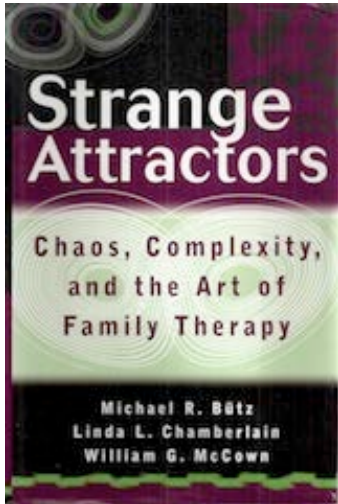


## Bookshelf -- Pg 12 Dr. Bill McCown



## State & National

### LPA Legislative Chair Comments - Pg -3

### LSBEP News Pg-4

### ASPPB & Telepsychology Pg-4

## Science, Education, People

### Dr. Brannon in Gumbo - Pg -5

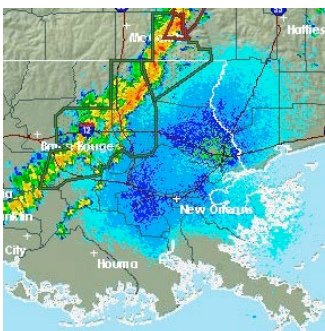
### ULM & Pennington Link Up - Pg - 5

### Coming Events- Southern, SIOP, LPA, -- Pg 16

## We Remember Dr. Raymond Houck Pg – 7

Friend and colleague  
Dr. Ray Houck  
passed away on  
August 24, 2012. He  
was 76 and had been  
ill with pulmonary  
fibrous.

### Issac Drenches LA on Katrina Anniversary



## Public Comments Due By Sept 10

## New Regs For Psychologists' Continuing Education Proposed

In the August issue of the *Louisiana Register*, the state psychology board published their "Notice of Intent" to change the rules governing continuing education for licensed psychologists.

The psychology board has proposed two main

changes. They intend to increase continuing education hours from the present biannual requirement of 30 hours, to 40 hours.

They will also expand the types of activities that can be submitted for credit. These will include practice monitoring, journal clubs, and work on committees, for example.

The public has until September 10 to submit comments about the proposed changes. Comments and questions can be sent to Executive Director, Kelly Parker.

According to the Notice, the reporting periods beginning July 2012 (for even numbered licenses) and beginning July 2013 (for odd numbered licenses) will continue with the 30-hour requirement. However, the types of activities submitted include the ten new categories of professional development and conform

Cont pg 9

Cont pg 2

## Dr. Stacy Overstreet Appointed Tulane Psychology Chair



Dr. Stacy Overstreet  
(courtesy photo)

Dr. Stacy Overstreet has been appointed Chair of the Department of Psychology at Tulane. Dr. Overstreet is a professor, licensed school psychologist, and has served as Director for the APA-accredited School Psychology Doctoral Program for Tulane. She took over the duties of the Chair in July.

Dr. Overstreet explained to the *Times* that her goal will be to help support the faculty in order for them to continue to build areas of excellence in research and practice.

"I hope to continue to collaborate with my colleagues to further develop our areas of strength," she told the *Times*, "which include research programs in aging, stress, and health and gender disparities. Many of our faculty are also actively involved in the

development of innovative models for school-based mental health. We recently welcomed a new faculty member, Dr. Courtney Baker, who will continue to place this work on the cutting edge with her focus on implementation science."

"My main goal is to not wreck things," she noted, smiling. "Our former Chair, Janet Ruscher, was in the position for about 10 years. She helped place our Department well within the School of Science and Engineering and she led us through strategic planning in 2011."

Cont pg 3

## Talent Development for Olympic Athletes Can Be Complex and Challenging, Says LSU's Dr. Culross

Dr. Rita Culross, LSU College of Education professor and licensed psychologist, spoke at the Oxford Roundtable at the University of Oxford in Oxford, England, this past July. In an invited

address, "Talent Development and Talent Enhancement of the Olympic Athlete," she explained the complex psychological patterns in talent development for Olympians.

Culross is the Ellen Levy Yates Endowed Professor of Gifted Education in the Department of Educational Theory, Policy & Practice at LSU, and teaches courses on the social and

psychological aspects of human talent development.

Drawing on her background as an expert in gifted and talented development, Culross described contributions of genetic, cognitive, and emotional traits in the athletes' personal journey to the assembly of scholars, who were in part acknowledging the topics related to the London Summer Olympics.

Culross spoke about the psychosocial impacts of home, school, gender, community and culture, and also the principle of chance, for the athlete, describing the "Piirto Pyramid of Talent Development," from the work of Dr. Jane Piirto, Ashland University, Ohio, author of *Talented Children and Adults: Their Development and Education*.

Cont pg 6



© Pniesen

Olympic runners in previous Olympic games.



# Psychologists' CE Changes in Register, Cont'd

to the percentage of total hours that a psychologist can claim for each type of activity. Then, in the next biannual cycle, the number of credits required will increase to 40.

The proposed categories appear to tract the recommendations of the Associations of State and Provincial Psychology Boards (ASBBP). They are:

- 1. Peer Consultation (1 hour of peer consultation equals 1 credit). Examples include case consultation groups, journal clubs, regional research groups, mentoring, and shadowing a colleague. Up to 50 percent of total hours is allowed.
- 2. Practice Outcome Monitoring (1 completed questionnaire equals 1 credit). This is an activity where the psychologist assesses patient/client outcomes with a questionnaire that is shown to be of empirical value. Up to 50 percent of total credit hours is allowed.
- 3. Professional Activities (1 year equals 10 credits) involves serving on a national, regional, or state psychological association board or committee or board member of regulatory body related to the field of psychology. This category can count for up to 25 percent of total credit hours.
- 4. Conferences and Conventions (1 conference day equals 1 credit). Attendance at a conference related to the field of psychology or a

- conference, which aids in the licensee's professional development, is allowed, and qualifies for up to 10 percent of total requirements.
- 5. Academic Courses (1 3-hour course or equivalent equals 20 credits). Examples include graduate-level course related to psychologist's discipline and practice taken for credit from a regionally accredited university or one pre- approved by the board. This category can meet up to 50 percent of total credit hours.
- 6. Instruction (1 23-hour course equals 20 credits; 1 full-day workshop equals 10 credits). Instruction includes teaching a course in a regionally accredited institution or full day workshop presentation. Credit can only be received the first time teaching or presenting the material. Up to 50 percent of credits can be obtained in this category.
- 7. Publications (1 article equals 10 credits; book chapter equals 10 credits). Publications including authoring an article for peer-reviewed publications, or being the editor or co-editor of a book related to the field of psychology. This area can meet 25 percent of CPD requirements.
- 8. Traditional Continuing Education. Includes approved Sponsored CE (1 hour equals 1credit) workshops



"Hola" at the LSBEP in June. In August the psychology board published proposed new guidelines to revamp the continuing education requirements to include new categories, including activities like serving on professional committees and client monitoring research. (Hola is Dr. Courtney's dog.)

- from a recognized approved sponsor such as APA or any of its approved sponsors, academies of professional specialty boards, regionally accredited colleges or universities, continuing medical education in category 1 of AMA or its subsidiaries including grand rounds. Activities can meet 50 percent of total required CPDs.
- 9. Self-directed Learning (1 hour equals 1 credit). Examples include reading, videos, and/or other unsponsored activities. The maximum allowed toward requirement in this category is 10 percent of total.
- 10. Board Certification from the American Board of Professional Psychology. Certification equals 40 credits and can be used for the full CPD requirement during a reporting period, or split 20 hours in one period and 20 in another.

The Notice of Intent also covers reporting requirements, extensions, exemptions, and non-compliance, and can be found in full at the *Louisiana Register* website.

The Association of State and Provincial Psychology Boards released a set of guidelines in June, recommending the increase to 40 hours and outlining the ten categories.

The Notice of Intent can be found in the August issue of the *LA Register* at:

<http://www.doa.louisiana.gov/OSR/reg/regs2012.htm>

## BA Study Group To Meet Friday

The "Behavior Analysts Licensure and Regulation Study Commission," a group created by a 2012 Senate Resolution, is scheduled to meet this Friday, September 7.

The group includes 15 members representing psychology, education, behavior analysis, social work, counseling, medicine and parents. These include Executive Director of the Psychology Board, Ms. Kelly Parker, and LPA representative, Dr. Lacey Seymour. Drs. John Courtney and Darla Burnett may also be attending the group, according to discussion at the recent psychology board meeting.

According to previous reports, the group will meet at the DHH offices in Baton Rouge.

The study group is scheduled to continue discussion about the components of licensure and "develop key points of licensure."

"Our last meeting did not yield much forward movement," Chair Ms. Ashley Munn noted to the *Times*. "There was a lot of discussion, which I think was needed but unfortunately, it did not move us toward finalizing any decisions," she explained.

The Commission was formed by a Senate Resolution authored by J.P Senator Morrell, who emerged as a leading opponent of the psychology board's effort to develop regulations for Behavior Analysts.

"I am going to change the structure of future meetings in an attempt to get some concrete movement towards what we were asked to do," Ms. Munn said.

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Publisher: Julie Nelson, PhD  
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Journalism Consultant:  
Robert Holeman,  
*Editor (Ret.), The Coushatta Citizen,  
Winn Parish Enterprise.*

Columnists/Reporters:  
Carolyn Weyand, PhD  
Suzanne Booth, MA, Intern  
Shane Lowery, MS, Intern  
Natasha Jordan, Correspondent  
Cartoonist: Jake Nelson-Dooley

We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana.

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Dr. Overstreet, Cont'd

Also in July, Dr. Ruscher was appointed as Associate Dean of Graduate Programs, School of Science and Engineering at Tulane U.

Dr. Overstreet explained that the Tulane Psychology Department has recently completely their departmental strategic plan and this effort will coordinate with the university's strategic plan. "It will be challenging, but fun," she said, "to reframe our strategic plan in the context of University initiatives. If we hope to grow our faculty and secure resources to support our research and teaching, we need to highlight how our Department can play a central role in helping the University achieve its broad initiatives."

In looking ahead, Dr. Overstreet said that most of the challenges are practical concerns. "I'm on a steep learning curve regarding running a Department," she noted. "Administrative and budgeting issues on this scale are new to me."

Dr. Overstreet explained that she sees the contributions of the Tulane Psychology department to be in the four primary areas: development, school, social and behavioral neuroscience.

"Faculty within each of these areas are making contributions across all levels," she said and mentioned some of the work of the group. Faculty members Dr. Jeffery Lockman and Dr. Ed Golob are involved in a study for the Tulane Center for Aging and with a \$10.4 million grant to support the aging-related research and to enhance infrastructure and collaboration among researchers.

Dr. Overstreet also noted that faculty member Dr. Jill Daniel has received a 5-year, \$1.39 million grant from NIH to study long-term implications for the aging female brain and short-term estrogen use in middle years.

"In the Social Psychology area," Dr. Overstreet noted, social psychologist Dr. Laurie O'Brien, is part of a multi-site study funded by National Science Foundation. Dr. O'Brien is looking at gender disparities in STEM disciplines.

"Two of our faculty are editors of national journals," Dr. Overstreet noted. Dr. Jeff Lockman is the editor of *Child Development* and Dr. Oscar Barbarin is the editor of the *American Journal of Orthopsychiatry*.

"The School and Developmental faculty are instrumental to our U.S. Department of Education funded training grant in Trauma-Focused School



Dr. Carolyn Weyand (L) and Dr. Alicia Pellegrin at a recent meeting of the Louisiana Psychological Association Executive Committee. Dr. Pellegrin told the *Times* she is following several areas in the legislative area.

LPA Legislative Chair Speaks With *Times*

In an interview this week with Dr. Alicia Pellegrin, Legislative Chair and also Secretary for the Louisiana Psychological Association (LPA), she said to the *Times* that her group was very aware of the "Doctor Rule" legislation, passed in the spring and supported by the medical board.

The "Doctor Rule" or Act 772 prohibits those who are not physicians from using communications that could confuse patients about who is and who is not a physician. The body of the legislation mentions nurses, physical therapists, and physician assistants. It also provides for exceptions. Psychologists are not listed in either section.

"We were on that," Dr. Pellegrin told the *Times*. "We did not leave that to chance. I got with Kevin Hayes, our attorney and he got with the authors. We made sure of that one. Mental health was not even on the radar."

Pellegrin had called the *Times* after the last issue and gave a correction to one story, and

reported LPA's efforts about the "Doctor Rule."

Pellegrin also described where the state association is headed in the future. "First, we will have a shorter than normal legislative session in the Spring, with the session to begin April 8th and ending on June 6th. While the session may be 30 days shorter, you can bet that it won't be any less lively."

"While we have not yet finalized our legislative agenda for the upcoming session, we know that we will be monitoring a number of issues," she noted.

First, we will be exploring the findings of the working group for the Applied Behavior Analysts in an attempt to resolve, to the satisfaction of all and for the protection of the public, the issue of ABA regulation. We have our own representative in the working group in Dr. Lacey Seymour who will be providing us with regular updates as the working group goes forward."

"Secondly," Pellegrin said, "we are very concerned about the effects that Magellan has had

on the access to psychological services for Medicaid and DCFS [Department of Child and Family Services] clients, an issue about which we intend to be at the forefront. We feel strongly that not only must we represent our profession, but also those who are the most powerless to speak out about the diminution of their services."

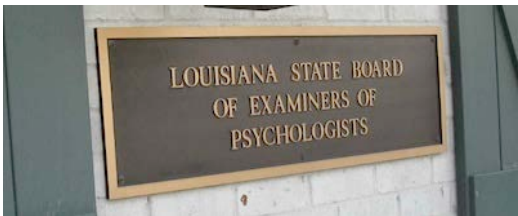
"Of course, we will as always be monitoring all new legislation for anything that has the potential to affect our profession." But, Pellegrin noted that the association will be sponsoring some proactive legislation at the right times.

And she said, "We continue to be grateful to the many generous members of our PAC who have donated the funds necessary for us to continue to be players in the political arena. We have raised approximately 30K thus far and will continue our fund raising campaigns. I would like for *Times* readers to stay tuned to what is likely to be another important and exciting legislative session."

Corrections  
& Clarifications

LPA Legislative Chair, Dr. Alicia Pellegrin called an error to our attention in the story, August issue, page 8, "LPCs Successful In Removing Requirement." Pellegrin pointed out that LPA did not **support** the change, but rather, **did not oppose** the change, in the LPC's law. The change in the law deleted the requirement that patients be seen by someone prescribing medications and licensed under the medical board. The wording was corrected in the final, evening edition, and the online copy. Some early downloads contain the error. The *Times* is sorry for any confusion or inconvenience this may have caused.





**FROM THE MINUTES:**  
*A potpourri of things from the Board: July 2012*

**Board assignments:**

Oral Examination Committee: Dr. Zimmermann, Chair and Dr. Culross Vice Chair  
Jurisprudence Examination Committee: Dr. Courtney, Chair and Dr. Matthews, Vice Chair  
Legislative Coordinator [Oversight] Committee: Dr. Burnett, Chair and Dr. Courtney, Vice Chair  
Liaison to Professional Organizations and Boards: Dr. Courtney, Chair and Dr. Burnett, Vice Chair Continuing Education: Dr. Culross, Chair and Dr. Zimmermann, Vice Chair  
Supervision/Credentials Review: Dr. Culross, Chair and Dr. Burnett, Vice Chair  
Complaints Committee: Dr. Matthews, Chair and Dr. Courtney, Vice Chair  
Long Range Planning: Dr. Matthews, Chair, and Dr. Burnett, Vice Chair

**Liaison to Professional Organizations and Boards:** Ms. Parker informed the Board that ASPPB has requested a representative from Louisiana sit on the ASPPB Annual Meeting panel for regarding liaison to professional organizations. The Board agreed that Dr. Courtney should be the LA representative at the conference. The Board carefully reviewed the ASPPB Portability Grant. The Board discussed matters concerning the Louisiana Psychological Association. The Board agreed to notify the Louisiana Psychological Association of upcoming meeting dates and new committee assignments. 2.

**LSBEP Opinion Mandatory Reporting of Child Abuse:** The Board approved the draft opinion regarding Mandatory Reporting of Child Abuse, and designated it as LSBEP Opinion 14.

**The Psychology Times request-Act 251 emails:** Ms. Parker informed the Board that Dr. Nelson has requested all emails form 2008-2009, prior to the Governor’s signature, regarding Act 251. The Board carefully discussed the request and directed Ms. Parker to consult with Lloyd Lunceford, Esquire.

**2012 Renewal Update:** Ms. Parker informed the Board that as of July 13, 2012, 553 psychologists had renewed, 495 were online renewals and 58 were paper renewals. Ms. Parker updated the Board about changes to the database including a new function for a renewal disciplinary action report.



Dr. Darla Burnett, the newest psychology board member, calls Kinkos to find prices for copying, at a recent board meeting.

# ASPPB Awarded Grant To Promote Telepsychology

In a news release by the Association of State and Provincial Psychology Boards (ASPPB), officials announced that it has been selected to receive a Licensure Portability Grant offered by the Health Resources and Services Administration (HRSA), a division of the U.S. Department of Health and Human Services, in the amount of \$349,785.00 each year for three years.

The primary purpose of this grant is to provide support for State professional licensing boards to carry out programs that will reduce statutory and regulatory barriers to telemedicine. The awarded grant funds will be used to continue the development and implementation of the ASPPB Psychology Licensure Universal System (PLUS).

The announcement noted that the group would try to expand the number of jurisdictions using the PLUS system, “and later, to develop a specific program or mechanism to address the current cross-jurisdictional barriers to telepsychology.”

According the US Department of Health and Human Services, the HRSA Office for the Advancement of Telehealth promotes “the use of telehealth technologies for health care delivery, education, and health information services.” The focus in on rural, underserved populations, and cost-effective telehealth programs.

The state psychology board published its opinion #014 on telepsychology, in April this year. The opinion said that in order for psychologists to practice telepsychology within Louisiana he or she must hold a valid license from the board or be a supervisee, and abide by all state laws.

The opinion also noted that licensees are not authorized to practice telepsychology with clients living in jurisdictions other than Louisiana, and that telehealth is not appropriate for all psychological problems or clients.

## LSBEP To Meet September 7th

The psychology board set their meeting dates for now until the end of the year. According to the minutes they will meet on September 7, 2012, October 12, 2012, November 9, 2012, and December 7, 2012. The board noted that November 9 will be the Annual Awards Ceremony.

## Times Submits Document Request To Disability Office

The *Times* submitted a documents request to the state office of disability determinations this week after several attempts to speak with Director Terri Spurgeon were ignored.

In January Ms. Spurgeon sent a memo to consultants cautioning them about a Louisiana Psychological presentation about research on malingering in psychological evaluations for social security disability exams. She noted that the seminar was not “reviewed” or “sanctioned” by the Social Security Administration, and advised consultative providers to “continue to adhere to all guidance and instructions you have received directly from DDS professional relations officers [...] and psychological consultants.”

Last month the *Times* talked with Mr. Joseph Ferguson in public affairs, Baton Rouge, who called back to see if a response had been received. However, no response has ever been received from Ms. Spurgeon or an aid.

## Dr. Courtney To Present at ASPPB 52<sup>nd</sup> Annual Meeting

The Association of State and Provincial Psychology Boards (ASBPB) will hold its 52<sup>nd</sup> Annual Meeting of Delegates October 24 through 28, 2012, in San Francisco, California.

The theme for the meeting is, “New Rules and Tools: Practical Approaches to Advance Psychology Regulation.”

The agenda includes updates on current projects including the Competency Assessment Task Force, the Task Force on Supervision Guidelines, the Telepsychology Task Force, and MOCAL (Maintenance of Competence and Licensure)

The Keynote Address will be “Risk & Rewards of Using Social Media to Promote Professional Regulation” by Rosemary Plorin.

“Mandatory Reporting of Other Psychologists for Unethical Behavior” is listed in the agenda as a topic presented by Rick Morris, Ron Ross, Steve Behnke, Mark Brengelman, and David Carver.

Other topics include issues regarding behavior analysts, raising the profile of regulatory boards, and disposition of records.

Louisiana’s Dr. John Courtney will present, “Working with State/Provincial Psychological Associations to Advance Regulatory Agendas,” with co-presenters Ken Drude and Gary Lenkeit.



# ULM Partnering With Pennington to Study Dementia Prevention

Dr. Karen Kopera-Frye, department head of Gerontology, Sociology and Political Science at University of Louisiana Monroe (ULM) is helping to lead a joint project between ULM and Pennington Biomedical Research Center, Baton Rouge, part of the LSU System. The research program will look at the factors for chronic diseases such as dementia, obesity, diabetes, cardiovascular disease, and cancer, according to recent ULM news reports.

The project will involve Pennington's Institute for Dementia Research and Prevention and is one of the largest studies in the nation, noted the report. The goals include the development of early detection and also the possibility of developing methods for prevention and treatment, wrote ULM News author Laura Woodward.

"These types of studies begin to open up doors for subsequent studies," said Kopera-Frye, Ph.D., holder of ULM's Joseph A. Beidenharn Endowed Chair of Gerontology.

Dr. Kopera-Frye also noted to Woodward, "Participants will be asked to return in a year to track progression and to see if any changes have occurred since the first test."

"They will also be able to become involved in other types of testing for free. Those include sleep, nutrition and diet, and gait studies."

Dr. Kopera-Frye described that gerontology and psychology students will be trained to help in testing, allowing the students the opportunity to work closely with individuals in the aging population in northeast Louisiana.

Dr. Bill McCown, serving as interim director of the ULM Graduate School also commented for the report.

"For reasons that are unknown, northeast Louisiana has an extraordinarily high rate of Alzheimer's disease. We also have some of the least healthy seniors. Furthermore, we have a demographically different group of potential volunteers than the rest of the state. Under the direction of Dr. Karen Frye, ULM's Biedenharn Endowed Chair of Gerontology, we will have access to volunteers from rural and minority communities. We believe that up to 50 percent of our participants will be from these underrepresented groups."

In May, ULM President Nick Bruno, PhD signed a memorandum of understanding with Pennington Executive Director Steven Heymsfield, MD, describing the areas of collaboration and how the different groups from geriatrics, botany, and pharmacology would be working together and helping the synergy of the combined talents between the organizations, described the ULM report.

In the article, Pennington's Dr. Jeffery Keller noted that there are currently 100,000 individuals in Louisiana with Alzheimer's disease, and that he and others want to help answers questions.

"The collaboration between ULM and PBRC on the aging and dementia studies has a lot of obvious synergies. It is going to immediately increase the quality of research at both campuses, increase opportunities for new grants, and set the stage for clinical trials for Alzheimer's disease in the Monroe area," Dr. Keller noted in the report. Pennington conducts research about the causes of obesity, diabetes, cardiovascular disease, cancer and dementia.

Those interested in participating in the study, which involves free screening for dementia and fall risk contact the IDRP at (225) 763-2973, 1-877-276-8306 or [dementia@pbrc.edu](mailto:dementia@pbrc.edu)



## Psychology Gumbo

by Julie Nelson

Even after thirty years you never forget meeting Hans Eysenck. Except for a slightly impish look to him, as if he thought everything was just a bit amusing, the great Eysenck seemed fairly normal. He should have had ray beams shooting from his forehead. Hans Eysenck was the most cited psychologist of his lifetime, one of the most prolific, and definitely one of the most courageous.

Dr. Eysenck had been coaxed by LSU's Ralph Dreger to come to New Orleans to present at Louisiana Psychological Association. We were all at the first evening reception, cruising down the lovely Mississippi on a riverboat which was delightful. The next day Eysenck would speak about a fascinating topic, death. He shared his research on predicting who died of what disease, and it was something to remember in and of itself.

Because of Eysenck's visit to the Big Easy, I've always taken note when this type of research comes up, like the recent Purdue study on cancer and child abuse. But a recent article on Medscape, "No Such Thing as a Cancer-Prone Personality, Study Shows," left a lot to be desired in methods. And, the lack of results included even those to known risk factors, and we all know what that means.

So I asked Dr. Linda Brannon, McNeese professor, health psychology expert, and author, to take a look for us.

### Comment: Dr. Linda Brannon, McNeese Professor, Health Psychology

"Does Personality Play a Role in Cancer?"

Students have consulted me many times concerning research projects they were planning, and many of these students have some research topic involving personality traits or factors. That situation shouldn't be surprising—these students are, after all, psychology students. Psychologists are interested in personality.



What has surprised me over the years is how rarely research has confirmed the value of personality factors in understanding or predicting behavior. So, it comes as less of a surprise to me than to many psychologists that little evidence exists for personality as a factor in developing cancer.

Indeed, the widely publicized Type A Behavior Patters is 1) not a personality type and 2) not a very good predictor of cardiovascular disease. The Type A Behavior Pattern, originated by cardiologists Friedman and Rosenman in the 1970s, was really a combination of factors, some of which related to personality (such as hostility and impatience) and some of which did not (feelings of time pressure and concern with acquiring money). That concept gained a lot of publicity as a result of a large-scale study on middle-aged, at-risk men, but further research on more diverse populations has led to less enthusiasm for this concept.

The Cancer Prone Personality concept has less supporting evidence and has generated more controversy. Most studies find no link or only a very weak association between any type of psychosocial factors and the development or progression of cancer. In studies that reviewed and evaluated the size of effects for many other studies (Garssen, 2004; Petticrew, Bell, & Hunter, 2002), the conclusions were that the evidence is weak. The best of these weak predictors involve unhealthy emotional expression, most often the tendency to deny or repress emotion.

In an interesting contrast, psychologist Hans Eysenck and his colleague Ronald Grossarth-Maticek published a series of articles during the 1990s that showed a strong link between personality and the development of cancer (Eysenck, 1990, 1993; Grossarth-Maticek & Eysenck, 1990; Grossarth-Maticek et al., 1990). They described their findings in terms of a cancer-prone personality, which prominently featured the concept of difficulty in dealing with emotion. Those studies seemed, as some other researcher put it, too good to be true, and these critics accused Eysenck of scientific fraud. Eysenck and his colleagues (Grossarth-Maticek, Eysenck & Barrett, 1993), of course, defended themselves vigorously, claiming that the studies that failed to replicate his results didn't administer the personality tests properly.

The controversy continues, with an interesting split: Reseachers in the United States tend to find little evidence that psychosocial factors play much of a role in cancer development or progression, but researchers in other part of the world find stronger evidence. For example, the Eysenck and Grossarth-Maticek research was conducted in Europe. In addition, an Australian author (Benjamin, 2010) argued recently that psychotherapy interventions compare favorably with radiation and chemotherapy as treatments for cancer.

So, where does all that controversy leave the concept of personality factors in cancer? I think it leaves psychologists in the United States seeming like quacks if we argue that personality plays a role in cancer; we have no support from research credible to U.S. medical experts to back up those claims. What is the real role of personality in cancer? We just don't know."

Dr. Brannon provided references for her comment, available from the *Times* at [psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com).



# Talent Development for Olympic Athletes Is Complex, Cont'd

Historically talent has been confined to intelligence, Culross told the scholars, but today talent development includes many aspects of human performance including areas such as athletic, artistic, and even entrepreneurship abilities.

Drawing on the Piirto model, Culross explained that educators and psychologists see talent as specific to one domain, such as athletic performance, and relate it to the person, process, outcomes, and as influenced by environmental factors such as home, school, culture, and chance happenings.

She said that while genetic traits alone are not enough for individuals to excel to high-level performance such as the levels of Olympic athletes, these characteristics are very important and the benefits are clear. For example, Michael Phelps has a unique body type that provides a clear advantage. His “wingspan” is 80 inches, four inches more than his 76-inch height. While most people have a wingspan essentially equal to their height, Phelps’ longer arms can account for the tenth or even the hundredth of a second required to out touch other swimmers in competition. He is also double-jointed, she noted. Which, with his size 14 feet, and an extra bend of 15 degrees, turn his feet into “virtual flippers,” citing a *Scientific American* report.

But she explained that these assets are “only part of what is required for Olympic success.”

Bodily-kinesthetic intelligence, paired with visual learning, is also part of the talent repertoire for Olympic level athletes. The athletes must be able to acquire

skilled movements and make fine adjustments in their performance, she explained, describing the training activities of LSU’s and Olympic hurdler Lolo (Lori) Jones who, with her coaches, analyze videotapes with hundreds of images of her runs. This helps Jones and her coaches to help her with very precise corrections.

Elite athletes must manage an array of distractions and control their emotional responses, she noted. Techniques such as controlled breathing, concentration activities, and mental approaches to fears or emotions about past failures, are employed, Culross explained. Even though Olympic athletes are competitive, tough-minded, and demonstrate what is known as “adaptive perfectionism,” they must also learn to turn off their minds, Culross explained, quoting US Olympic Committee sport psychologist Karen Cogan.

She emphasized the social and environmental characteristics needed for talent development, which include support from parents, coaches, schools, teams, organizations. She said the culture of the United States is very supportive of organized sports.

And, chance plays a significant role, Culross told the audience, describing the story of Boyd Martin as told on Fox News.

“Boyd Martin, a member of the U.S. Olympic equestrian team and the son of an Australian father and an American mother, bought Neville Bardos, his mount, for \$850, a pittance in a sport where horses may cost

several hundred thousand dollars. Neville Bardos was on his way to the slaughterhouse. His appeal to Martin? The horse, too, was half Australian, half American. In a freak fire last Memorial Day, Martin saved Neville Bardos’ life a second time when the stable in which he was housed caught on fire, killing all the other horses inside. A chance encounter and quick sale have led to one of the most successful partnerships in U.S. Olympic history.”

Culross outlined a number of techniques from sport psychology used to improve performance in athletes. She described visualization and how it is used to correct performance and for mental rehearsal prior to competition. Focus and motivation may also be enhanced by visualization. Culross noted how Serena Williams used the image of the Olympic gold medal to help motivate her to overcome health problems.

Culross outlined the technique of “goal-setting perfectionism” and how many elite athletes must set goals to beat their own time. But with this level of high motivation and goal-directedness, the athlete must also balance out negative arousal, and the techniques for relaxation are essential.

She described techniques for relaxation including breathing exercises, imagery, and self-talk. She also explained that there are personalized methods that may be helpful. Kayla Harrison, Olympic athlete in Judo, used these techniques, Culross noted, but also cries periodically to mentally prepare for competitions. The stress lowering benefits of crying are well known.

Olympic athletes often face challenges because of the

demands on them physically, socially, and psychologically, a topic she called, “Talent in Trouble.”

High-level, elite athletes can experience an array of difficulties, she explained, including eating disorders, problems with substance abuse, or problems with life/work balance. Problems with physical injuries are common. And, transitioning from Olympian to post-Olympic career can be very difficult psychologically.

The risk of eating disorders is more prevalent in female athletes, she said, because of focus on body image. The balancing of career demands, life, and financial demands can be a challenge, even though more sponsorships are available these days.

Finally, Culross explained that for elite athletes, who have often dedicated their entire lives to their sport, a psychological search for a new identity and sometimes an entirely new vocation, will come eventually when they retire.

This transition can be a time of critical adjustment demands. Culross noted that Rulon Gardner, US Olympic wrestler, who achieved a major accomplishment in Beijing by winning gold over the Russian champion, returned home, and was involved in a motorcycle accident, a snowmobile accident, and then an archery accident. He did not compete again, she told the group.

Dr. Culross closed her presentation by reminding the audience that performances in the 2012 London Summer Olympics represent a “lifetime of developing talent and overcoming challenges.”

And yet the rewards of this monumental effort might all take place in as little as 60 seconds, punctuating the psychological complexity that most of the rest of us may have some difficulty truly understanding.

Dr. Rita Culross is licensed in Louisiana and Texas, and presently serves on the Louisiana State Board of Examiners of Psychologists.

She has served as Interim Director of the LSU Women’s and Gender Studies Program, as Fullbright Senior Specialist, and honored as an LSU Rainmaker.

She is author of *Counseling the gifted: Developing the whole child*, A handbook. And she is author of *Counseling the gifted*, in *Directions in child and adolescent therapy: Volume 2*.



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Olympic athletes from the US women’s track team in Athens.



# $\Psi$ *We Remember*

## **Ray Houck, PhD** **1935 – 2012**

Dr. Ray Houck died at his residence in Baton Rouge on August 24, 2012, following a long illness with pulmonary fibrosis. He was 76.

Dr. Raymond Leslie Houck, had been a member of the Brothers of the Sacred Heart, was a clinical psychologist, a president of the Louisiana Psychological Association, President of the Louisiana Mental Health Association, and long-time member of the psychology and religious communities.

He was a deeply caring, conscientious man with genuine concern for the welfare of others and an ability to apply himself to assisting them with sincerity, dedication, and perseverance. He was painstaking about the results he wanted for others, and strove for excellence for that purpose, and not for his own credit.

He was a person others could trust without question. He accepted life on its own terms, without complaint, and with a calm grace and respect for whatever came.

“He was as fine a man as I have known,” colleague and friend of thirty years, Baton Rouge psychologist Dr. John Pickering said.

At age 15, Raymond Leslie Houck joined the community at Sacred Heart Juniorate in Daphne, Alabama. He completed high school through McGill Institute in Mobile and St. Joseph’s High School in Metuchen, New Jersey, where he also completed his Year of Novitiate Training. He finished college at Spring Hill College in Mobile in 1957.

From 1957 to 1988, Ray was a member of the Brothers of the Sacred Heart, a Catholic religious community of educators.

During the 50s and 60s he taught middle school and high school in New Jersey, New York, Texas, and at St. Stanislaus Camp at Bay St. Louis, Mississippi.

In 1965 he earned his masters in Theology from Fordham University, in Bronx, New York.

In 1969 to 1976 he took educational leave from the Brothers to attend Louisiana State University in Baton Rouge.

During this time Ray provided social, vocational, and recreational programs at the Baton Rouge Halfway House for Men. He was the psychometrician for the Community and Research Center in Baton Rouge and he worked in the Community Psychology program with Don Glad at LSU.

In this work Ray was a staff member of the Social Ecology Equity Change Quest, a program at LSU Psychology focused on community consultation, research and facilitation in laboratory learning and human relations. Along with colleagues, Ray’s efforts contributed to the Baton Rouge community and schools for interracial and intercultural relations during the 1970s.

In 1976 he completed his masters in psychology and an internship at the University of Texas health Science Center, Southwestern Medical School, in Dallas. He returned to his work with the Brothers serving from 1976 to 1988 in a variety of positions in New Orleans, including Director of Prenovitiate Training and in the development of programs for the New Orleans Province for aging, career planning, and mid-life crisis.

He continued his education and in 1984 was awarded his PhD in clinical psychology from LSU, becoming licensed in both Louisiana and Mississippi. He would also come to earn a third masters with a postdoctoral Masters of Science in Psychopharmacology in 1999 from the California School of Professional Psychology.

From 1983 to 1989 he was a psychotherapist at Dawson Psychological Associates in Baton Rouge, where he worked



Dr. Ray Houck in 1997 when he served as President of the Louisiana Psychological Association.

*(Photo by Dr. Tom Stigall)*

under Dr. Joe Dawson and with colleagues Dr. John Brun, Dr. Gary Pettigrew, and Dr. John Pickering.

Dr. Pickering told the *Times*, “Whether through his religious and spiritual work, or through his work as a psychologist, Ray tended to give all of himself over to the service of those about him. He was committed all of his life to doing what was right and good, and spent a great deal of time thinking about such issues to ensure that his intentions were true.”

“On a number of occasions, he and I discussed our—different—religious beliefs and our—similar—perspectives on ethical human behavior, and I am grateful for the insights and understandings he shared with me,” John said.

From 1989 to 1997 Ray worked in the public sector at Greenwell Springs Hospital with Dr. Roy Allen, and in private practice at The Psychology Group in Baton Rouge with Dr. Tom Stigall.

“With the passing of Ray Houck, Louisiana and the psychology community will be the poorer,” said Tom. “Ray was not only a friend and colleague, but also a person truly dedicated to serving humanity. I had the good fortune to know Ray during the time that he and I practiced together at The Psychology Group. I will miss him.”

Dr. Ray Houck’s desire to serve his others and his community called him to a variety of leadership roles.

Ray was President of Region 5 (Texas, Louisiana, Mississippi, Arkansas) for the National Religious Formation Conference. He served as Chairperson for the New Orleans Province, Brothers of the Sacred Heart from 1976 to 1983 and again from 1985 to 1988. He was board member from

**Cont’d next pg**



# Ψ We Remember -- Ray Houck, PhD 1935 – 2012

1984 to 1987, and served as Coordinator for the National Convention in New Orleans.

He was Chairperson for the Intercommunity Religious Formation Conference in New Orleans from 1982 to 1984.

For the Catholic Community Services in Baton Rouge, Ray was Board Member, Treasurer, and Chairperson, and was the developer of the Prison Ministry Program for Families of Prisoners in 1992. He was awarded the CCS Volunteer of the Year three years later.

He served as President of the Louisiana Psychological Association in 1996 to 1998. He also served as Continuing Education Chair, Newsletter Editor, and Associate Newsletter Editor, during the years from 1989 to 2000.

He was as President of the Mental Health Association of Louisiana in 1995. And he was President of the Baton Rouge Society of Psychologists.

He served as President of the Brothers Senate in the Baton Rouge Diocese in 1993, as Vice-President of the Diocesan Pastoral Council in Baton Rouge in 1972, and as a member of the United States Interprovince Formation Committee for Brothers of the Sacred Heart from 1978 to 1983.

In his busy career he was still able to find time to conduct research, publish and present at conferences. Among these contributions he was interested in the psychology of those in the seminary.

Included in these, he published "Comparative Study of Presisters and Leavers in Seminary Training," in *Psychological Reports*, co-authored with Joe Dawson. With colleagues Sandy Brignac, Margaret Johnson, April Newlin, and John Brun, he co-published "Psychological Characteristics in Assessing Seminarians," in *Proceedings of the Southeast Psychological Association*. And he conducted a 2001 study, "Efficacy of a Dietary Program in a Community Home Setting," with colleagues at East.

He was a member of the American Psychological Association, and a member of Division 12 for Clinical Psychology, Division 42 for Private Practice, Division 5 for Evaluation, Measurement and Statistics, and Division 36 of Psychologists Interested in Religious Issues.

He was a member of the Society for Personality Assessment and the Southeastern Psychological Association. He was a long-time member of the Louisiana Psychological Association, the Baton Rouge Area Society of Psychologists, and the Mental Health Association of Louisiana, serving as president for all three.

During the late 80s and until 1996 Ray worked at Greenwell Springs Hospital, in Greenwell Springs, Louisiana, with his friend and colleague Dr. Roy Allen. Ray was the Psychologist and Director for the Adolescent and Young Adult Substance Abuse Treatment Unit.

In 1990 and 1991 he served as Founder and first Director of EVOLUTIONS, a partial hospitalization, day program, for troubled children and adolescents, for Eastern Louisiana Mental Health System at the Greenwell Springs Campus.

In 1990 he served at the LSU Campus Student Mental Health Services, in triage, individual and group psychotherapy, and for the development of stress management groups for the Wellness Program.

Between 1996 and up until his retirement in 2011, he served the patients at Eastern Louisiana Mental Health System at the Jackson Campus. At East, he was the Psychology Staff Member for Community Homes, a series of group homes for adult men and women with dual diagnoses of mental retardation and psychiatric problems.

"I had the privilege of knowing Ray Houck for only a few years before ill health forced his retirement from the job he had performed so well, Director of the Community Homes program," said Dr. David Hale, colleague and friend. "The program is located on the grounds of the East Louisiana State Hospital in Jackson, Louisiana," he said.

"Ray devoted himself to serving this small group of patients with the goal of a habilitation to function in a less restrictive environment," said David. "This often meant returning the residents to families they had been unable to live with for years, allowing aging parents to have their adult children home with them. He was courteous and respectful to the

residents and an example to the direct care staff by his deeds."

"He met the numerous challenges life presented to him, often challenges of the cruelest and most difficult to endure, with grace and perseverance; the mark of a gentle man," said David.

Ray's wife, Henri-Etta Eagle Houck, clinical social worker, proceeded him in death in 2007.

"A few years after leaving his religious order, Ray met and married Henrietta," Dr. John Pickering said. "He was very committed to her, as was clearly revealed when she suffered a devastating stroke which paralyzed her, and Ray took great care of her for the remainder of her life. He also formed a very loving and supportive relationship with her young son, Price, who in turn cared for Ray during the past couple of years during Ray's illness."

Dr. Raymond Houck will be remembered as a treasured friend and colleague to many in the psychological community, and whose natural excellence, love of humanity, grace and kindness was both guide and comfort for us.

Ray is survived by his two stepchildren, Katherine and Price. He is survived by his brother, Bishop William Russell Houck of Jackson, Mississippi, and by his two sisters Elizabeth and Mildred.

Ψ

– J. Nelson

*Note: The Times wishes to express sincere thanks to Bishop William Houck for this assistance with this memorial article.*

American Board of Medical Psychology

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# Three Years Later

## Who Paid for Act 251 and Why?

The secretly lobbied legislation, when discovered, launched a civil war in the Louisiana Psychological Association (LPA). Among those who opposed the measure, some of the anger was fueled by suspicions that Louisiana Academy of Medical Psychologists (LAMP) members had inappropriately used LPA resources to lobby the Act.

This past July, asking as a member of LPA, I requested copies of the financial records and grant information to help clarify these questions. The Executive Committee gave me the documents in August.

The following is what I found about what happened in Louisiana.

### Who really paid for Act 251?

In the spring of 2009 when LPA members became aware of Act 251, a firestorm followed on the LPA listserve. The then president Dr. Darla Burnett, posted a formal response to members on the list, writing, "As president of LPA I wanted

to address the passage of Senate Bill 294 [Act 251]. This bill will affect licensure of those psychologists who are licensed as medical psychologists. The Louisiana Academy of Medical Psychology, a statewide organization comprised of medical psychologists, has been involved legislatively during the passage of this bill. LPA has monitored this bill, as it does all bills potentially affecting psychology, but took no formal position on the bill. The Louisiana Academy of Medical Psychology and the Louisiana State Board of Medical Examiners have negotiated what they both believe to be the best compromise on the legislation."

Conflict continued through the summer and into the fall at a high pitch, with complaints about funds and multiple roles, particularly of Dr. Jim Quillin, who was the LPA Legislative Chair and who had acknowledged formally his involvement as a designer of Act 251, and Dr. Warren Lowe, LPA Chair of Medical Psychology. Both were also leaders in LAMP.

In November 2009, a group of 18 psychologists wrote to the new LPA president, Dr. Judith Levy, and posed questions about funds and Act 251. Signing the letters were Drs. F. William Black, Wes Brockhoeft, Charles Burchell, Eric Cerwonka, Michael Chafetz, Gail Gillespie, Bryan Gros, Tom Hannie, and others, and also me, the *Times* publisher.

On November 18, 2009, the then president Levy answered the questions. She posted her answers on the list. She wrote that the Legislative Chairman, Dr. Jim Quillin, helped with responses.

The psychologists asked, "Were any funds from LPA used for lobbying efforts by Courson and Nickel related to Senate Bill 294, now known as Act 251, or were funds used in any other efforts related to Senate Bill 294?" Drs. Levy and Quillin, answered, "No."

Members also asked, "Did LPA provide any funding to LAMP for lobbying efforts or any other efforts related to Senate Bill 294?" Levy and Quillin answered, "No."

"Were any funds, provided by the American Psychological Association to LPA, used for any lobbying or legislative



Dr. Jim Quillin (L) designer of Act 251, and Dr. Michael Chafetz, leader of the group that formed to oppose the measure, called Grassroots. The two men talked briefly at the NAN convention in New Orleans in late 2009.

efforts?" members asked.

Levy and Quillin answered, "Yes. CAPP has provided grants to be used for lobbying and legislative efforts over the years and some of those efforts included prescriptive authority and the advancement of medical psychology."

But according to 2009 financial records I obtained this past August, LPA did pay Courson Nickel during the 2009 legislative season. The association paid the lobbyists \$6,000 a month from January to August, 2009, a total of \$48,000. \$30,000 came from an account with grant money from APA (and CAPP) and \$18,000 came from another account.

And, during the same time period, LAMP paid nothing to Courson Nickel, based on a review of the records for the LAMP political action committee from the state Ethics Board.

It was only in October 2009 that LAMP finally paid Courson Nickel, an amount of \$6,000. Then in December 2009, LAMP paid them again, this time \$20,831.

As I reported in the November, 2009 issue of the *Times*, Courson and Nickel posted on the state Ethics Board website that both LPA and LAMP were their clients.

Ethics Board records from October 2009, showed that the lobbyists reported being paid "less than \$24,999," from LPA, and from "\$25,000 to \$49,999" by LAMP. The time

period for this was from January 2009 to "present," in this case meaning from January to November 2009.

Based on the most recent LPA records, and the 2009 postings, it seems that the lobbyists may have been confused about who was paying them. There was no written contract, an ethical concern that Dr. John Simoneaux voiced at a town hall meeting in December 2009.

In 2009 I called Mr. Nickel but he declined to answer until speaking with Dr. Quillin and ignored future calls.

(Note: I have asked Dr. Burnett, Levy, and Quillin for clarifications, but no answers had arrived by press deadline.)

This picture changes in the fall of 2009, when Dr. Quillin sent a follow-up report to APA, which indicated that Act 251 had been, in fact, a goal of LPA. He wrote:

"In a series of confidential meetings with medicine, both groups expressed the desire to try to avoid the political and financial bloodletting another fight between the groups would entail and alternative means of achieving our joint goals were explored." [...]

"Negotiations between medicine and psychology led to the development of a framework of an agreement for medical psychology to be regulated by LSBME



Dr. John Simoneaux at a 2009 Meeting. He warned members about ethics.





Some of the conflict about Act 251 in the Louisiana Psychological Association (LPA) was channeled into changes to the LPA bylaws, to make the organization more democratic in the future. Here LPA members vote on changes in 2010, led by President Levy. But over time many of the medical psychologists who worked on the bylaws changes have dropped from LPA.

after January 1, 2010 as a new healthcare professional (*sic*), medical psychology, under the jurisdiction of that regulatory body. Under this framework, medicine would formally recognize medical psychologists as qualified for a limited practice of medicine, in addition to the practice of psychology, while, in turn, psychology recognized that the prescription of medications and the attending clinical activities necessary to do so represents a practice of medicine and is optimally so regulated.”

This theme was repeated in another follow-up to APA, this time written in the fall of 2010 by then LPA president Dr. Kelly Ray, also a LAMP member. She wrote:

“ ... These monies were used entirely to assist paying our contracted lobbyists, CoursonNickel for services which totaled \$72,000 in 2009,” she wrote.

“LPA and our sister organization, the Louisiana Academy of Medical Psychologists (LAMP), were put in a position to again address

threats to the vision of psychology and unrestricted access to underserved citizens. The Louisiana State Board of Medical Examiners (LSBME) promulgated a draft of proposed rules to govern the roles of physicians who consult and collaborate with medical psychologists. These draconian rules, as proposed, would have resulted in artificial barriers to the practice of medical psychology and infringe on the jurisdiction of the Louisiana State Board of Examiners of Psychologists (LSBEP) in the regulation of that practice.” [...]

“While controversial with some,” Dr. Ray wrote, “careful consideration demonstrates that Act 251 simultaneously achieved multiple goals of long term importance to psychology in Louisiana.”

**The “Onerous” Rules**

Was there a real threat to medical psychologists from the rule-making efforts of the medical board?

During the initial firestorm about Act 251, a number of medical psychologists reported to me that Act 251 was needed because the medical board’s “onerous” rules for physicians would

have “put medical psychology out of business.”

Dr. Levy also noted this in her March 2010 newsletter to members. “A group within medicine had proposed rules to LSBME that were about to be published,” she wrote, “which would have made it extremely difficult, and on a practical level impossible, for primary care physicians to consult and collaborate with medical psychologists regarding their prescribing psychotropic medications. This, in effect, would have shut down the practice of medical psychology. Negotiations began and eventually became Act 251.”

However, based on minutes from both boards, and several undisclosed sources, and a review of the different drafts of rules themselves, there is little evidence that the rules were a serious threat.

Additionally, I consulted two attorneys who said that rules could not circumvent the purpose of the law, in this case, the 2004 law allowing psychologists to prescribe.

A first draft of the rules was presented in July 2008, and outlined necessary paperwork for physicians working with medical psychologists.

According to minutes of both boards, the medical board sent a draft of the rules to the psychology board for review and in August 2008 a meeting was held at the psychology board to discuss changes. Dr. Robert Marier, director of the medical board attended. Also attending was Dr. Jim Quillin according to minutes.

A source close to the LSBEP and attending the meeting told the *Times* that the negotiations regarding the rules were completely constructive, but that a long discussion occurred after the meeting between Dr. Quillin and Dr. Marier.

Following this, modifications were made around October 2008 and the rules were “noticed” in the December 2008 *Louisiana Register*. In January 2009 a hearing was held at the medical board in New Orleans, when Dr. Glenn Ally, psychology board Legislative Chair, and LAMP member, attended.

Also attending this meeting were Drs. Quillin, Lowe, and Courtney, according to a message sent by Ally to APA Practice Directorate after the passage of Act 251.



# Who Paid for Act 251 and Why? Cont'd

The medical board then made changes and completed the rules in March 2009. They published their intended ruled in April 2009. They held another public hearing in June 2009 and no one attended. There were no comments.

The rules directed physicians regarding paperwork such as patient authorization, patient identity, the medical psychologist's treatment plan, and under what circumstances a physician could withdraw from the arrangement. Between the first and final drafts, changes such as using "communication" in place of "discussion," and deleting the words, "intended role of medication," and verifying the identity of the medical psychologist if unknown, were made.

Additionally, I spoke with two medical psychologists who said that sending this type of paperwork to the physician was appropriate, relatively simple, and good marketing.

## Why Act 251? The Enchilada

In a document I obtained shortly after the passage of Act 251, a letter from Dr. Glenn Ally to the APA Practice Directorate, Ally wrote:

"As you know, for the past 2-3 years Louisiana has talked about 'going for the big enchilada.' The 'big enchilada' has been the term that LAMP has used to develop legislation to remove the 'concurrence' clause from our statute. The need for prior concurrence has been the most difficult aspect of our prescriptive authority for both psychologists and the physicians with whom we have consulted. ..."

"In addition to the 'prior concurrence' concept being just unworkable, the need to remove this from our statute was driven home by the recent attempt by the LSBME to publish rules that would have made it quite onerous for any physician to give concurrence to medical psychologists regarding medication management."

Act 251 created the "advanced practice" certificate which removed the consultation and collaboration clause for experienced medical psychologists. (In comparison, it took 14 years for psychology to remove a similar clause from the psychology practice act.)

And, in different writings by LAMP leaders, there appears to be a hope that a more expanded role in practicing medicine may be forthcoming.

It is too soon to know if independence in prescribing may have come at too high a price. The medical board has full authority for establishing standards for medical psychology including their practice of psychology and it is not clear how this will evolve with the different leaders of medicine.

Practical problems with Act 251 continue, an example being a confusing Opinion by the psychology board allowing medical psychologists without a state psychology license to supervise psychology interns. It was a move that Dr. Steve DeMers, Executive Director of Association of

State and Provincial Psychology Boards, called "playing with fire."

Act 251 also drew criticism from national groups, including the APA Board of Educational Affairs, the Interdivisional Healthcare Committee, the APA Committee for the Advancement of Professional Practice (CAPP), and the national Academy of Medical Psychology.

The *Times* asked APA Director Dr. Katherine Nordal if her group had received the grant follow-ups. She wrote that she had, and, "... I want to assure you that since then CAPP has clearly indicated that states that use the term 'Medical Psychologist' or attempt to move authority for psychology licensure under the auspices of the medical board will not be eligible for legislative grant support for these efforts."

The prescribing independence also came at the cost of serious conflict, perhaps permanent, between psychologists, with a majority of medical psychologists dropping from LPA.

Dr. Bryan Gros, current President of LPA, noted that he is trying to bridge the gap and be more "welcoming" to medical psychologists. He told the *Times* he does not believe that the 2009 Executive Council ever really discussed Act 251. "... Executive Council, including presidents, were kept largely in the dark about Act 251," he said, and he has committed himself to openness. "The culture is no longer secretive, but transparent," he said, "even on legislative issues. We are accountable, as I believe we should be."

"LPA has become invigorated. Now is a better time than any to join and be an active member," he said.

So, it remains to be seen if the arrangement LAMP made with the medical board is going to be worth the costs, to the "new profession," and to psychology as a whole.

## TIMELINE

### 2008

- June – July: Medical Bd reviews first draft of "rules" governing how physicians should interact with medical psychologists.
- July – Med Bd approves the draft and sends draft to the LSBEP for input.
- August – Meeting at LSBEP with Dr. Marier. Dr. Quillin attends representing LAMP. Marier and Quillin discuss issues during meeting and afterward.
- September – the Psych Bd reviews draft of rules, and sends input to Med Bd.
- Oct – Med Bd reviews Psych Bd input and makes certain modifications.
- Nov –
- Dec – Rules are "noticed," i.e., published in Louisiana Register. Hearing is scheduled for January 26 for public comments.

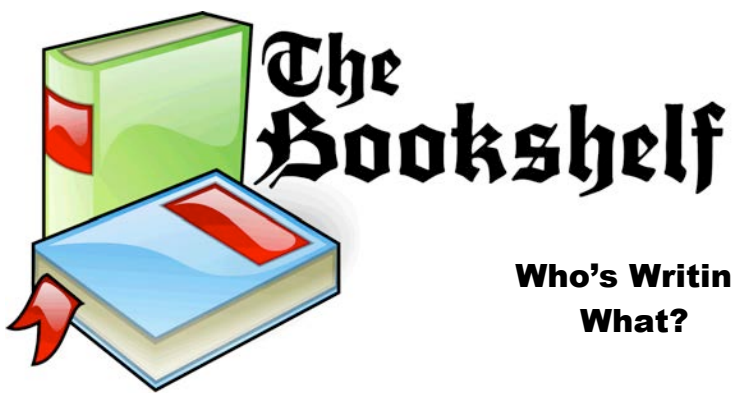
### 2009

- Jan – Ally attends Med Bd rules hearing representing LSBEP. Also attending are Drs. Quillin, Lowe, and Courtney. Ally reports later to APA and to LSBEP that medical board members were "very cordial," and "very hospitable."
- Feb –
- March – Med Bd makes modifications in rules.
- March -- Ally reports to LSBEP that rules are acceptable.
- April 10 – Legislative Chair Ally reports there is no legislation affecting LSBEP for 2009 session.
- April 17 – Act 251 prefiled.
- April – Med Bd publishes new rules
- May – Bolter and Marier testify at Senate for 251
- May – Psych Bd discusses 251, asks attorney to review and report to them.
- June—Ally reports to LSBEP that 251 has been sent to Gov.
- June – Med Bd holds hearing on rules, no one attends or comments.
- July 1 – 251 signed by Gov.
- July – LPA Legislative Chair Dr. Quillin explains to LPA members that 251 created new, hybrid profession.
- August – Med Bd adopts rules, they are very similar to first draft of December 2008.



Act 251 created a new, hybrid profession, under the medical board. But national groups are not supportive of the move. Above, the Medical Psychology Advisory Committee meets with the Executive Director of the Medical Board at a 2012 meeting. From L to R, Drs. Quillin (facing away), Marier, Ally, and Lowe.





# The Bookshelf

**Who's Writing  
What?**

## Strange Attractors Chaos, Complexity, and the Art of Family Therapy

*Michael Butz, Linda Chamberlain, and William McCown*

*Wiley series in Couples and Family Dynamics and Treatment,  
Wiley & Sons, Inc., 1997*

"Many scientists are working to construct an epistemology based on a concept of reality that instead of being intrinsically orderly, stable, and equilibrated, is seething with spontaneous change, irregularity, disorder and chaos."

*"A Walk Through the Canyon"  
Chapter 2 in Strange Attractors*

In *Strange Attractors: Chaos, Complexity, and the Art of Family Therapy*, William McCown, PhD, Louisiana psychologist and Provost of the Graduate School at University of Louisiana Monroe, stretches readers' minds to the edges of the galaxy.

A fun, inspiring, and seriously theoretical look into connections between the "Third Revolution in Science" and psychotherapy concepts, *Strange Attractors* is at the same time surprisingly useful.

Despite the publication date of 1997, the concepts still fascinate. Strange attractors, fractals, bifurcations, chaos, and complexity – the authors show how the concepts relate to the course and sometimes chaotic movements of family systems. It feeds the reader with fantastic notions from theoretical physics.

"It's become so mainstream in physics," said Dr. McCown to the *Times*, "and well accepted in psychology." There is an organization for this area of study, the Society for Chaos Theory in Psychology & Life Sciences, he noted. "The area is now usually called non-linear dynamical theory," he explained.

Drawing on chaos theory, and showing how chaos has inspired advancements in almost all scientific fields, guiding our attention to the unexplained phenomena, the authors make their major point: nature includes disorder. Sometimes there is no cause and effect, regardless of how much we want to believe in it.

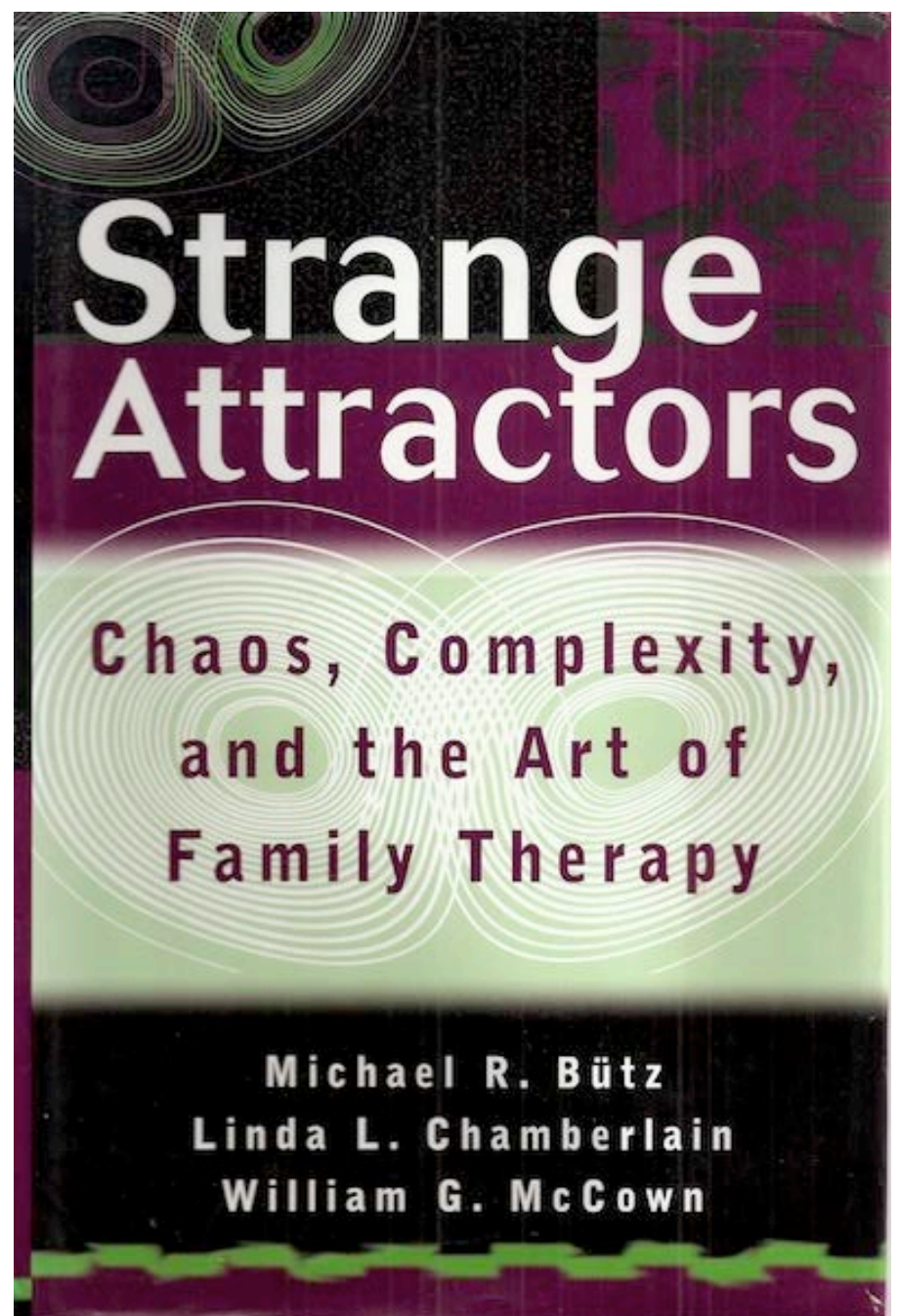
The value of the work is to shake us up, to cause us to drop or at least reconsider our linear, mechanic thinking about things.

The concepts and writing are poetic, as authors grab new ideas from chaos theory and apply them to family systems. Titles are imaginative and intriguing: "Warning, Objects Behind the Mirror May Be More Complex Than They Appear;" "The Eerie Beauty of Strange Attractors;" "Fractals and Forks in the Road;" and "Trying to Unscramble the Eggs."

There is much that does seem more art than science in *Strange Attractors*, but the wisdom is the intuitive truth that some things don't fit, are not linear, and cannot be predicted. Often the eggs cannot be unscrambled. A system must adapt to the new state. Therapists should be able to recognize this in psychology.

We are reminded of a lesson we should not forget, the dramatic limitations of the machine model, the linear model. "... the Age of the Machine is screeching to a halt ... the decline of the industrial age forces us to confront the painful limitations of the machine model of reality," the authors quote Alvin Toffler from *Order out of Chaos*.

"What does chaos theory do that cybernetics and general systems theory do not do?" The authors pose the question and explain that on a pure systems model, cybernetic theory relates to characteristics of mechanistic processes. These ideas were adapted to family therapy by Haley in 1959 and organic systems by Von Bertalanffy in 1968, with concepts of "steady state and a transformative states," they write.



Chaos goes further. To show us five paradigm shifts in family theory, they take us on a trip through the advances in family therapy, through familiar names of Don Jackson, Jay Haley, John Weakland, Lidz, Bowen, and Whitaker, and Laing, Minuchin, and Satir.

Bateson's double bind and metacommunication tangles was first. Then came Jay Haley and his use of cybernetic theory to describe how a "totality that autocorrects." The third shift came with General Systems Theory, a shift, once and for all, from thinking of organisms as machines. With Bertalanffy the concept of open systems and transformative states made permanent the recognition of homeostasis in concert with transformation.

By the early 90s Maturana and Varela had described the idea of "autopoiesis," that living things are self-producing.

And the fifth paradigm, and the Third Great Revolution in Science, came at the turn of the century, "self-organization and chaos theory," pointing to a constant motion of systems and the constant non-linear change, explained the authors.

For this new paradigm we give up predictability, viewing the therapist as a force, and the traditional view of resistance, and we take up the circular rather than linear reasoning, changing from "cause" to "fit" and adding positive to negative interpretations. It is a lot to change, for a linear mind, but the authors move us along tenderly.

The work opens Part One with "Sensitivity to Initial Conditions," and "Warning, Objects Behind the Mirror May be More Complex Than They Appear."

In "A Walk Through the Canyon," authors give us a partial definition. "Chaos theory, as an umbrella term, describes a holistic process of adaptive transformation, where over time, small instabilities may result in complex behavior, that eventually appears random and is experienced as chaos by those accustomed to linear science."

The authors introduce the reader to chaos theory concepts of attractor, point attractor, strange attractor, and also perturbation, bifurcation, sensitivity to initial conditions—called the butterfly effect, and also self-organizing, and period-doubling route to chaos.



Bookshelf, cont’d

“Where chaos begins, classical science stops,” they quote Gleick and tell us that new theory is essential for understanding reality, pointing out how quantum theory challenged how we tried to understand the nature of the world, and crystallized the limits of reductionism.

Part Two, “Families ... Complex Terrain,” brings it closer to home. For “Into the ‘Phrase Space’ ”, the authors help define the clinician’s role, looking through this new view finder, and in particular the focus on the system’s attempt to adapt and its fluid boundaries.

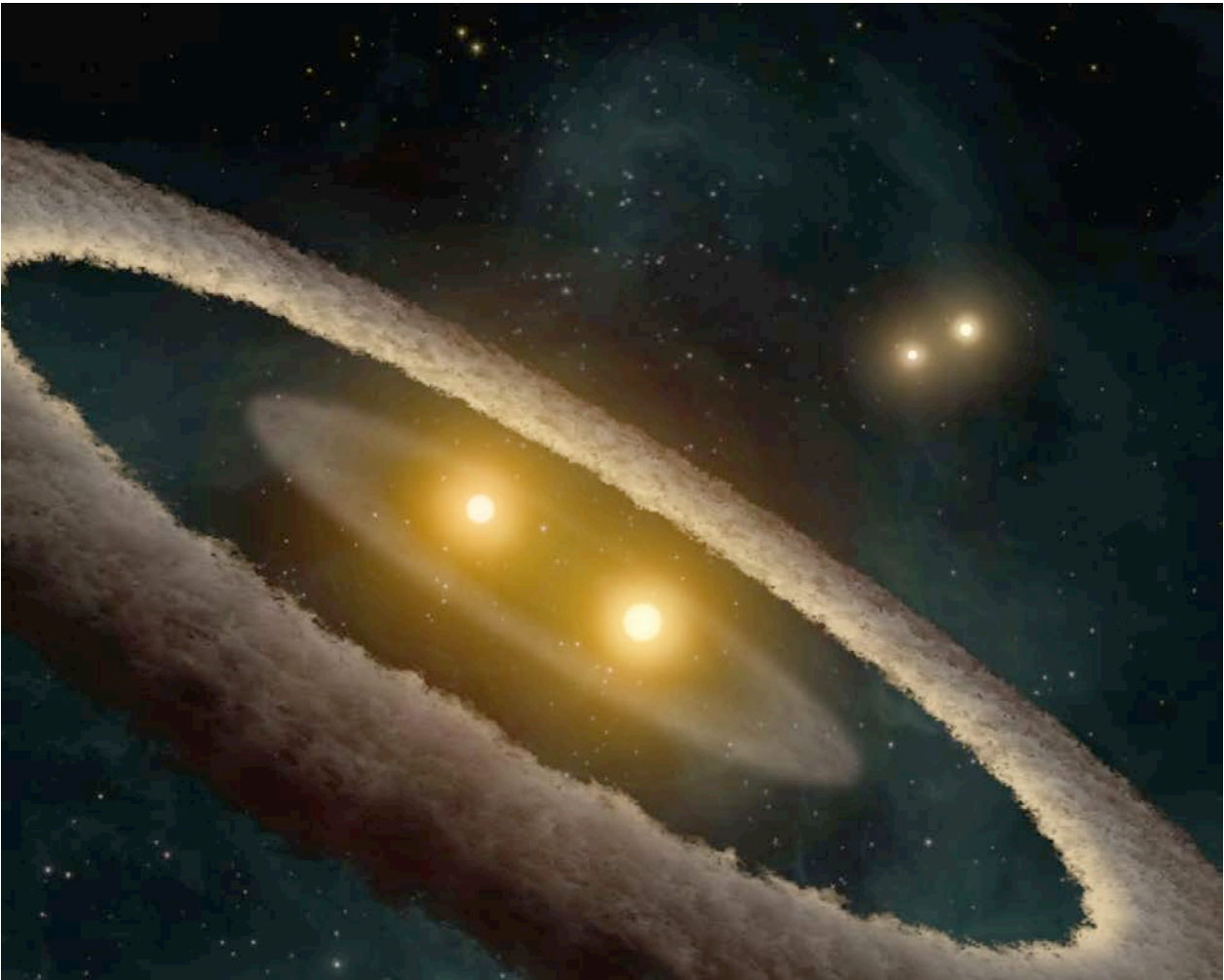
In Chapter 4, “The Eerie Beauty of Strange Attractors” authors show the reader how a dynamic system can settle into a pattern, how a system can function between stability and change, a phenomena repeatedly observed in nature once scientists began looking for it. It is a state that can be “thought of as a idealized state toward which an unpredictable or dynamical system is attracted.” The concept can be applied to mental states of people in therapy, fluctuations in mood, and personality dynamics, explain the authors.

“Catching the Butterfly–Chaos in Therapy,” Part Three, expands on the activities and thinking of a family therapist embracing this new perspective. Authors describe what the “butterfly” means in family therapy, and relate it to more traditional concepts of reframing, paradoxical, surprise, confusion, and strategic techniques.

The metaphor of the butterfly effect, the chaos theory idea that the flapping wings of a butterfly can impact the weather, points to the importance of small changes, magnified by the system.

“Any small difference that can be magnified by the existing family system can generate new and potentially more adaptive patterns,” the authors explain. Therapists need to be aware of small interactions that are not receiving notice, attention, or energy, such as “playfulness, humor, privacy, affection, diversity, conflict, forgiveness, respect ...”

In “Fractals and Forks in the Road,” authors expand on the concept of fractals and



Evidence for a “strange stellar family.” (From NASA images.)

bifurcations. When researchers starting looking for fractals they found them to be everywhere in nature. While the Western mind typically thinks in symmetrical shapes, “fractals are devoid of transitional symmetry. This means they are infinitely jagged,” a concept authors relate to work with undifferentiated family systems.

“At the Turning Point,” may be one of the most salient chapters for the application of chaos theory to family therapy, focusing on issues of family crisis, with constructs of steady states, change, and self-reorganization.

Authors show how Chaos Theory helps to highlight issues in crisis, such as the meaning of abrupt changes, the unpredictability of changes, and the self-limiting aspectof crisis. “Trying to Unscramble the Eggs,” looks at

destabilization. Authors provide case studies and define the dangers, ethics, and prediction about when destabilization is counter-therapeutic.

In “The Critical Moment,” the authors apply the concept of bifurcations and the “irreversible path cut by the system over time.” The authors say to look for bifurcation points in the family’s history, and this will help see stability, flow of information, and boundaries.

“No Predictable Period,” Part Four, continues with “From Chaos to Order, or ... From Order to Chaos.” The authors look at the future of family therapy, the impact of the concepts of chaos on the present theories, training, ethics, and how we measure outcomes. They note their belief that therapist will become less invasive, and that views regarding psychotherapy outcomes, measurements, and ethics, will need to change to encompass this perspective.

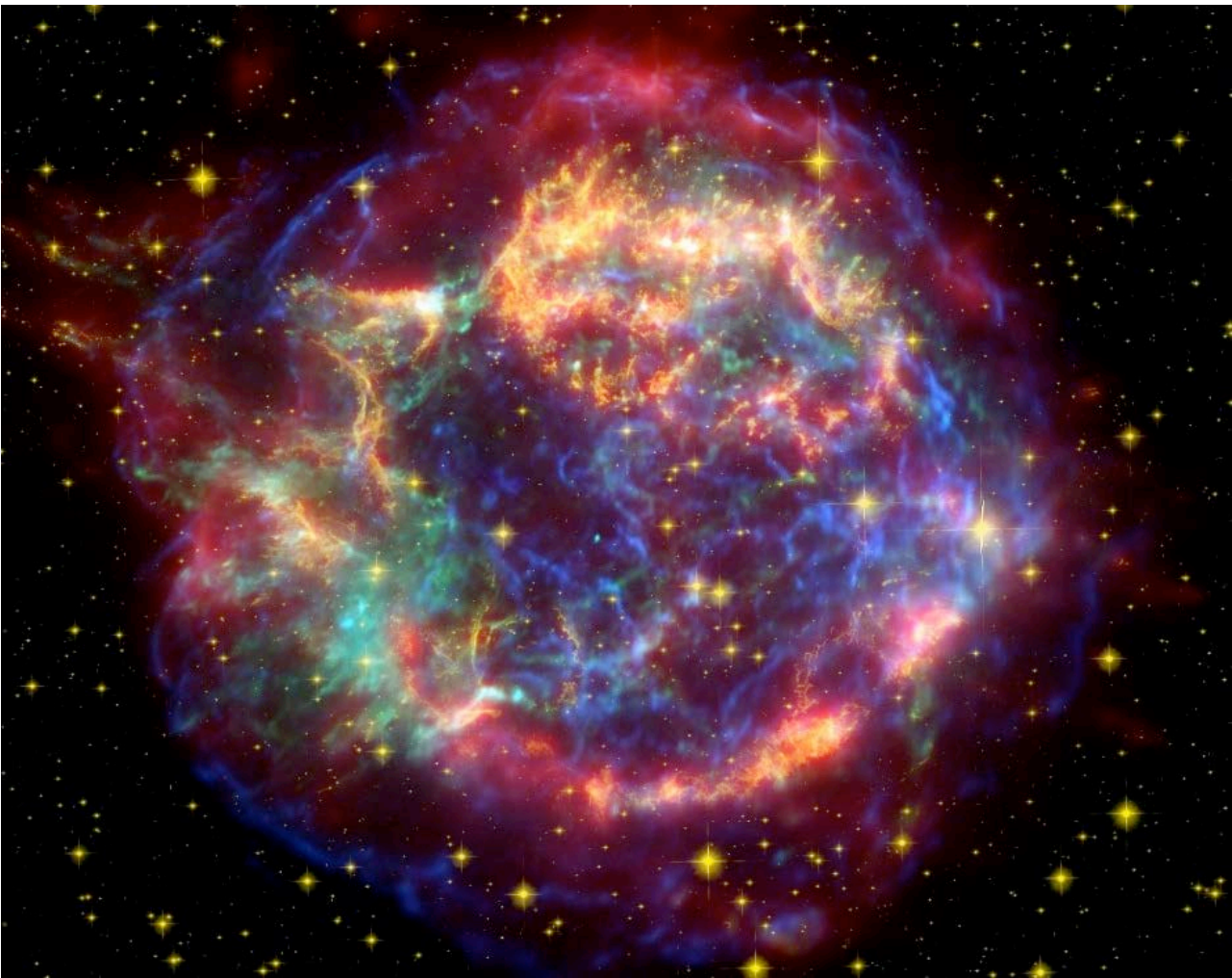
The text closes with Chapter 11, “Epigram: Measuring Change in Chaotic Systems, Problems with Modeling, and the Need for Case Studies.” Authors approach the challenge of how to collect data and create models for this new paradigm in family therapy.

Dr. Bill McCown explained to the *Times*, that many theorists now call the approach non-linear dynamical systems, and the term chaos is sometimes less favored. But, the concepts are current and the text is still selling well.

*Strange Attractors* is a delightful walk through the canyon, to the edges of our typical understanding about how things change and transform, not just in family systems but in all systems. It is a fun walk along the edges, and will surely bring some insights for you.

Barring that, it should certainly make you feel a lot smarter.

Available for the Kindle from Amazon.



Cassiopeia, a supernova remnant. From NASA and the Spitzer and Hubble space telescopes.



**Drs. Castille, Gros  
Interviewed For New  
England Psychologist**

The New England Psychologist interviewed Louisiana Academy of Medical Psychologists President, Dr. Cathy Castille, and Louisiana Psychological Association (LPA) President Dr. Bryan Gros and in an August 24<sup>th</sup> article about states with prescribing psychologists. The author is Pamela Berard.

The article outlined some of the nationwide issues, with Dan Abrahamson, PhD, also commenting on the state level advocacy issues. He is from APA.

Elaine LeVine from New Mexico, commented that the work is often not just prescribing, but integrated healthcare.

Castille pointed out that Louisiana medical psychologists help fill a healthcare gap.

Gros noted that LPA is supportive of prescribing for psychologists, but made the distinction that the support is for the practice of psychology being under the psychology board, and he cautioned other states if considering moving psychologists to the medical board. He said that in Louisiana it led to “unintended consequences.”

The article in the NEP:  
<http://www.nepsy.com/articles/leading-stories/states-with-privileges-provide-feedback/>

*Except for local papers*  
**Pew Research Points To  
Drop In Credibility Ratings  
For News Organizations**

In an August 16 report Pew Research noted that for the second time in a decade the “believability” ratings for major news organization has dropped. In the newest survey the ratings of positive believability have fallen in nine of the 13 news organizations tested.

The drop affected news organizations including national newspapers such as the New York Times and USA Today. The decline also included all three cable news stations and broadcast television and NPR.

Pew reported that the average positive believability rating (3 or 4 on a 4 point scale) fell to 56 percent in 2012. In 2010 it was 62 percent. A decade ago it was 71 percent.

The negative believability (scores of 1 or 2) has risen from 30 percent in 2002 to 44 percent for 2012.

Pew authors noted that “every news outlet’s believability rating has suffered a double-digit drop except for local daily newspapers and local TV news.”

**Dr. Lambert Asks For Feedback  
From Medicaid Psychologists**

In a memo last week, Dr. Jesse Lambert, Baton Rouge area forensic psychologist cautioned colleagues and members of the state association to be aware of changes coming with the installing of the Louisiana Behavioral Health Partnership.

The Louisiana Behavioral Health Partnership is a coordinated system of care involving the Department of Health and Hospitals, Department of Education, Department of Children and Family Services, and the Office of Juvenile Justice.

However, services for different objectives in these agencies, are currently falling under one managed care company, Magellan, he explained. And Magellan has contracted with the state to manage Medicaid funding for the Partnership.

Lambert is the Chair of the LPA created Mediciad Task Force, which will be exploring issues involve in decisions about psychological evaluation and quality of services for citizens. Other members on the task force include Drs. Michael Chafetz, James van Hook, Susan Dardard, and Wes Brockhoeft, Dr. Lambert noted.

The task force is involved in discussions with representatives from a number of state agencies.

Dr. Lambert told the *Times* that he is very interested in hearing from any psychologists who have experienced concerns about the changes in services and quality of services in the new Partnership arrangement. He can be reached 225-907-7183 or [psyceJ@aol.com](mailto:psyceJ@aol.com).

**Nutrition and Health**

Coenzyme Q10 (CoQ10) is made by the human body and plays a critical role in cellular energy production. Low levels of CoQ10 have been detected in some chronic diseases such as cardiovascular disease, Parkinson’s, and muscular dystrophies.

A recent study showed that 51% of patients with treatment-resistant depression had significantly lower plasma levels than the lowest CoQ10 level found in the healthy controls. The authors suggested that patients with depression may benefit from CoQ10 supplementation.

Because cholesterol-lowering medications (statins) lower plasma CoQ10, depressed patients may be a population at risk for statin therapy.

Maes, M., I. Mihaylova, et al. (2009). “Lower plasma Coenzyme Q10 in depression: a marker for treatment resistance and chronic fatigue in depression and a risk factor to cardiovascular disorder in that illness.” *Neuro Endocrinol Lett* 30(4).

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# Dr. Kopera-Frye Selected to APA Leadership Institute for Women

Dr. Karen Kopera-Frye, University of Louisiana Monroe (ULM) professor and department chair, has been asked to participate in the American Psychological Association's Leadership Institute for Women in Psychology. This is according to a May ULM news article.

The article noted that Kopoera-Frye had been invited to participate based on her career accomplishments and her leadership/

Kopera-Frye is professor, interim head of ULM department of Gerontology, Sociology, and Political Science.

She is the Joseph A. Biedenharn Endowed Chair, and a project leader in a coordinated research effort with Pennington Biomedical, among her other responsibilities.

Kopera-Frye was surprised to be selected, she told the reporter,

but honored and happy to bring the recognition to the university.

According to the APA website, "The mission of the Leadership Institute for Women in Psychology (LIWP) is to prepare, support and empower women psychologists as leaders to promote positive changes in institutional, organizational and practice settings as well as APA governance, and increase the diversity, number and effectiveness of women psychologists as leaders."

Also, "A major focus of the Institute is to ensure that leadership training opportunities are available for mid-career and senior women psychologists in all of their diversities."



Dr. Darlyne Nemeth recently attended the APA Convention. Here she is pictured with Norman Anderson, PhD, the APA chief executive officer. Dr. Nemeth is the APA delegate for the Louisiana Psychological Association. *(Photo courtesy Dr. Nemeth.)*

## Drs. Webb, Tramontana To Present About Prescribing States At Illinois Psychological Association, Chicago, September 6-7

Nadia Webb, PsyD, MP, and Joseph Tramontana, PhD, will be presenting in September at the Illinois Psychological Association.

Drs. Webb and Tramontana will present Workshop #1, "What life is like for both prescribing psychologists (MPs) and non-prescribing psychologists in Louisiana."

The workshop is free.

The conference brochure notes: "Nadia Webb, PsyD, MP, ABPN, a licensed medical psychologist

and pediatric neuro-psychologist, practicing in Louisiana, and teaching in Louisiana and Chicago; Neuropsychology Training Director for Neuropsychology and Joint Neuropsychology-Autism Fellowship Programs, Children's Hospital, New Orleans, Louisiana, 2009 - Present; Full Professor, School Psychology, Pediatric Neuropsychology Doctoral Program, Chicago School of Professional Psychology, Chicago, Illinois, 2012 - Present."

Also, the brochure notes, "Joseph Tramontana, Ph.D., a licensed clinical psychologist practicing in Baton Rouge and Metairie, Louisiana, and Pass Christian, Mississippi; Psychological Consultant with the State of Louisiana, Department of Disability Services.

In the 1970's, at the age of 30, Dr. Tramontana was the youngest Mental Health Center Director in the U.S."

## Psychology Board Looking for Larger Office Space in BR

The psychology board is in the process of shopping around Baton Rouge for a building with larger office space.

According to the discussion at a recent LSBEP meeting, board members feel that they are too cramped and do not have adequate rooms nor privacy and for holding examinations and meetings.

Dr. Marc Zimmermann reported that he had looked at various rental properties and would proceed to "see who is willing to rent to the board."



## Louisiana Psychological Association

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or call (225) 766-0185



# Up-Coming Events

## SIOP To Present 8<sup>th</sup> Annual Leading Edge Consortium In New Orleans, October 19 and 20, at Hotel Monteleone

The Society of Industrial and Organizational Psychology (SIOP) will host its Leading Edge Consortium in New Orleans on October 19 and 20, 2012.

Organizers note that the meeting will host keynote speakers from industry, psychology, environmental sciences, and consulting, to look at the topic of environmental sustainability as a central issue to business and organizations in today’s world.

“As organizations transform to minimize, mitigate, and neutralize their environmental impact, I-O psychology is uniquely positioned to aid in these efforts,” note the conference planners.

Presenters will address the interdisciplinary aspects of how science and practice can contribute, and what exactly is the business case for environmental sustainability.

Speakers include Edward E. Lawler III, Ph.D. - Distinguished Professor of Business at the University of Southern California Marshall School of Business and founder and director of the University's Center for Effective Organizations (CEO), Anna Clark - Author of *Green, American Style* and the president of EarthPeople, a sustainability communications firm, and John P. Muros, Ph.D. - John is a Senior HR Research Consultant with AT&T.

For more information go to <http://www.siop.org/fallconsortium/>

## November 18 Southern U. Psychology Department To Host Research Conference

The Psychology Department at Southern University will host the 13<sup>th</sup> annual Behavioral and Social Sciences Undergraduate Research Conference at the Southern U. Campus in Baton Rouge, November 18, 2012.

The conference will be from 9 a.m. to 1 p.m. in the Royal Cotillion Ballroom of the Smith-Brown Memorial Union on the University’s campus, according to the university announcement.

Featured with be oral presentations of “empirical and theoretical research papers by Southern students.” The conference will focus on the presentations and research from the departments of Criminal Justice, Economics, History, Political Science, Psychology, Rehabilitation and Disability Studies, Social Work, Sociology, and Speech Pathology.

The conference is free and open to the public. For more information, please contact Dr. Reginald Rackley at 225.771.2313.

Dr. Murelle Harrison, psychologist and professor is Interim Chair of the Psychology Department at Southern.

## Deadline for SEPA Submissions Is October 9, 2012

The Southeastern Psychological Society will hold its 2013 Annual Convention in Atlanta, Georgia, on March 13 through 16. The deadline for submissions is October 9, 2012, according to an announcement from the association. For information go to <http://www.sepaonline.com/>

## LPA Sponsors APAIT Risk Management Workshop October 20, 2012 in Baton Rouge

The Louisiana Psychological Association will host a CE workshop presented by the American Psychological Association Insurance Trust (APAIT), “Adventures on the Electronic Frontier: Ethics and Risk Management in the Digital Era.” Six hours of CE credit is available for psychologists.

Jeffrey Younggren, Ph.D., ABPP, will present. He has extensive experience in law and clinical practice as well as consultations to psychologists in all aspects of professional practice to develop these nationally acclaimed risk management workshops, specifically designed for psychologists.

The workshop is designed to help practitioners reduce risk and also cope with ppotential complaints to licensing boards and ethics committees.

According to the APAIT website information, attendees will gain knowledge in how to:

Apply basic ethical principles to evaluate risks, benefits and appropriateness of using various electronic communication and social networking media in their professional practice in a variety of situations.

Identify ethical, legal and disciplinary trends concerning electronic communication that will allow them to anticipate, plan and adjust their practices accordingly.

Evaluate when and how to provide remote professional services, therapeutic and otherwise to clients in a way that minimizes disciplinary risk.

Understand, apply and integrate the laws and legal principles governing remote practice within and between states.

Identify various kinds of professional credentials that will enable them to increase their professional mobility.

Develop amendments to their informed consent and documentation and professional consultation policies to accommodate remote practice and electronic communication.

Identify important issues regarding privacy and confidentiality issues created by electronic communication mediums and technologies that present risks to clients so they can clearly discuss these risks with clients who wish to utilize these technologies.

Evaluate and improve their competency to utilize electronic technology and provide remote services to their clients.

Discuss and apply specific, positive, ethically based, strategies to manage the disciplinary risks presented by remote electronic communication and professional service delivery based on documentation, consultation, informed consent and demonstration of competency.

For more information contact LPA at 22.766.0185.

The Psychology Times

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