeman (L), Julie Nelson, and Mike Dooley at recent press convention in Marksville, La.

The *Psychology Times* won six awards in the Louisiana Press Association's Better Newspaper and Publication contests, announced at the Press Association's convention, held in Marksville on May 5, 2012.

The *Times* earned a second place in "General Excellence," with scores of "excellent" in both "General news quality" and "Reader appeal," and the final rating of "good" in "Overall design." The *Times* also won a second place in "Best Lifestyle Coverage," composed of three "good" ratings.

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UNO's Dr. Laird Looks At Family To Improve Teen Driver Safety

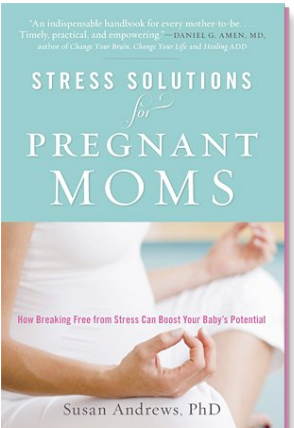
by Shane Lowery, Times Intern

In February, 2012, Dr. Robert Laird, associate professor at the University of New Orleans (UNO) earned a \$515,000 grant from the W. T. Grant Foundation to study teen drivers and parent-adolescent interactions within the family. The UNO research team will look at the interactions regarding rules and regulations, among other factors, to learn what families can do to improve teen driving safety. Motor vehicle accidents are a leading cause of death for teens.

Interested in adolescent development and parenting, Dr. Laird is currently the Director of the Families and Teen Lab at UNO. His new project, called "Parenting New Teen Drivers Study," follows new teenage drivers over a period

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Editorial Page

Guest Editorial Column 'Daddy's Contest'

by Robert Holeman
Times Journalism Consultant

Shakespeare's wheel came full circle when the names of Dr. Julie Nelson and *The Psychology Times* were praised during Louisiana Press Association's Freedom of Information Award presentation at the May convention.

Fittingly, it was her father, Gordon Nelson, with his weekly *Coushatta Citizen*, who won the first Freedom of Information (FOI) Award three decades ago.

I was a young reporter, not long out of the LSU School of Journalism, when I worked beside Gordon, a grizzled, Shakespeare-quoting journalist. We waged both legal and newsprint battles to obtain public records from an entrenched Red River Parish School Board. The newspaper sparked so much controversy that at one point, I was slugged and knocked into a row of chairs by the Superintendent who lost his cool over a story the *Citizen* was reporting. The *Citizen* won the Community Service first place for our efforts. Controversy was no stranger to Gordon who'd taken on the local KKK in the '60s.

Gordon Nelson was one of a dying breed of newspapermen who believed that freedom of information is truly what newspapers should be about.



Lynn Hunter Nelson's 1947 Press Convention badge worn by Julie Nelson at recent press awards dinner.



Days Gone By: Over three decades ago the *Coushatta Citizen* won the first Louisiana Press Association Freedom of Information Award. Pictured above are those celebrating. Front row: Julie Nelson and Mike Dooley, Second row: Diane Holeman, Lynn H. Nelson, Gordon Nelson, unidentified young lady, and Tim Nelson. Back row: Bob Holeman.

Revenue for the owners? Yes. And spoon-fed stories for the readership? Sure. But at their core it was all about their ability to ferret out, then print information that the public has the right to know, about boards and governmental bodies which would prefer to keep that public in the dark.

When it came to the Press Association's Better Newspaper Contest, Gordon was miffed that there wasn't a category more befitting our efforts than Community Service. He set out with the press officials to create a new category, the prestigious Freedom of Information Award. The FOI award would be presented to only one newspaper, regardless staff, frequency or circulation.

And, it would be the *Coushatta Citizen* that would win the Press Association's first FOI Award the following year, for our efforts to pry open records from the Sheriff's Office.

Julie Nelson was working on her doctorate while her dad was hammering on FOI. But her lifetime of growing up in the backshops of her journalists mom (Evelyn Hunter Nelson) and dad,

was evident. Newspaper folks like to say that once immersed, you can't get the ink out of your veins.

In 2009 politics took over Julie's professional community. This was not okay with her.

"I think it even surprised me," she said, "how much I got wrapped up in what Dad always called the public's right to know. I really hated what had happened, on several levels. Psychologists willing to deceive people? I just couldn't stand by for that." She remembered the days of her dad, dubbed "The Bulldog of Red River Parish" in a 1978 South Magazine article. "He felt perfectly at home, stirring up people, when it came to freedom of information."

"Dad had died in 2009 and mom in 2010," she said, "So I'm sure grief was part of it. But also it was what I knew about groups. 'Emergent processes,' Don Glad, my doctor-father, also a newspaperman, had called it. Creativity needs information. We had none, less than none, actually. Information channels were being squelched," she said.

Julie realized she could shine some light on the backroom dealings that had brought her disenfranchised community to this point, and launched *The Psychology Times*. "Open information has to be a fundamental for us, for all psychologists," she said. "And fighting against self-deception. To thine own self be true."

I was delighted when Julie called me, her dad's former news editor, seeking some advice on journalistic how-to. (You appreciate it when a friend wishes to draw on your career experience.) So I've been on-board as the *Times'* consultant from the start.

By the third year, the *Times* had earned the right to enter the LA Press Association's contests. Julie said, "I told Nicki Waters at the Press Association, when I dropped off my entries, 'Nicki, I'm entering my father's contest!' I think she understood exactly what it meant."

Julie invited me and my wife to join her in early May for the press convention in Marksville. "I got to wear mom's badge," she explained, "from the 1947 Press convention in Monroe.

Sixty-five years ago Mama was 22, just back from DC and the war effort, and she went into LSU journalism. Daddy followed her in."

This May, there on the display table for Freedom of Information was *The Psychology Times*, together with the *Monroe News-Star* and the *Baton Rouge Advocate*. The heading proclaimed these to be the first, second and third place winners, in no particular order. Later that night the entries were praised and the *Advocate* announced as the winner.

"Well of course I wanted to win, but really, the *Advocate*? The *News-Star*? I'm not really that grandiose, at least I hope not. And we did okay with some other awards."

Julie looked at me and said she is still delighted, validated as a "real" newspaper. I could hear Gordon's typical quip, "That plaque and a dime will still get you a cup of coffee."

For the past 35 years, Julie Nelson has proven she's a *real* psychologist. Over the past three years, she's also proven she's got a *real* newspaper for her psychology community.

The reviews are in.

Psych Board and BAs, Cont'd

with all parties, including Senator Claitor's groups involved, to work towards, having them work with our oversight to create a bill that I will carry next year, to deal with the licensure of the behavior analysts."

Senator Amedee asked, "Is there any reason why Senator Claitor's name isn't on your resolution?"

Senator Morrell answered, "Have you met Senator Claitor?" (laughs) "I don't know why his name's not on it, he may want it on later, I don't know, I can't speak for him." After a short discussion the committee passed the measure.

The passage of SR 110 creates a "Study Commission" to consist of ten members.

They are to be the Secretary of the Department of Health and Hospitals, or designee, the State Superintendent of Education, or designee, and the Executive Director of the LSBEP, or designee.

Also to be included are the Executive Director of the Louisiana Licensed Professional Counselors Board of Examiners, or designee, the Executive Director of the Louisiana Behavior Analysis Association, or designee, and the Executive Director of the Louisiana Board of Examiners for Speech-Language Pathology and Audiology, or designee.

Also the Dean of the College of Education, Nicholls State University, or designee, President of the Louisiana Psychological Association, or designee, the Chair of the Louisiana State Board of Social Work Examiners, or designee, and Executive Director of the Louisiana State Board of Medical Examiners, or designee, are to be members of the commission.

According to the Resolution, the study group is to have the first meeting on or before September 1, 2012, and to report to the Senate on the "baseline framework for licensure and regulation of behavior analysts" on or before December 31, 2012.

SB 185 to regulate Behavior Analysts under LSBEP was first heard in the Senate Commerce, Consumer Protection, & International Affairs Committee on April 4, 2012. The bill met with resistance and members voted to table the measure.

Senator Claitor then reintroduced the bill which was heard in Senate Health & Welfare Committee, on April 25. Speaking for the psychology board were Dr. John Courtney and Ms. Kelly Parker. Also speaking was LPA President Dr. Phillip Griffin, and psychologists Dr. Lacey Seymour and Dr. Brian Esteve. Ms. Melissa Juno, Executive Director of Baton Rouge Speech and Hearing was one of several others who spoke in support.

Among those speaking in opposition were Dr. Grant Gautreaux, Assistant Professor of Education at Nicholls State U. and President of Louisiana Association of Behavior Analysts, Charles Tubre from the Advocacy Center, and Dr. Mary Christian, a Baton Rouge physician.

During the legislative process the LSBEP responded to feedback from Behavior Analysts, making a number of changes in their proposal. These included making the regulatory situation temporary, including certification of technicians, and changing certain qualifications to match those of the national certification standards.

At an LSBEP presentation and public meeting held on April 18, during the LPA Convention, a group of approximately 15 behavioral analysts and parents attended and voiced a number of objections to the proposed legislation. After about an hour of discussion one parent concluded that the basic problem was the BAs didn't like the psychology board and did not want to be regulated by them.

Despite compromises, opposition to the LSBEP proposal remained strong. Online petitions regarding the bill showed heavy voting against the measure.

According to the LSBEP minutes, in October 2011, Drs. Young, Culross, and Matthews noted that the topic of Behavior Analysts was discussed at the Association of State and Provincial Psychology Boards.

Prior to that, in June 2011, Dr. Comaty, as Liaison to Professional



Dr. Cameron Melville presented a workshop at the recent LPA conference on the topic of behavior analysis. Dr. Melville is a psychology professor at McNeese State University in Lake Charles where he serves as the Coordinator of Psychology Graduate Programs along with other duties.

Organizations and Boards, reported, "... that an objection letter was sent to Board of Elementary and Secondary Education in response to Bulletin 746 Louisiana Standards for State Certification of School Personnel: 421 which promulgated rules to employ behavioral analysts."

In November 2011 LSBEP minutes Dr. Courtney reported that he was gathering information. And in February 2012, the minutes note that Dr. Courtney and Ms. Parker had met with a "key legislator" and that they would continue to educate others, as well as seek support from the Louisiana Psychological Association (LPA).

LPA President Dr. Phillip Griffin wrote in the LPA newsletter that the association's leadership had been approached by the LSBEP about the bill. He explained that LPA would agree to assist only if the BAs would remain autonomous.

The *Times* contacted Dr. Grant Gautreaux, President of Louisiana Behavior Analysis Association (LaBAA) who noted, "Myself and my colleagues are cautiously optimistic about the current state of affairs."

He explained that he and his colleagues "embrace the study commission as an opportunity to further educate others about the discipline we are so thoroughly trained and experienced in practicing."

The Psychology Times

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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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Tweets Draw Criticism, Cont'd

another article by reporter Mark Waller of the *Times-Picayune*.

Traina told the WDSU reporters that he was frustrated with crime, that he is weary about senseless violence, and that he is not a racist. According to an updated report on WDSU Mr. Waller has resigned.

Responding to a question from the *Times*, Dr. Kevin Jones, Past-President of the Louisiana School Psychological Association (LSPA) noted that the national organization issued a comment that reflects the sentiments of LSPA.

Director of Communications for the National Association of School Psychologists (NASP), Kathy Cowan, said in the press release that Mr. Traina's statements "... in no way reflect the views, values, or ethics of the school psychology profession or the National Association of School Psychologists (NASP)."

Cowan continued, "They contradict NASP's Principles for Professional Ethics (2010), which hold school psychologists accountable for safeguarding the well-being of all children and youth, affirming diversity and individual differences, and engaging in critical self-reflection to identify personal biases."

The May 22 memo noted that Mr. Traina is not an NASP member or a Nationally Certified School Psychologist. But, Cowan wrote, "NASP maintains that his remarks are an unfortunate distraction from the important roles of school psychologists and the critical issues involved in meeting the educational and social-emotional needs of America's children and youth."

Representatives of the Louisiana Psychological Association (LPA) also released statements.

Dr. Phillip Griffin, LPA President and Dr. Alicia Pellegrin, Secretary, sent a letter to the Editor to the *Times-Picayune*, published on May 30.

They said, "We are writing as representatives of the Louisiana Psychological Association on behalf of all psychologists in this state to condemn the

recent racist tweets made by Mark Traina, ..." They wrote that Mr. Traina is not a licensed psychologist, and "Unfortunately, Mr. Traina is not licensed by any regulatory body in this state, therefore, only the Jefferson Parish School board had authority over him."

Griffin and Pellegrin wrote, "Racism is evident when one condemns an entire group for the actions of some group members, which Mr. Traina repeatedly did. The use of the type of hateful and divisive language contained in Mr. Traina's tweets only adds to the difficulty of having reasoned and critical discussions to find appropriate solutions to the problems of crime in our city and in the country."

"We all condemn those thugs who control parts of our community," they wrote, "killing and maiming innocent citizens and creating terror in too many of our neighborhoods. We do not need to invoke racist jingoism to decry the problem or describe the results."

LPA also put out a press release on the matter, along with the Letter to the Editor to the *Times-Picayune*.

LSBEP Board Member Files Suit Against Angie's List, Psychiatrist, for Libel, Slander

According to the *Louisiana Record*, an online journal of legal events in Louisiana, and *Justia Dockets and Filings*, John C. Courtney, PsyD, MP, filed a lawsuit against Bartholomew Vereb, MD, and against Angie's List, Inc. The suit was filed on March 9, 2012.

In the *Record* the author notes that the lawsuit states that Vereb posted reviewer comments in June 2009 that referred to Courtney as a "joker" and a "quack."

According to the *Record's* review, Courtney discovered the comments in December 2011 and asked Angie's List to remove them. Angie's List did

remove the comments about two months later, and said they do not allow businesses or competitors to make statements about one another.

"Vereb is accused of intentionally and maliciously posting false and defamatory comments, which Courtney claims harmed his standing in the medical community," said the *Record*.

The article also notes that "Angie's List is accused of negligence for failing to follow its own procedures that would have prevented Courtney's damages, for breaching its duty to Courtney, and for acting

with reckless disregard for the truth."

Courtney is seeking damages for "mental pain and suffering, economic loss, loss of earning capacity, injury to his reputation, personal humiliation, embarrassment and mental anguish, lost income, attorney's fees and court costs."

Dr. Courtney is a member of the psychology board, a medical psychologist, and a Director at Children's Hospital in New Orleans. Dr. Vereb is a psychiatrist, now practicing in Florida, according to his website.

LAMP Conference Highlights Obtained

According to information obtained by the *Times*, speakers at the Louisiana Academy of Medical Psychologists (LAMP) April 2012 conference included Dr. Cecil Reynolds, presenting on the "RIAS: Reynolds Intellectual Assessment Scales & CTMT: Comprehensive Trail Making Test," and also "TOMAL-2: Test of Memory and Learning-2."

Dr. Joe Comaty spoke on "Update on HIPAA: Are

You Hip to the New Rules?" and Dr. Claire Advokat presented on "Brain Buzz: Better Thinking through Electricity."

"Negative Clinical Outcomes Associated with PTSD and Substance Use Disorder Comorbidity: Identifying Potential Mechanisms and Targets for Treatment," was presented by Dr. Matthew Tull. And Dr. Kim Gratz, presented, "The Role of

Emotion Dysregulation in the Pathogenesis and Treatment of Borderline Personality Disorder and Related Behaviors."

Complimentary lunches were provided by Sunovion Pharmaceuticals, Pfizer, and Avanir.

LAMP officials declined to publish conference information, apparently restricted to LAMP members.



Dr. Tony Young, Chair of the state psychology board, reviews his notes at the April presentation and public meeting of the board, held on April 18. According to sources, the board invited members of the community to voice ideas and complaints regarding the board's legislation to regulate Behavior Analysts.

Times Wins Six Awards, Cont'd

Judges also awarded the *Times* a third place in “Best Front Page,” and also in “Best Continuing Coverage of a Single News Event,” with “good” ratings on all three scales in both contests.

Times cartoonist, Jake Nelson-Dooley was awarded first place and second place in “Best Editorial Cartoon” for Division C. Ratings were “good,” “good,” and “fair,” across the scales.

For the *Times*’ Freedom of Information entry regarding the reversal of Opinion #012, judges rated the *Times* as “excellent” for “Importance of the issue,” and “good” in both “Role publication played” and “Impact on preserving FOI.” The *Times* entry was displayed along with the Baton Rouge *Advocate* and Monroe *News-Star* at the Awards Banquet.

The Press Association acknowledged the winner, the Baton Rouge *Advocate*, for its efforts to make public the secrecy in selection processes in the office of the mayor.

The Freedom of Information award was in part established by the late Gordon Nelson, owner and publisher of the *Coushatta Citizen*, and father of the *Times* publisher, Julie Nelson.

The Press Association represents more than 110 daily and weekly newspapers across the state. The Baton Rouge *Advocate* was the top award winner among the large daily newspapers. Editors from the Georgia Press Association judged the competition for this year.

The *Times* competed in the Free Circulation and Special Interest category for editorial contests, in Division C for its cartoonist, and across all divisions in the Freedom of Information contest.

The *Times* also competed in contests for columns and features, and received feedback that its articles were too long, judges warning that



Psychology Times cartoonist, Jake Nelson-Dooley, took a first place for “Best Editorial Cartoon,” Division C, at the 132nd Annual Convention of the Louisiana Press Association. The first place was for his rendering of “The Dual Nature of the Psychology Times” (right, below). Above: He visits the Pensacola Zoo in 2012, with daughter Samantha (“Sam”) alap.

“readers lose interest.” One judge commented that a feature article had a weak beginning, saying, “Don’t start with a history lesson,” he or she wrote.

One judge praised the *Times* news reporting efforts, noting, “*The Psychology Times* knows its audience and it kept that audience well informed ...” And also that the *Times* “... explained clearly what was proposed, why it was proposed ...”

“The coverage armed interested parties with consistently good information they could use ...,” wrote the judge.

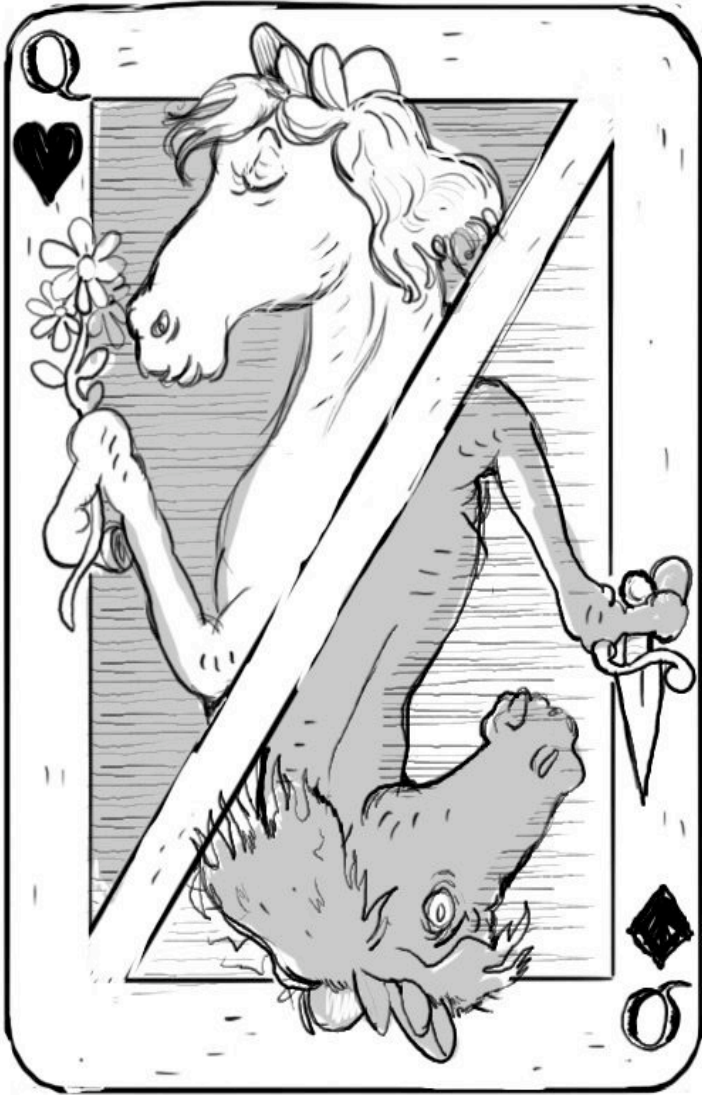
Some judges noted that the layout in the digital format resulted in a “choppy” presentation, pointing to the why readers have to frequently jump pages.

Psych Times Changes To Tabloid Size

Based on feedback from judges at the 132nd Louisiana Press Association, the *Times* is changing its format.

The new format, launched for this issue, includes larger pages, larger and more complex headlines, and more concise articles. Type size remains at 11 point. Readers who print out the *Times* may have to modify printer settings. Those who read the *Times* online may notice that the text seems smaller. However, it is the page that is larger.

The publisher welcomes comments or feedback. (psychologytimes@drjulienelson.com)



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Higher Education and Health Care Dodge Bullet For Now

Senate puts back “one-time-money”

The Louisiana Senate advanced the state budget, HB 1, on Thursday night, May 31, in a 39 to 0 vote. This was after the Senate Finance Committee added back the approximately \$300 million of “one-time-money” that had been removed by the House.

In an earlier committee meeting the state Treasurer explained that if this one-time money was not restored to the budget, services would be dramatically cut. And these cuts would come from healthcare and higher education.

Because of the structure of the state finances, legislators are not allowed to touch \$20 billion of the \$25-26 billion state budget. This pushes the cuts to healthcare and higher education.

Governor Jindal had urged the Senate Finance Committee to return the money to the budget, according to an Advocate news blog.

In a *Times–Picayune* article on May 25, by Jeff Adelson, Senator Norbert Chabert, Vice-Chair of the Senate Finance, said that the committee needed to take steps so that the budget doesn’t “decimate services throughout the state.”

The report also noted that Chabert said in the Legislature will need to make changes in how the process is handled, to avoid a regular crisis. The report clarified that because of the budget structure and restrictions, “unprotected areas of health care and higher education take large hits whenever the state needs to trim spending.”

In an article by Mike Haster in the Alexandria Town Talk, Secretary Department of Health and Hospitals, Bruce Greenstein had predicted that cutting the \$267.7 million would impact critical services. Kathy Kliebert, Assistant Secretary said the DHH budget was already “stretched to its limit of elasticity.”

The report noted that Kliebert said “there would no longer be psychological services” in Central Louisiana. She was quoted to say, “These patients are not going to evaporate. They’re going to migrate to more expensive methods of treatment.”



Dr. Susan Dardard and Sen. Elbert Guillory pause for a picture after adjournment of a recent Senate session at the Louisiana State Capitol.
(Photo courtesy of Dr. Dardard.)

Sunset Postponed

New Sunset Date July 2017

In a measure that sailed through the legislature, the Department of Health and Hospitals (DHH) was re-created, along with its “statutory entities.” This includes the boards for psychology, social work, medicine, and counselors.

SB87, authored by Senator Buffington, supersedes the “Sunset” law, which would have automatically terminated DHH and all the

connected boards and commissions, requiring they either be re-created this year or close down.

The measure makes July 1, 2017, the new “Sunset” date and so the 2016 legislative session is the new time period where issues of Sunset will be addressed again. The governor is signing the law at any time.

Plan To Merge LSUS With LaTech Is Abandoned

House Bill 964, a measure to move LSUS from the LSU System to the University of Louisiana System, and merge it with LaTech, was abandoned. Author Rep. Jim Fannin had to shelve his bill because he could not gather the supermajority of votes needed for it to pass, 70 of 105.

According to a report in the *Times–Picayune* and the *Monroe News-Star*, the idea had good support from the business and community leaders in both Ruston and Shreveport, who view LSUS as lacking support and attention from the LSU System. However, while the Louisiana Board of Regents was in favor of the move, the LSU Board of Supervisors opposed it, noted in the report *Times–Picayune* by Bill Barrow.

Instead of the merger a resolution for the “LSU-Shreveport Commitment Plan,” was passed. The measure calls for new strategies such as new degree programs and more on-line teaching, but some are skeptical that the resolution will be enough to help, according to several reports.

‘Bullying’ Bills Being Reviewed

SB764 and HB1214, bills that set out policies in student codes of conduct, have been reviewed at different stages. HB1214 passed the House and was sent to the Senate Committee on Education, but they took no action on it on May 23. The bill was authored by 21 legislators, with Rep. Patricia Smith the primary author.

SB764 (was SB709) by Senator Ward, also prohibits bullying at schools and school events, passed the house with amendments. It is in the process of being reviewed by the Senate.

The measure, provides a student code of conduct to specifically address the behavior of bullying. It also provided for a program of training, for at least four hours, for all school employees, including bus drivers, regarding how to recognize bullying and how to use appropriate interventions and procedures that help.

Legislative Briefs

HB 846 establishes principles for the **state mental health system**. Changes term from “mentally ill person” to “person who is mentally ill.” Sets out nine principles for state or those contracting with the state for services. These include support for “self-determination,” “achieve their maximum potential,” “determine their own needs,” and consideration of “needs of the entire family.” Sent to Governor on 5/24.

HB 558 requires **sex offenders** from other states to provide court records if establishing residence in La. Signed by Governor, Act 129.

HB 650 creates an individual income tax return check-off for a portion of income tax refund due to the Odyssey Foundation for the Arts, LLC for the purpose of the **Center of Excellence for Autism Spectrum Disorder**. Signed by Governor, Act 132.

SB 158 provides whistleblower protection to employees who **report the sexual abuse** of minors. Signed by Governor, Act 148.

HB 771 raises the age limit for mandated health insurance overage for **autism spectrum disorders**, from “less than 17” to “less than 21.” Also

LPC Board Posts New Rules for Marriage & Family Therapists In May Register

June 20 Deadline for Feedback From Public

The Licensed Professional Counselors Board of Examiners published rules for the regulation of Marriage and Family Therapists. The notice includes 11 pages of additions and changes to the rules, and can be found in May Louisiana Register.

The authors of the notice wrote, “These revisions and additions are, in part, necessary to correct previously promulgated rules needed to implement Act 613 of the 2010 Regular Session of the Louisiana Legislature. Additionally, new rules are needed for the Board to adequately regulate the supervision of MFT Interns,” they wrote.

The rules are to cover topics, including Academic Requirements for MFT Licensure; Coursework and Academic Supervision Requirements, for Academic Options; Requirements for the Registration and Supervision of MFT Interns; Qualification of the Board-Approved Supervisor and Registered Supervisor Candidate; Responsibilities of the MFT Intern; Responsibilities of the LMFT Board-Approved Supervisor and Registered Supervisor Candidate.

Interested persons may submit written comments on these rules to Mary Alice Olsan, Executive Director, Licensed Professional Counselors Board of Examiners, 8631 Summa Avenue, Suite A, Baton Rouge, LA 70808 until June 20, 2012.

LA Legislature Passes 437 Acts As of June 1

The Louisiana Legislature is in high gear passing laws.

The information is available on which bills are being passed and signed. Go to <http://www.legis.la.gov/>

Select the “ACTS FROM THE 2012 REGULAR LEGISLATIVE SESSION” link for more information.

Legislative Briefs, Con’t

eliminates the lifetime maximum benefit of \$144,000. Deletes the present exclusion for small (50 or less) employers. Signed by Governor, Act 208.

SB 12 provides for the discovery and admissibility of **expert witnesses** testimony or evidence with regard to the certification of class actions. Signed by Governor.

SB 498 Provides for access to data from **worker’s compensation** insurers for fraud detection. Signed by Governor, Act 88.

SB 367 Provides for **medical examinations in worker’s compensation** cases. Signed by Governor, Act 325.

HB 1113 exempts the Louisiana **Licensed Professional Counselors Board of Examiners** from certain provisions of Public Records Law. Sent to Governor.

HB 1025 establishes an annual assessment, of \$25 on each **medical psychologist**, physician assistant, and podiatrist to be used for identification, assistance, and procurement of treatment for these individuals when suffering from substance abuse, psychiatric conditions, or physical deficiencies which interfere with their professional skill or safety. Sent to the Governor.

HB 866 Provides relative to **informed consent** for medical treatment and creates the Louisiana Medical Disclosure Panel, and moves responsibility for determining which medical treatments go on the proper “disclosure list” from the DHH secretary to a newly created “La Medical Disclosure Panel.” Pending House concurrence.

HB 1127 provides relative to salary supplements for **school psychologists**. Involuntarily deferred.

HB 105 increases the medical **malpractice** cap to \$750,000 from the present \$500,000. Assigned to House Civil Law & Procedure on March 12.

SCR 79, a Resolution requests that all licensed hospitals and behavioral health treatment facilities in the parishes of Orleans, Jefferson, Plaquemines, and St. Bernard report certain information regarding the **treatment of mental health and substance abuse** patient treatment, and a report complied so to study the effects of the reduction of state funds to inpatient behavioral health facilities. Assigned to House Health & Welfare on 5/22.

HB 1214 Provides relative to student codes of conduct which prohibit harassment, intimidation, and **bullying** in public schools. Assigned to Senate Education and considered on 5/23.

HR 133 Requests the **Workers’ Compensation** Advisory Council to study reemployment and retraining programs. Passed the House.

SB195 Adds Phenazepam to the list of Schedule I **controlled dangerous substances**. Signed by Governor, to Act 325.

SB196 Adds Ezogabine as a Schedule V **controlled dangerous substance**. Signed into Act 315.

SB115 allows the Secretary of DHH to immediately suspend a licence of a freestanding inpatient **psychiatric hospital**. Signed by Governor, Act 306.

Pirogue Is Official State Boat

Legislators passed House Bill 746 by Rep. Charles “Bubba” Chaney of Rayville, making the pirogue, the small, flat-bottomed boat that is propelled with paddles or a pole, the official state boat.

Rep. Chaney filed the bill after friends built a pirogue and took a two-week tour of Louisiana rivers and waterways, Chaney to the *Times-Picayune*.



Times’ Request for 251 Memo Rejected Again by LSBEP

In the most recent of an on-going series of attempts to obtain more details about the psychology board’s actions, or the reasons they did not act, when formally alerted to Act 251, the *Times* has again been denied a memo discussed during the two key meetings.

The board had previously refused to release a memo about Act 251 written by the board’s attorney, citing exemptions of client-attorney privilege and preparation for litigation.

So in October 2011, the *Times* submitted another request for information, this time asking about the type of litigation expected and statute of limitations. The board’s response, dated May 14, 2012, again denied the request.

In June 2010 the *Times* had asked the board a list of questions, including if any of the board members, who were also members of the Louisiana Academy of Medical Psychologists, the organization that designed and lobbied for Act 251, had recused themselves from discussion of Act 251.

The *Times* also asked if the board discussed whether the public would be confused by Act 251 and also if they discussed if a decrease in quality of services due to a non-psychology board regulating psychology was possible.

In his response in July 2010, Chair Dr. Joe Comaty

said to review the minutes, and also that the memo by the attorney was protected under the exemption allowed due to preparation for litigation and/or by general attorney/client privilege.

The minutes of the Act 251 time period give limited information, and do not list any member recusing him or herself. The minutes of May 8, 2009 note, “... Concerns over the effects of this Bill [Act 251] on the financial and regulatory operations of the Board, the practice of psychology, and the practice of medical psychology were discussed by all present. The LSBEP elected to request a legal opinion from Attorney Lloyd Lunceford concerning the impact on the LSBEP for future consideration by the Board.”

And at the next meeting, on June 11, 2010, the minutes noted, “Dr. Ally reported that SB 294 [Act 251] had been sent to Governor Jindal for signature. The Board discussed Lloyd Lunceford’s memo regarding the Bill. No action was recommended.”

Given the content of the minutes, which are required by open meetings law to list the “substance” of all decisions, it is still unclear why the memo would qualify to be protected information.

The most recent rejection, signed by Chair Dr. Tony Young, noted that the exemption falls under the “broader attorney/client



UNO Teen Driver Safety Research, Cont’d

of at least 2 years to determine how families are impacted by the introduction of a new driver.

For many parents, nothing makes them more nervous than when their child

privilege ...” He did not answer the *Times*’ question regarding expected litigation.

Also, according to the minutes and the directions given the *Times* by Chair Comaty and now Chair Young, it would appear that the board never discussed the issue of public safety when it came to Act 251, or the confusion in terms that national organizations have pointed out since the passage of Act 251, regarding the term “medical psychologist” when compared to “prescribing psychologist.” Nor, did they discuss issues of educational standards.

becomes old enough to drive. Dr. Laird knows just how important the first months of driving can be. “The first six months when people start driving,” he explained, “is more dangerous than any other time. It is likely the most dangerous point in your life for most people.”

Dr. Laird acknowledges there are several laws currently enforced to make things safer, such as the graduated model where teens’ restrictions are gradually reduced over time. He also realizes that little research has been done examining these critical driving months from the perspective of the family.

“A lot of the formalized restrictions and the licensing policies may be being done by some parents,” he noted. However he said, “They only function as graduated laws if the parents are enforcing them in the home and forcing the kids to follow them.”

Laird’s new project is designed to answer some of the questions about the regulations parent’s place on new teen drivers. Laird and his students will follow teenage drivers enrolled in a driver’s education program over their first two years of driving.

Using question-naires, interviews, and observational tasks, Laird hopes to capture the ebb and flow of relationships and interactions that occur when adolescents become new drivers, and especially whether these interactions affect risky driving behavior.

“One of the challenges we have when we try to understand autonomy development or renegotiations of family functioning,” Laird explained, “is that it occurs very gradually on different time frames for different families. So I proposed that if we look at driving, it presents the family with a brand new test that they are largely unprepared for.”

Dr. Laird hopes this project will help lawmakers make informed decisions regarding teen driving laws. He told the *Times*, “The public safety perspective is ‘we’ll just raise the driving age.’ However, evidence shows that whenever you start driving, the first 6 months are the most dangerous part, regardless of age.”

“If we can understand if the parents are doing something,” he said, “if they are putting on restrictions and gradually letting them [teens] increase their driving, then perhaps we should make sure that they are getting their license at a time when they are in that safety net.”

According to the Governors Highway Safety Association, a February 2012 report points to an 11 percent increase in teen driving fatalities for the first six months of 2011.

Dr. Laird’s goal is for his research to provide another piece of information that can be used to make driving safer for all involved.

(Shane Lowery, MS, is an LSU IO student and Times Intern.)

American Board of Medical Psychology

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Louisiana Researchers Present at Association of Psychological Science May 24-27

(Editor’s note: The Association for Psychological Science held its Annual Convention in Chicago, May 24-27, 2012. A number of Louisiana students, professors, and scientists presented their research. We reported on some of the researchers last issue. This issue we review more of our local talent.)

Jacqueline H. Ball, Quyen Vuong, Devin Merritt, Eric D. Deemer all from Louisiana Tech University, and **Jessi L. Smith** from Montana State University, and **Dustin B. Thoman** from California State University, Long Beach, presented “Interactive Effects of Stereotype Threat and Identity Status on the Research Motives of College Women in Physics.” They noted, “There is an underrepresentation of women in science, technology, engineering, and mathematics (STEM), and stereotype threat is one construct that has been proposed to explain this gender gap. Results suggest that gender identity and science identity served as protective barriers against threatening environments and maladaptive motives in college physics classes.”

“The Internship Match Crisis: What Are Programs

Doing?” a poster presentation was presented by **Deborah P. Simpson, Rose M. Niles, Donna B. Thomas, and Walter Buboltz**, all from Louisiana Tech University. “Graduate students and programs are becoming increasingly discouraged by the internship match imbalance. This study surveyed graduate training programs to examine how they are assisting students who do not match. There is little consistency regarding formal changes being made, however; most programs identified specific areas they addressed with each student.”

“Resilient Individuals Are Characterized by Positive Emotionality: a Replication of Previous Findings,” poster presentation was given by **Christopher M. Castille, Ann-Marie Rabalais, and Alice M. Brawley** all from Louisiana Tech University. They discussed, “Resilient individuals are characterized by the ability to ‘bounce-back’ from stressful events. This experiment aimed to test this hypothesis. However, no relationships were found between resiliency and recovery and positive emotions and recovery.

Thus, no support was garnered for the bounce-back hypothesis.”

John Buckner and **Tilman L. Sheets** from Louisiana Tech University presented, “How We Spend Time at Work: Employee Loafing and Technology.” This study builds on the investigation of cyberloafing, using the internet at work for activities unrelated to the job (Lim, 2002), by examining technoloafing, using technology for activities unrelated to work. Findings indicate that examining the use of additional technologies at work is beneficial for predicting employee loafing behavior.

LSU Dr. Gintner Named Fellow

Dr. Gary Gintner, professor and leader of counselor education in the LSU college of Education’s Department of Educational Theory, Policy and Practice, has been named Fellow in the Am. Counseling Assn, according to LSU news. Dr. Gintner’s degree is in Counseling Psychology from U. of Southern Mississippi and he has served as President of the Am. Mental Health Counseling Association.

LSU Dr. Honeycutt Named Rainmaker

Dr. James Honeycutt, professor of Communication Studies at LSU has been named “Rainmaker” for his excellence in research and creative activity, reported by LSU news.

Dr. Honeycutt is a national and international expert in interpersonal communication and social psychology.

Dr. Laurie O’Brien Promoted to Asst Professor, Tulane

Dr. Laurie O’Brien has been promoted to Associate Professor at Tulane. Dr. O’Brien joined the faculty in 2005 just before Katrina. Her research is in stereotype and stigma, funded by the National Science Foundation. She received her degree the U. of Kansas and post-doc fellowship at U. of California.

Tulane Faculty Member Dr. Beth Wee Honored

Psychology faculty member Dr. Beth Wee has received the John Stibbs Award for Outstanding Faculty Member from Tulane’s undergraduate Student Government. Also, in the fall 2011, Dr. Wee was the recipient of the Barbara E. Moely Service Learning Teaching Award.

In a report by Carol Schlueter for the Tulane news, Dr. Wee is described as “an excellent example of a Tulane scholar” who harmoniously combines teaching and community engagement,” by the assistant director of faculty training.

Wee designed a course called “Bringing Research to the Community.” In Wee’s Brain and Behavior course students learn about neurological issues and then work in hospitals and nursing homes to assist in care and to fully understand what they have learned in the course.

The Barbara Moely Award is named after professor emerita in psychology, Dr. Moely, who was an early proponent of community service and involvement.

(Source: Green Wave News, Carol Schlueter)



Louisiana Tech psychology professors presented “Human Subjects Research Dilemmas” for a past scientific program in Baton Rouge. L to R: Dr. Mary Livingston, Dr. Tillman Sheets, John Buckner, Dr. Janelle Silvers, Dr. Jerome Tobacyk, and Dr. Alice Carter. More recently, John Bucker and Dr. Tillman Sheets presented research at the APS Convention in Chicago, along with other LaTech professors and students.



The Bookshelf

Who's Writing
What?

Stress Solutions for Pregnant MOMS

How Breaking Free from Stress Can Boost
Your Baby's Potential

by *Susan Andrews, PhD*
Twin Span Press, 2012

Dr. Susan Andrews has written an essential guide for the pregnant mom about stress and her developing baby.

Dr. Andrews, a New Orleans psychologist, neuropsychologist, and researcher, has captured the essence of a major societal problem and turned the spotlight on it. She draws from theory, research, and application, as well as her own extensive experience, to create this engaging self-help book with an eminently important message: The modern woman who is growing a new child must be aware of and in control of her stress level.

Stress Solutions is a must read for childbearing women of all ages, but also fathers-to-be, grandparents, health psychologists, and physicians seeking to understand the mother's true wellbeing.

Andrews points to an alarming and dramatic rise in children's health issues, and shows that while there are many contributing variables, stress is a critical and often unacknowledged risk factor.

"A mounting body of evidence," she writes, "clearly links sustained high levels of stress and anxiety during pregnancy to many of today's major issues of birth and childhood, such as low birth weight and preterm birth, difficulty coping in emotional situations, learning disabilities, attention deficit, and childhood anxiety."

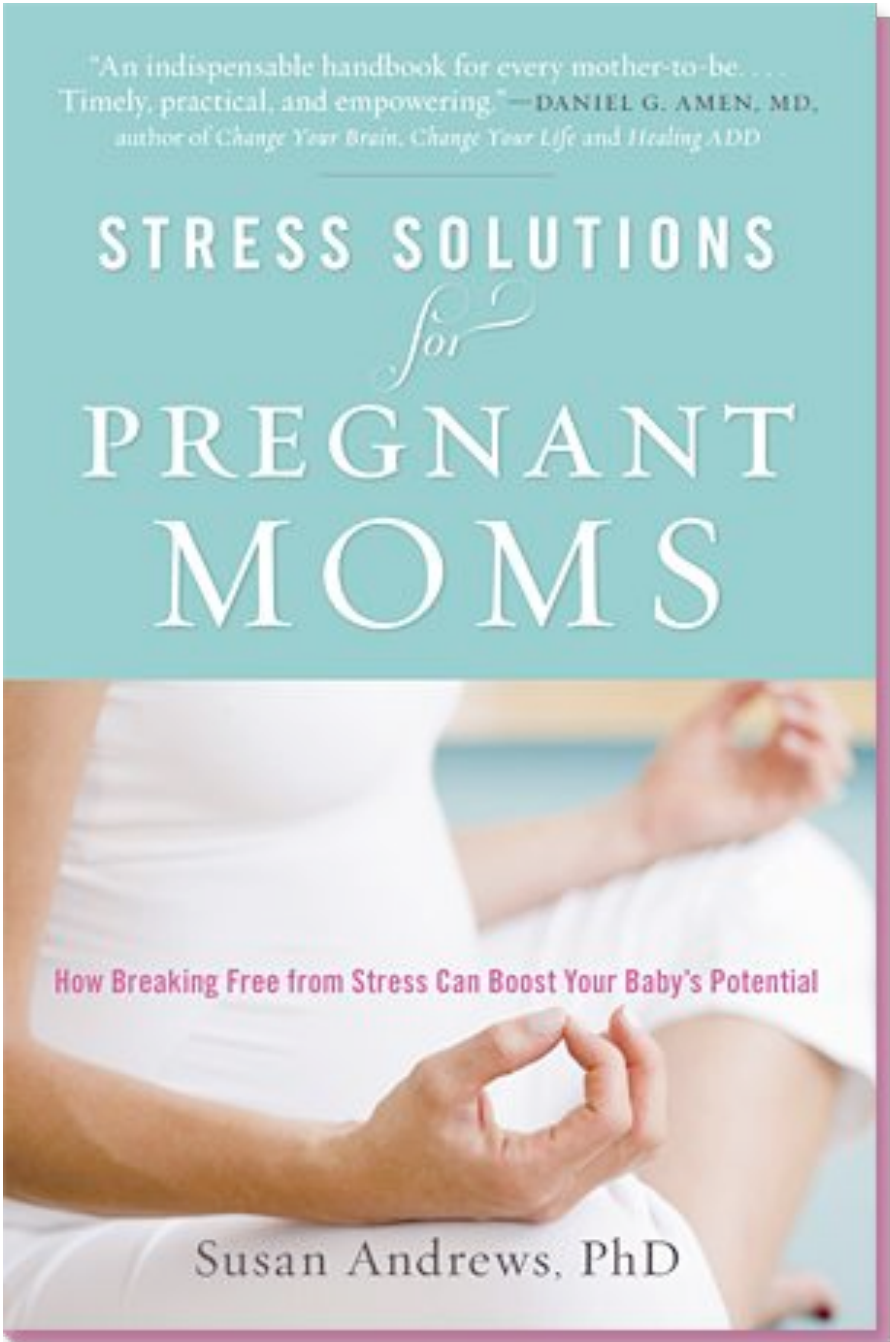
She clarifies that the issues are not simple cause-and-effect, but that variables come together in "complex ways to shape the baby's development in the womb." Pointing to research she explains that the risk factor for stress may be as serious or more so than those associated with smoking or alcohol.

"I realized that everyone intuitively senses that prenatal stress might affect the baby," she said to the *Times*, "but few really understand how. When I investigated how stress affects the unborn, I discovered a huge number of very credible research studies stating that high levels of stress do indeed affect the term length of pregnancy, the weight of the child as well as their physical, cognitive, social, and emotional development."

Stress Solutions puts into the hands of the reader the power to influence their own and their babies' health.

Andrews' writing also offers a pleasing subtext, a woman's book written by a woman. Her voice is authoritative, kind, and encouraging—but also firm. Like the tribal wise woman, she explains to us what's at stake, and it is momentous. But she is also there to teach, encourage, and guide. She lightens the tone at times with a spoonful of sugar here and there, touches of wisdom, humor and well-chosen metaphors.

For example, she strategically places the phrase, "*Now is a good time for a relaxation break*," at various points in the text. Andrews knows her cognitive psychology. The message sticks to your mind as if covered in Velcro.



A Chinese proverb warns, "*That the birds of worry and care fly over your head, this you cannot change; but that they build nests in your hair, this you can prevent.*" Nests in your hair? That sticks too.

An image from *Pooh* mirrors how many modern women approach stress without saying it. "*Here is Edward Bear, coming downstairs now, bump, bump, bump, on the back of his head, behind Christopher Robin. It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it.*"

Dr. Andrews' A-B-C Formula is ingenious. She engages the reader seamlessly in a simple, practical treatment plan, by using baseline assessments of stress and of relaxation activities. She shows the reader how to calculate the "deficit" in relaxation efforts, and then lays out a comprehensive set of behaviors to fill that gap.

"As a treating clinician," she said, "I recognized that presenting a problem of this magnitude without a solution to it, would only compound the problem. And, in fact, that might have been one of the reasons no one had presented the information in a public format."

"I came up with the A-B-C Formula for Stress Reduction in a stroke of insight one morning watching the morning unfold with a cup of coffee. The Formula provides a way to measure and become more consciously aware of your daily stress. I realized that it is so important that pregnant women pay close attention to extra stress and to reducing it when it builds up and that most pregnant women would do just that if they realized how important it is to the health and potential development of their unborn child."

Stress Solutions is a well-structured text, combining the latest scientific findings in Part One, "Stress and Your Pregnancy." While leaving some wiggle-room, Andrews pulls no punches about the significance of the topic, showing how stress affects the mother-to-be and also the alarming new evidence that a pregnant woman's stress level can affect her child for years to come. Part One is both educational and motivational.

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Dr. Susan Andrews signing books at Barnes and Noble in New Orleans. (Photo by Dr. Betsy Bouldin.)

Andrews also points out a “dangerous misperception of stress.” She explains in the annual APA study on stress, 30 percent rated their stress as extreme, 52 percent complained of fatigue and sleep problems, and 65 percent to irritability. However, Andrews points out that 81 percent still believe they are handling stress well, a “glaring contradiction,” she notes.

Part Two, “The Stress Solutions Formula,” introduces the steps and components that go into the complete stress monitoring and stress-lowering plan of the book.

“... the Formula is a lot like the point system of Weight Watchers,” Andrews said to the *Times*. “First, you start by measuring your Baseline level of stress before you became pregnant. Second, you add your daily stresses and hassles as they occur. Third, you subtract a constant because some stress is normal. Then, the system gives credit points for ways that people already normally use to relax and reduce stress, in the Resource Manual. And lastly, the Formula tells you how many relaxation credit points the mom should try to earn to reduce their stress by the end of the day.”

Dr. Andrews provides the “Baseline Stress Level Scale,” and “Daily Hassles Worksheet.” The section gives easily digestible information with tables such as “Factors That Prevent Our Nervous System from

Returning to Balance,” “Six Factors That Can Affect Your Baseline Stress Level,” and a variety of case studies. She includes a chapter on how sound and music can lower stress, anxiety, and cortisol.

Part Three, “The Stress Solutions Resource Guide,” lays out the treatment component of the Formula, allowing the reader to create her own personal plan for lowering stress. In her “Directory of Resources,” she describes activities for breathing, music, mental such as prayer or meditation, physical such as yoga, biofeedback, and pampering, like naps and massage. Each is given a rating and a number of “Relaxation Points,” and folds into the overall stress reduction plan, nicely wrapping up the program for the reader.

How did Dr. Andrews decide to write *Stress Solutions*? “For years,” she said, “I had been interested in the results of a study that was conducted in 1991-2 in Paris. The study showed that a specific program of listening to music through headphones reduced the stress of labor and raised the apgar scores of the children who had a more normal average birth weight. Early in their development, the children were found to have better social skills and a more easy-going temperament than their siblings.” She asked *why* and that got her thinking.

The topic is so critical that Dr. Andrews is planning a workbook to accompany the text, and after that a book

perhaps for youngsters. “I think that there needs to be a guide to help the children who are challenged by stress, worry, and anxiety,” she explained.

Dr. Susan Andrews is in full time practice in Metairie where she is Senior Partner at Neuropsychological and Psychological Services for Children, LLC. She is also Clinical Assistant Professor of Medicine at LSU Health Sciences Center, Department of

Medicine and Psychiatry, and Clinical Coordinator and Neuropsychologist at Center for Head Injury Rehabilitation, East Jefferson General Hospital. She received her first PhD in Child Psychology from Tulane, and did a full retraining in Clinical Psychology at U. of Southern Mississippi. She headed a grant for Parent-Child Development for ten years and then managed the replication of the work for the national level, as Research Coordinator from the Bank Stress College of Education in New York City.

“This is a good time for a relaxation break.”

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STRESS SOLUTIONS
for
PREGNANT
MOMS

Stress Solutions for Pregnant Moms

How Breaking Free from Stress Can Boost Your Baby's Potential

by Susan Andrews, PhD

About Susan Andrews, PhD

Dr. Susan Andrews is a clinical neuropsychologist whose career has been dedicated to assisting children and their parents improve their quality of life. She helped design Head Start, has been on the staff of several hospital rehabilitation units, and works with children and adults who have suffered traumatic brain injury or have developmental problems, such as language delays, ADD/ADHD, anxiety, and autism. Susan Andrews is also engaged in research at LSU Medical School on traumatic brain injury and anxiety. She lives in the New Orleans area and in Boulder, Colorado.

To contact Dr. Susan Andrews
Email: sandrews@twinspanpress.com

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Dr. Andrews writes a blog and answers questions on her website at

<http://www.stresssolutionsforpregnantmoms.com/index.html>

Pennington’s Dr. Tiffany Stewart Wins \$2.3 Million NIH Grant To Study Health of Female Athletes

Pennington Biomedical Research Center has been awarded a five-year, \$2.3 million grant by the National Institutes of Health (NIH) to investigate a program designed to improve the health and well-being of female collegiate athletes.

Dr. Tiffany Stewart is the Contact Principle Investigator and Director of the Behavior Technology Laboratory. She received her PhD in Clinical Psychology from LSU.

The Pennington Biomedical study, "Female Athlete Body Project: A Randomized Controlled Trial", is a partnership with Louisiana State University (LSU) Athletics, American University in Washington, D.C., and Trinity University in San Antonio, TX.

Dr. Stewart is contact PI and Co-principal investigator with Trinity University's Carolyn Becker, Ph.D., F.A.E.D., professor of Psychology.

"This study will provide key information on the efficacy, acceptability, and feasibility of health promotion programming in female athletes" said Dr. Stewart.

The study will include 500 female athletes recruited among the three sites' sports teams including basketball, volleyball, soccer,

swimming, diving, tennis, golf, softball, gymnastics, and cheerleading.

Shelly Mullenix, Senior Associate Athletic Trainer and Director of Wellness at LSU, said "This is a great opportunity to collaborate on programming that could improve our care of our female athletes. While athletic competition and academic excellence are an important part of what we can offer our student-athletes, it is equally as important to educate our athletes about ways to improve their overall health during their collegiate years as well as ultimately impact their lives in the future. This grant will allow us to meet that goal."

"Improving health during collegiate years and thereby reducing the risk of chronic disease later in life is a vital component of this research" added Steven Heymsfield, M.D., Executive Director of Pennington Biomedical.

"I am pleased that Pennington has received this grant to conduct a very important study that can help ensure the health and well- being of our female student-athletes," said Joe Alleva, LSU vice chancellor and director of athletics.

Dr. Stewart is also Co-Founder and Chief Scientific Officer of Body Evolution Technologies.

(Source: News and Press Releases, PBRC.)

SWPA in Oklahoma City

LA Team Leads Successful CE Program

Authors: Burton Ashworth, Larry Dilks, Jackie Bourassa & Billie Myers

Attendees at the Southwestern Psychological Association (SWPA) enjoyed the most extensive continuing education (CE) program in history at its recent 2012 conference in Oklahoma City.

Fourteen American Psychological Association (APA) accredited presentations were offered, including four dynamic invited speakers.

This year’s conference was lead by a Louisiana team. Dr. Lawrence Dilks, headed up the committee with the assistance of his intern Burton Ashworth, his psychological student Jackie Bourassa, and a doctoral student Billie Meyers. All are from southwest Louisiana. Burton Ashworth and Billie Meyers are currently pursuing their doctoral degrees from Fielding University. Jackie Bourassa is a graduate student at McNeese State University studying experimental psychology.

All three assistants contributed to the convention’s research poster sessions with the following titles: *A Psychological Profile of Diaconate Candidates, Identifying Non-Verbal Learning Disabilities Using the WAIS-III, A Case Study of a Group Experiencing a Major Oil Rig Disaster, A Case Study of Psychological Consequences of Pre-frontal Lobectomy, Neuropsychological Consequences of Peritoneal Mesothelioma and A Case Study of a Toxic Chemical Exposure Group.*

The CE program began with a six-hour pre-conference workshop by Dr. John Simoneaux, who detailed the upcoming changes for the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM 5). Dr Simoneaux provided a ‘tour de force ‘ of the entire manual, pausing to emphasize areas of exceptional change such as PTSD of early childhood, autistic spectrum and the array of communication disorders.

The following three days saw numerous presenters expound on their specialties in a series of two-hour presentations.

Dr Marty Kransberg discussed the intervention technique known as Redecision Therapy. She is a clinical psychologist with a private practice in Texas, as well as academic professor for the Department of Psychology at Fielding Graduate University in Santa Barbara, California.

Dr. Valarie Waldmeier, head of the graduate nursing program at McNeese State University reviewed the latest changes in antidepressants with emphasis on clinical manifestations and mechanisms of action.

Dr Richard Kishur outlined effective treatment strategies for sex offenders, and Dr. Thad Leffingwell, a professor from Oklahoma State University, presented on motivational interviewing.

Dr. Tari Dilks, psychiatric nurse practitioner, reviewed the basic tenants of a psychopharmacological approach to the treatment of chronic pain. She reviewed fundamental neurochemistry and how it engenders the efficacy of medications. She presented a variety of medications and treatment while reviewing the primary side effects of each.

Dr. Dolores Subia Bigfoot shared with the audience parental training techniques utilized by her agency to reduce childhood abuse and facilitate social and psychological development with Native American children. And Dr. Sue Jacobs discussed ethical dilemmas faced by psychologists who provide services during natural disasters.

The general session also offered CE credit for a number of conference presentations, including the SWPA 2012 presidential address offered by Dr. Shelia M. Kennison entitled “Risk-Taking in Young Adults: A Terror Management Perspective.” Likewise, Dr. Joseph E. Trimble presented the prestigious APA/SWPA G. Stanley Hall address speaking on “Attentive Exploration of Ethnic Identification Perspective and Influence on Change, Measure, and Theory.”

Invited speakers were Dr. James W. Pennebaker spoke on “What Our Words Say About Us.” Dr. Ann S. Masten on, “Resilience after Catastrophes: Emerging Guidelines for Research and Practice,” Dr. Daniel L. Schacter presented, “Constructive Memory: Linking the Past and the Future,” and Dr. Mark V. Flinn delivered the provocative subject, “Hormones in the Wild: Anthropological Perspectives on Traumatic Experiences and Cortisol.”

All agreed this year’s conference was a major success.





Father’s Day Special

Editor’s note: In honor of fathers everywhere, and their impact on the flying behaviors of their daughters and sons, *The Times* is pleased to re-run the 2010 article of Dr. Peggy Hagan’s journey to attain her pilot’s license. We wish all fathers out there the best on June 17th.

Margaret “Peggy” L. Hagan, Ph.D., a psychologist in private practice from Slidell, took her first flying lessons in 1995, but then had to postpone because of other duties. She told the *Times*, “In late 2008, I had a little sit down chat with myself and asked what was the most exciting part of my life, and why wasn’t I still doing that?”

She decided to get her pilot’s license, thinking, “Why not? Flying a plane is pretty exciting...”

Peggy’s father (Bill) was a pilot until 1985, when he felt it might be best to discontinue flying.



He took flying lessons at age 16, in 1940, expanding on his keen interest in aviation, evidenced by his building a rudimentary flight simulator when he was only ten years old.

Bill flew a Piper Turbo Arrow for his business during the years Peggy was in college at the University of Illinois. He would pick up Peggy and her brother (a Ph.D. in physics and nuclear engineering) from Champaign-Urbana and fly them home to Omaha.

“...But let me tell you,” Peggy said, “we had some very harrowing flights when he was *Pilot-in-Command*.”

“One Christmas the plane was tossing this way and that,” she recalled. “I kept hitting my head on the top of the plane. It was

Dr. Margaret “Peggy” Hagan has been in private practice in Slidell since 1984. She sees all ages, and specializes in psychoeducational evaluations. Even though she started out in mathematics, she told the *Times*, “I absolutely love my ‘job’— I cannot imagine doing anything else.” Above, she goes through her careful checks.

ferocious.” Peggy remembers her father yelling, “ ‘We’re all going to die!’ ”

“When we came in for a landing,” she said, “the icing on the plane was so bad he had me open my door so he could look out and see the runway.”

When we touched down, there were fire trucks and ambulances. And Dad said ‘I didn’t call a Mayday.’ The tower said, ‘Well, we did. We were sure you wouldn’t make it down.’

They had closed the airport to commercial flights a few hours before,” Peggy said. Bill

explained to the *Times* that the plane had accumulated too much ice, and he could only keep the engine just above a stall.

“On the drive from the airport to our house,” Peggy said, “our car swerved into a ditch.”

Even aware that sometimes the excitement can get a little higher than she might want, Peggy returned to her lessons in 2008, determined to earn her license.

She trained with two Certified Flight Instructors, Don Pechon at the Slidell airport and Sharon Knight at Hammond. “Two amazing aviators,” she said.

“My first solo flight was on April 13, 2009,” she noted. “We had a flight lesson in the Cessna 150...Don said ‘Okay, go do 2 or 3 touch and go’s. Be careful.’ I was so excited. I let him out and thought I would be a nervous wreck. But like anything, training takes over and I taxied out, made my radio calls, took off and did a couple of –perfect– landings. Quite a thrilling day!”

In November 2009 Peggy completed her solo cross-country requirements— 150 miles or more with several landings and take-offs. She flew from Slidell, landed in McComb, and then

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proceeded to Hattiesburg, announcing, “ ‘Hattiesburg traffic, Cessna 334 is 5 miles west, inbound for landing. Runway one-three, full stop, Hattiesburg.’ ”

Peggy landed, talked to some other pilots, called her instructor, and took off back for home. “It was 3.3 hours of solo cross-country. I was really, really thrilled.”

To pass the FAA exam, “I studied my caboose off,” she said. “When I wasn’t in my office, I was found at our local coffee shop where I studied and studied.” The exam requires proficiency in a variety of technical and critical-thinking areas, “...weather conditions, navigation, computing headings and the effect of wind, engine and mechanical workings, decision making, emergencies, etc.,” she explained. “—A vast array of subjects.”

Peggy aced the exam, with the help of Sharon Knight. She also aced the three hour oral exam with the FAA examiner. Then Peggy continued her training with Don to prepare for the *checkride*.

“I was nervous about the checkride with the examiner,” Peggy said. “You have to do stalls, emergency landings with no power, steep turns, and other maneuvers.”

But she successfully completed her checkride on June 19th, 2010, and earned her Private Pilot License. How did she feel about the accomplishment? “It was a blast and a half,” she said.



Dr. Peggy Hagan and her father Bill.

Eight days later, on June 27th, while her father and mother were visiting from San Diego, Peggy surprised her dad by inviting him to go up with her as her first official passenger.

Bill was delighted, telling the *Times*, “The flight was perfect from the smooth take off to the very smooth slight crosswind landing. She flew me out over Slidell to get me oriented and then out towards the Gulf.” He said, “...the view from 2000 feet was excellent.” And, “Her communications with the ground and also with the oil company helicopter crew that was getting ready for their daily flight out over the oil spill was flawless.”

Years ago, Bill had taken up his mother for her first trip in an airplane. His first passenger-carrying flight was his wife, Peggy’s mom.

On the 27th, Peggy’s second passenger that day was her first-born daughter Joanne.

The weather was perfect, Bill and Peggy and Joanne all noted. The sky was blue, the clouds were white, and the sun was shining.

Bill, age 85, said, “All in all, it was a perfect flight.”

Peggy told the *Times*, “It was a beautiful day.”



“It was a beautiful day.”

Photos by Dr. Hagan’s daughter, Joanne Hagan Mabry. Joanne was Peggy’s second passenger and said about her mother, “She was so dedicated and determined to obtain her pilot’s license,” and noted that her mom’s efforts in aviation are “inspiring.”

Up-Coming Events

LPA Offers June On-Line Webinars

Louisiana Psychological Assn will present two Webinars for June.

On Wednesday, June 27, from 12 noon to 2, Cass Nelson-Dooley, MS, will present "Nutrition and Mood." She will explore the underlying nutritional imbalances that clinicians need to consider when treating individuals with depression. She is a Specialist and Clinical Educator at Metamatrix Laboratories, Atlanta, Research Coordinator in the Science and Education Department, and co-author of "Nutrient and Toxic Elements" in *Laboratory Evaluations for Integrative and Functional Medicine*.

This presentation will cover nutritional causes of neurotransmitter imbalances that could result in treatment-resistant depression. Topics include neurotransmitters, amino acids, fatty acids, allergenic foods, and cortisol. Clinical cases will be presented with an emphasis on the laboratory results commonly seen in patients suffering with depression and how treating these biochemical abnormalities improves clinical outcomes. Knowledge of the underlying nutritional and dietary causes of depression can be useful in a comprehensive treatment of depression.

On Friday, June 29, 12 noon to 2 pm, Dr. Susan Andrews will present, "Applying the ABCs of Stress Solutions in Clinical Contexts."

Susan Andrews, PhD, is a psychologist, a neuropsychologist, and author of *Stress Solutions for Pregnant Moms: Now Breaking Free from Stress Can Boost Your Baby's Potential*.

Emerging new evidence is now linking stress during pregnancy to risks for childhood emotional, physical, and behavioral problems, writes Dr. Andrews in her new book. These connections include preterm birth, ADHD, and learning disabilities. The evidence suggests that managing stress for pregnant moms could be as important as the reasons for avoiding smoking and alcohol during pregnancy. Dr. Andrews will review the practical applications of her ABC formula, case descriptions, and show participants effective methods for lowering dangerous cortisol levels.

Continuing education chair, Dr. John Fanning invites anyone interested in participating to contact him through the LPA office at www.louisianapsychologist.org/ or call 225.766.0185.

The Psychology Times

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PTR's Summer Symposium July 25-27 in Lafayette

Filling Up Quickly

Professional Training Resources will host the 10th Annual Mental Health Summer Symposium on July 25 to 27, 2010, in Lafayette at the West Pinhook Road Hilton. The Summer Symposium offers educational seminars and continuing education for psychologists, social workers, substance abuse counselors, licensed professional counselors, school psychologists, and marriage and family counselors.

The firm is owned by Dr. John Simoneaux who has developed the program for approval by the American Psychological Association, the National Association of Social Workers, Louisiana Chapter, National Board for Certified Counselors, Commission on Rehabilitation Counselor Certification, Addictive Disorder Regulatory Authority, and the National Association of School Psychologists.

"What's cool about it," John told the *Times*, "is that we started it with the idea that people can have fun while learning. So we really emphasize being relaxed, a friendly atmosphere. We give door prizes. We joke around. Historically our sons come and play. They're musicians. We celebrate my wife's birthday every year at that time. So in the evenings, we invite people to come and hang out with us. We play music and have the greatest time." John explained that it has grown in popularity so much that they are limiting it to 200, "So we can keep the user friendly atmosphere." His tee-shirts, Curly and Barney Fife, make the point.

This year the training includes "Hoarding" by John Simoneaux, PhD. "Intellectual Disability: Aspects of the Law that Every Mental Health Professional Should Know," by Mike Chafetz, PhD, ABPP. Luke Elliott, PhD will present "ADHD Across the Lifespan," and John Strain, LPC, will present, "Calming the Storm: Crisis Intervention from Theory to Practice." Attorney William "Chuck" Credo, will provide a workshop on, "Louisiana Mental Health Law: Insanity and Incompetence." And John Simoneaux will provide the seminar, "Ethics and Boundary Violations."

More information at <http://professionaltrainingresourcesinc.com/>



Photos courtesy Dr. Simoneaux.

“In my judgment this is the most sacred of all national holidays, celebrating and honoring those people who have served, and particularly those who have given up their lives in the service of this great nation.”

“I think we can pay tribute to the 9/11 Generation, who has fought the longest war this country has ever fought. And I think they are the new Greatest Generation, to be sure. Never before have so few, fought for so many, and have done that for so long. We not only honor their sacrifice but we honor the sacrifice of their families.”

“And, it gives us the opportunity on Memorial Day to renew our own commitment to America and its values. And also, to remind ourselves that as ugly as war is, and as devastating as the consequences are, there truly are some things that are worth fighting for. And these wonderful Americans who stepped forward and have done that for us, we are truly blessed as a result of it.”

Ret. General Jack Keane
on Fox News, 5/28/12



Special care is taken in folding the flag after Memorial Day ceremony at the Task Force Leatherneck headquarters, May 28, 2012. Photo by Master Sgt. Grady Fontana of 1st Marine Division.

Since January 2011, eight Louisiana servicemen have been killed. Here are their names, their hometowns, their units, and how they died.

Spec. Jeffrey L. White, Jr., age 21.
Hometown: **Catawissa**, La. Branch: Army.
Unit: 1st Battalion (Airborne), 501st Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Joint Base Elmendorf-Richardson, Alaska.
Incident: Apr 3rd, 2012: Died in Khost province, Afghanistan, of wounds suffered when insurgents attacked his unit with a makeshift bomb.

Lt. Cmdr. (SEAL) Jonas B. Kelsall, age 32.
Hometown: **Shreveport**, La. Branch: Navy.
Unit: East Coast-based Naval Special Warfare unit. Incident: Aug 6th, 2011: Died in Wardak province, Afghanistan, of wounds suffered when their CH-47 Chinook helicopter crashed.

Special Warfare Operator Chief Petty Officer (SEAL) Robert J. Reeves, age 32.
Hometown: **Shreveport**, La. Branch: Navy.
Unit: East Coast-based Naval Special Warfare unit. Incident: Aug 6th, 2011: Died in Wardak province, Afghanistan, of wounds suffered when their CH-47 Chinook helicopter crashed.

Tech. Sgt. Daniel L. Douville, age 33.
Hometown: **Harvey**, La. Branch: Air Force.
Unit: 96th Civil Engineer Squadron, Eglin Air Force Base, Fla. Incident: Jun 26th, 2011: Died as a result of injuries suffered from a makeshift bomb on the border of the Nad 'Ali district of Helmand province, Afghanistan.

Cpl. Matthew T. Richard, age 21.
Hometown: **Acadia**, La. Branch: Marines. Unit: 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C. Incident: Jun 9th, 2011: Died while conducting combat operations in Helmand province, Afghanistan.

Staff Sgt. Quadi S. Hudgins, age 26.
Hometown: **New Orleans**, La. Branch: Army Unit: Maintenance Troop, Regimental Support Squadron, 3rd Armored Cavalry Regiment, Fort Hood, Texas. Incident: Apr 2nd, 2011: Died of wounds suffered when enemy forces attacked their position with indirect fire in Babil, Iraq.

Pvt. Jeremy P. Faulkner, age 23.
Hometown: **Griffin**, La. Branch: Army. Unit: 2nd Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky. Incident: Mar 29th, 2011: Died of wounds suffered when enemy forces attacked his unit with small arms fire in Konar province, Afghanistan.

Spec. Christian J. Romig, age 24.
Hometown: **Kenner**, La. Branch: Army National Guard. Unit: Missouri National Guard Agri-Business Development Team IV, Jefferson City, Mo. Incident: Jan 5th, 2011: Died of wounds suffered at Nangarhar Province, Afghanistan when insurgents attacked their unit using a makeshift bomb.

Source “Faces of the Fallen,” and military records, by state. Go to <http://apps.washingtonpost.com/national/fallen/maps/states/>

Memorial Day 2012