



Dr. Grant Gautreaux, LABAA president, listens to Dr. Darla Burnett (far left) while LSBEP Ex. Director Kelly Parker takes note.

## Heat's On As Commission Nears Vote

Psych Board Offers Unprecedented Change  
Two Positions on LSBEP To Behavior Analysts

In what some considered an unexpected move, parent members of the Behavior Analysts Licensure and Regulation Study Commission, Chair Ashley Munn and Vice Chair Catherine Morrell, presented an option for behavior analysts (BAs) to merge with the Licensed Professional Counselors Board of Examiners.

The parent Chairs delivered a poke in the eye to the psychologists, listing disadvantages to BAs linking up with the psychology board. They noted an "Established Economic Conflict of Interest," and "Mistrust/Antagonistic Relationship."

Munn's and Morrell's proposal came as one of four presentations to Commission members, outlined at

the November 2, 2012, regarding the arrangement for BAs regulation, ideas to be given to the legislature for a bill that Senator J.P. Morrell has said he will offer in 2013.

The Munn and Morrell proposal for BAs to join the LPC board prompted a hurried and unprecedented offer from the Louisiana State Board of Examiners of Psychologists (LSBEP) for a similar arrangement between the BAs and the LSBEP. This offer included two positions on the psychology board, one for a doctoral level behavior analyst and one for a masters level behavior analyst.

This is the first time such an offer has been made since the board was created in 1964.

The members of the LSBEP discussed ideas with leaders of the Louisiana Behavior Analysis Association (LABAA) at their Friday, November 9 psychology board meeting in Baton Rouge. LSBEP Chair Dr. Lee Matthews called for the motion and made the offer to Dr. Grant Gautreaux, president of LABAA, and behavior analyst Janice Huber, also of LABAA, who attended the board's meeting.

At the meeting, Gautreaux said that the presentation by "Morrell and Munn presented the behavior analysts with very attractive ideas." This was because there was no overlap in scope of practice with the LPCs, he explained.

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### "Resilience and Reconnection"

## LA School Psych Assn Hosts 200+ Attendees

Over 200 school psychologists took on the critical topics of how to help at-risk youngsters build on their strengths and stay connected to their educational settings at the recent Louisiana School Psychological Association (LSPA) meeting in Lafayette.

This year's annual LSPA conference drew a large group of professionals to examine research and theory about "Resilience and Reconnection."

The conference, held November 7 through 9, 2012, gave attendees a strong list of experts from around

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### Kids, Disasters, & TV

## Dr. Weems and UNO Grad Students Draw National Media Interest

University of New Orleans psychology professor Dr. Carl Weems and his graduate students Brandon Scott, Donice Banks, and Rebecca Graham, have been drawing national media interest for their recent study, "Is TV Traumatic for All Youths? The Role of Preexisting Posttraumatic-Stress Symptoms in the Link Between Disaster Coverage and Stress."

The research was published in the November issue the APS (Association for Psychological Science) journal *Psychological Science*, the highest ranked empirical journal in psychology.

Weems and his team looked at urban-school youths who had experienced both Katrina and Gustav, and the role that watching media coverage of the disaster had for the youngsters.

They studied 141 children in grades 4 to 8 who attended a

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Keynote address at Louisiana School Psychological Association meeting in Lafayette.



# Editorial Page

## Christmas Babies

At Thanksgiving my husband, "Captain Hook," and I, "The Crocodile," were incarcerated in The Jail (the back porch of our condo in Navarre) by The Jailors (our 4 year-old granddaughter Samantha and 2 year-old grandson Clark).

Captain Hook proceeded to manipulate his way out of jail, repeatedly lying through his teeth. I accepted my punishment, despite being unfairly held to the human standard of having a superego.

Captain Hook finally signed a document for The Jailors. Even though he refused to sign it in real blood, as I suggested by offering my talents, he still swore to honor it fully. "I agree not to use my hook," he solemnly pledged and scrawled his signature across the Etch-a-Sketch. *Captain Hook*, he signed. The impermanence of an Etch-a-Sketch signature notwithstanding, this should have been a clue.

But Sam took him at his word, despite the fact that by this time in the story he had proven himself to be a repeat offender and habitual liar.

Alas, history repeats and destiny dictates. Hook, true to his name, abilities, and job description, escaped again and wreaked more havoc on the countryside, consuming the limited law enforcement resources entirely.

Sam was the optimist who sets out to make a positive change. But like Sam, government's good intentions don't always create the results we want.

Watching the ABA Study Commission (and government activity in general now for a while)

reminds me that making sausage is troubling to witness.

We have another interesting chapter in the psychology community unfolding, with the behavior analysts, increased prevalence of autism, public awareness and advocacy, and the need for appropriate and cost-effective assistance. Like many other issues in healthcare, there is a challenge for precision, clarity and integrity in leaders. It is very hard and serious work. Commission members must find their way through red tape, human nature, and confusing group process, to something that helps without hurting. Not so easy a task. I admire those with the wisdom and grace to attempt it.

"Quality" outcomes, which include effectiveness, productivity, and cost control, are always harder if the consumer is separated from the vendor. This is a problem with all third party arrangements and so healthcare is vulnerable.

Legislators understandably pass laws to help those in trouble, families and children. Who with any heart at all could vote against the recent bill to remove caps on treatment for autism coverage, including those caps for small businesses? But our troubles are complex. One in 88 or so children will be diagnosed with autism and so one of two or three small businesses will also bear the healthcare cost, or then, the taxpayer. It is not simple.

Heritage tells us that spending on Medicare, Medicaid, the Obamacare subsidies, and Social Security will consume all revenues within the next two generations. In his most recent book, Nicholas Eberstadt, carefully describes the growth of spending. It is a myth that we can "pay-as-we-go" in these healthcare programs, he notes. A political economist and demographer, he writes that the process is unsustainable in any scenario. In reality, he says, these programs are "increasingly financed by the unborn."

*"For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams."*

Kahlil Gibran writes, in his "On Children."

*"You are the bows from which your children as living arrows are sent forth. The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far."*

There was a slew of new babies in our family recently. Our son Jake and daughter-in-law Amber just had their third child, Oliver. Our daughter Kate is expecting. Our niece Jill just gave birth to Alexander and our niece Sarah gave birth to Tristan last month.

Sam – you should have left us in jail.

## The Psychology Times

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Captain Hook (aka M. Dooley) grabs The Jailors (Clark and Samantha) trying to fly away. The Crocodile not shown.  
(Photo by A. Dooley)

# Merry Christmas!

Dr. Julie Nelson, staff, and our families wish you and yours a  
SAFE AND HAPPY HOLIDAY SEASON!

## The Psychology Times





Dr. Marc Zimmermann (L) and Dr. John Courtney, members of LSBEP, at November 9 board meeting with behavior analysts.

Heat’s On As Commission Nears Vote, Psych Board Offers Unprecedented Change, Cont’d

In considering a merged board option with LSBEP, Gautreaux also said, “Obviously, if we can be part of something, and have a seat at the table, with a real voice, then I think we can entertain that.”

Chair Dr. Lee Matthews said, “What comes out of this is how to configure a seat at the table. It would involve some drastic changes.”

Gautreaux said, “We would have to be assured of some autonomy.”

Dr. Gautreaux had also met that morning (November 9) with the Licensed Professional Counselors (LPC) board, according to a posted agenda from the LPC board.

Other presentations at the BA Study Commission’s November 2, 2012, meeting (See Box) included a proposal for an independent, stand alone board, presented by Gautreaux, and for an “umbrella” arrangement,

**Corrections  
& Clarifications**

No corrections or clarifications were submitted for last month’s issue of the *Psychology Times*.

presented by the LSBEP and also the Louisiana Psychological Association represented by Dr. Lacey Seymour, a psychologist and a board certified behavior analyst.

Following the negotiations between the LSBEP and LABAA leaders, the psychology board sent a formal communication to BA Commission members dated November 13, 2012, outlining their new offer and modified position.

**LSBEP Modified Position**

The psychology board’s November 13 message confirmed that the LSBEP voted “unanimously to work with your association [LABAA] to establish a model licensure act as a merged board.”

“... The LSBEP offers to the LABAA, the opportunity to have 2 seats for behavior analysts on the psychology board as well as a committee of behavior analysts. The psychology board would change from 5 to 7 members,” they wrote.

The letter confirmed that all BA members would be nominated by LABAA and selected by the Governor, that the committee would include a variety of licensure levels, have responsibility for rules,

procedures, evaluating candidates, and so on.

They asked the LABAA group for a decision by November 25, 2012. The *Times* tried to reach Dr. Gautreaux for comment, but did not hear from him by press time.

The 17-member Study Commission is scheduled to meet on December 7, 2012, to vote on these options.

**Poke in the Eye**

As the Chair and Vice Chair proposed the merger with BAs with the LPC board, they also restated criticisms about the LSBEP and psychologists in general, circulated in the spring.

Munn and Morrell noted their view that psychologists aren’t covered under Foil’s Bill, and have only been concerned since 2008 when autism care was mandated in Louisiana. They also noted their view that psychologists want to force BAs under their supervision.

“Currently psychology is not covered under Foil’s Bill unless they are also BCBA,” they noted, “this creates an economic incentive for them to be ‘in charge’ of Behavioral Analysts.”

They listed also that the LSBEP invited parents to a

town hall meeting and then “... laid out step by step how they would shut down services if their bill didn’t pass.”

Some of the criticisms reflect the comments circulated on the web by various groups, including autism support groups, during the spring legislative battle when the LSBEP, led by medical psychologist Dr. John Courtney, and Senator Dan Claitor, put forth SB 185. Opposition was immediate and strong.

An online petition was created at Change.org, which was said to have reached 1,500 signatures. The message was that the psychology board was involved in “... another ‘turf’ battle waged by psychologists in an attempt to stake claim to another profession. The Psychology board has a long history of initiating turf battles in Louisiana with physicians, LPC’s [sic] and now Behavior Analysts,” noted the petition.

The complaints included that the psychology board was claiming that consumers were in danger but the petition noted that SB 185 would be detrimental to

consumers due to “imposed supervision” and increased costs.

In April the Butterfly Effects.com Editorial Staff, a commercial healthcare organization led by a marketing professional, published a “Call to Action” imploring parents and voters to “step up and demand that their legislature do the right thing for Louisiana’s children ...” The authors called it a “different kind of Amber Alert is sweeping across the state of Louisiana this week, as those trusted with the care of the state’s children are threatening to make it much more difficult for nearly three thousand children diagnosed with autism to step out of harm’s way.”

Autism Speaks published an April news story highlighting Dr. Gautreaux in an interview with New 2 in Baton Rouge, after the LSBEP bill was initially killed.

The Louisiana State Chapter of the Autism Society reported in the spring 2012 newsletter saying that the BAs in Louisiana report that SB 185 will make it difficult to “recruit or retain BCBAs.”

Cont’d next pg



# Commission Nears Vote, cont'd

The news story also noted, “One rule adopted recently by the Louisiana Board of Elementary and Secondary Education (LBESE) allows public schools to hire BCBAs as employees. The LSBEP was the only opponent to that rule, arguing that ABA is in the scope of practice of licensed psychologists so behavior analysts should be licensed as psychologists or supervised by psychologists or physicians.”

“Supporters of that rule argue that the practice of ABA is very different from the practice of clinical psychology, and they feel the supervision of behavior analysts by licensed psychologists is unnecessary and costly,” the authors of the newsletter wrote.

LSBEP’s attempts to counter these and other criticisms appeared to have had little impact. Despite the public opposition, Courtney and the board continued their effort with a substitute bill.

According to several sources, Dr. Courtney had worked with psychology professors at McNeese to develop the legislation, but was not successful with the Nicholls group, located in the education department.

At the November 9 LSBEP discussion with LABAA leaders, Gautreaux said, “We wrote things into the bill and when we got back, they had been taken out.” And he explained that there were other things that occurred. “That’s where we started, on very shaky ground,” he said.

Courtney said that he had been discussing matters with others, in particular professors from McNeese, and that items were removed because of negotiation with others in the community. Earlier, Courtney had commented to the psychology board members, “We first went to them with a model we thought they’d really like. Our agenda was to smooth the path.”

## Response to Poke in the Eye

The LSBEP responded to the ideas in the Munn and Morrell presentation, and perhaps to other undisclosed communications, with another letter to Commission members on November 14, 2012.

“First and foremost,” they wrote, “the Louisiana State Board of Examiners of Psychologists takes seriously allegations of inappropriate financial gain, accusations alluding to ‘shutting down autism clinics,’ and general exaggerations that appear to intentionally misstate our Board’s repeated and carefully crafted positions, statements and/or actions. These actions on the part of some committee members can have chilling ramifications, as we value the Board members reputations as well as those of our staff members.”

The letter goes on to note that the board has a “statutory obligation and duty to protect the citizens of Louisiana from the unlicensed practice of psychology.” They note that the AG concurs and so do other jurisdictions in the US.

They also wrote that Autism is considered a “serious mental illness” and “It should be of serious concern to commission members that anyone would suggest that the LPC board provide regulation for administrative mentoring for a newly formed board of professional behavior analysts, whom the majority deal with Autism Spectrum Disorders while LPCs do not have such clinical authority within their scope of practice. This is exactly the opposite of how one protects consumers and reinforces why the relationship with the Psychology Board makes so much sense.”

The authors, Chair Dr. Lee Matthews and Vice Chair Dr. John Courtney, cited their modified position and their intention to work with LABAA to create a model licensure act and wrote, “We believe that this proposal is consistent with their [the behavior analysts] wishes, our hopes, and most importantly, what best protects the consumer.”

They confirmed that their proposal “... does not require supervision ... at all. No patient would have to see a psychologist to access care from a behavior analyst. Behavior analysts would maintain independence in their practice.” They note their opinion that a merged option with the LSBEP is the only appropriate relationship and that the LSBEP is both the board and professional field familiar with the practice of behavior analysis, behavior modification and behavior therapy.”

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November 9 LSBEP meeting with behavioral analysts’ representatives.

## Highlights of Dec 2, 2012, Commission Presentations

Four presentations at the December 2, 2012 meeting of the ABA Study Commission included representatives of the parent group, Chair and Vice Chair, Munn and Morrell, the president of the Louisiana of the Louisiana Behavior Analysis Association (LABAA) and Nicholls State U. professor Dr. Grant Gautreaux. Also Dr. Lacey Seymour, psychologist and certified BA presented for the Louisiana Psychological Association, and LSBEP Executive Director, Ms. Kelly Parker, presented for the state psychology board.

Munn and Morrell noted advantages of BA being under an established board, such as the “apprenticeship” relationship and the availability of professional staff.

They described what they view as disadvantages of being under the state psychology board, including an “... economic conflict of interest” and “mistrust/antagonistic relationship.” They listed that psychology is not covered in the current statue (Foil’s Bill, [Act 648, 2008]), and noted that this creates an economic incentive for psychologists to be in charge of BAs.

They also noted that the LSBEP “Invited parents to town hall meeting and in the first few minutes, laid out step by step how they would shut down services if their bill didn’t pass.” Munn and Morrell also noted “psychologists lobbied to be on this commission at the same time asking the Attorney General if they have the authority to write cease and desist orders.”

Munn and Morrell outlined how the LPC board could provide a structure where BAs have a voice, with two BAs added to the eleven-member LPC board.

Dr. Grant Gautreaux presented the option of an independent board, stating that the “... best outcomes for practitioners and consumers will occur when issues related to the practice of ABA are regulated by BAs.”

In the presentation he noted that behavior analysis is a “distinct scientific discipline, separate from psychology and other disciplines. It originated in experimental—not clinical—psychology, but developed its own conceptualizations, principles, research methods, and scientific literature.” He noted that behavior analysis was developed by B.F. Skinner.

And he noted that the national board states that BA certification is not a psychological certification. And, he said that the profession of BA meets and exceeds the criteria for a distinct discipline.

Gautreaux also noted that problems with the state psychology board involved a “hostile environment laden with threats.” He proposed an independent structure with seven members with board certified behavior analysts and assistants and public members.

Ms. Kelly Parker, Executive Director of the LSBEP, presented an “umbrella” structure under the psychology board. She noted that applied behavior analysis is both a method of psychology and included along with other practices, such as behavior modification, and behavior therapy, in the current Louisiana practice act for psychology.

She noted, “... behavior intervention skills of ABA have broad application potential beyond Autism.”

She presented economic information regarding the costs of boards, and also descriptions from other states, noting that the LSBEP has agreed to BA’s requested industry standards and also to the commission’s recommendations. She also indicated that the arrangement would be temporary. She emphasized that the arrangement would not affect services or require a psychologist to be “involved in your child’s treatment.”

Dr. Lacey Seymour, psychologist and board certified BA, presented for the Louisiana Psychological Association. She described the definition of psychology, “Psychology is the study of the mind and behavior,” and “The discipline embraces all aspects of human experience ...” She noted that Division 25 of the American Psychological Association is Behavior Analysis. And, she noted, that licensed psychologists are exposed to “principles of behaviorism” although not all are qualified to practice all methods.

Seymour noted to the members that there are about 59 nationally certified BAs in Louisiana who are not assistants, 15 of those hold PhDs in psychology. She also noted that there are many psychologists who practice behavior analysis who have chosen not to obtain the national certification, and listed several.

She concluded, “... having a subcommittee under psychology will assist in fostering a collaborative relationship ...” and “working together will allow everyone involved to continue to provide valuable services to the populations mentioned above without conflict from another board.”



# Commission Nears Vote Cont'd

## Economic/Healthcare Context

The context of the Commission’s effort comes amid alarmingly high rates of prevalence, with a CDC estimate of 1 in 88 children has been identified with an autism spectrum disorder (ASD). [Community Report From the Autism and Developmental Disability Monitoring (ADDM) Network – 2012.]

Applied behavior analysis has been shown to be one of the most effective treatments, and most helpful when it is early and intensive, as much as 30 hours per week.

The CDC writes that the “annual medical expenditures per child with an ASD range from \$2,100 to \$11,200. Additionally, we know that intensive behavioral interventions for a child with an ASD can cost from \$40,000 to \$60,000 per year and that the nonmedical costs of special education for a child with an ASD are about \$13,000 per year.”

## Background

The Behavior Analysts Licensure and Regulation Study Commission was created by a Senate Resolution authored by Senator J. P. Morrell of New Orleans.

The Commission is a 17-member panel led by Chair Ashley Munn and Vice Chair Catherine Morrell, Senator Morell’s wife. The Chair and Vice Chair were appointed by the president of the Senate and the chair of the Senate Health and Welfare Committee, and to be parents or guardians of a child who currently receives or has received ABA (applied behavior analysis) services, according to Senator Morrell’s resolution.

Representatives of 17 groups and agencies, including Dr. Cheryl Knight from Department of Health & Hospitals, Kim Percle from the state Superintendent of Education, and representatives from Nicholls and McNeese universities where masters training of behavior analysts is provided, Drs. Steven Welsh and Dena Matenzbacher, are included.

Also included are representatives of the state boards from medicine (Dr. Robert Marier), psychology (Ms. Kelly Parker), social work (John McBride), and counseling (Mary Alice Olsan). The professional groups from BAs, psychology, speech & language, and representatives from two autism treatment facilities, the Disability Council, and from the LSU law center, were also included. Doctoral programs, such as LSU where international autism expert, Dr. Johnny Matson teaches, were not represented.

According to the minutes of meetings from July 2012 to October 2012, the group was able to define it’s role, study the evolution of the BA profession and training, and make the decision that BAs should have state regulation.



Behavior analyst Janice Huber, representing LABAA, and Dr. Marc Zimmermann listen to discussion at recent LSBEP meeting. The LSBEP voted to offer behavior analysts two seats on the LSBEP.

In September members developed and voted on a definition, and in a 7 yea, 5 nay, 1 abstain vote, decided to remove the phrase “by a behavior analyst,” from definition of applied behavior analysis, which passed with a 7-5-1 vote, also.

“‘Applied behavior analysis’ means the design, implementation, and evaluation of systematic instructional and environmental modifications to produce socially significant improvements in human behavior. It includes the empirical identification of functional relations between behavior and environmental factors, known as functional assessment and analysis. Applied behavior analysis interventions are based on scientific research and the direct observation and measurement of behavior and environment. They utilize contextual factors, establishing operations, antecedent stimuli, positive reinforcement, and other consequences to help people develop new behaviors, increase or decrease existing behaviors, and emit behaviors under specific environmental conditions.”

The commission members also agreed on requirements, fees, and standards. In a discussion about degree requirements, psychology was added to the list, but four members voted against the move, which would have limited the training to behavior analysis. The group adopted the national board’s qualifications, without objections.

## Analysis and Opinion

The Munn and Morrell presentation and the upcoming vote this week bring out key issues for the Commission members.

As consumers of BA services, it is understandable that for Munn and Morrell, which likely includes Senator Morrell, the most important aspects are access to treatment and keeping costs down. This seems supported by the Chair’s and Vice Chair’s comments noted in the minutes over the months.

Certain issues such as psychologists forcing “super-vision” and featherbedding have stuck with both parents and BAs, due in part to what appears to be poor communication on the part of the LSBEP leaders. Attempts to explain appear to have solidified opposition.

It is not clear how the psychologists could fiddle with supply of BAs or costs by way of a publically accountable regulatory board, although it could be done if someone sets their mind to it. It is not clear if parents are equally concerned by the growing commercial efforts in the BA services area, or the tiered structure that exists already in BAs, both of which could also result in higher costs.

Regardless, both parents and BAs appear to be looking at past behavior from the psychology board with concern. Masters degreed individuals in psychology and education, and also school psychology, including the specialist, have historically met with very firm opposition from the LSBEP. This includes the behavior analysts. As recently as June 2011, Dr. Joseph Comaty, as Liaison to Professional

Organizations and Boards, reported in LSBEP minutes, “... 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.”

The lack of trust accounts for why, after repeated attempts to clarify issues like supervision and featherbedding, the LSBEP has failed in changing parents’ and BAs’ views. The most recent “merged board” option may help, but probably not as much as the LSBEP might hope.

It is also not clear why, and why now, the LSBEP took up legislation. No clear explanation was in the minutes. The issues had received ongoing attention at the national association of state psychology boards, however.

And there is also the issue of professional identity, reflected in the consistent message from the LABAA president, Dr. Gautreaux, who while leading a small group, is insistent that applied behavior analysis is a separate profession.

Just before publication, the *Times* sources indicated that the State Medical Board moved to support the LSBEP’s recommendations.

The Commission members may have their hands full separating politics from science and healthcare at the vote this Friday.

*(Conflict of Interest Statement: J. Nelson is a licensed psychologist. She practices part-time in general applied psychology but not in healthcare, applied behavior analysis, or with clients with autism.)*



State & National News

Dr. Courtney  
To Resign from  
LSBEP Dec 31

Vice Chair of the psychology board, Dr. John Courtney, will be stepping down from his position on the Louisiana State Board of Examiners of Psychology December 31, 2012, according to comments by board members at the LSBEP meeting on November 9, 2012.

Chair Dr. Lee Matthews said that Courtney “will be leaving us.” He indicated that Dr. Rita Culross will likely assume the Vice Chair position.

Dr. Courtney began his five-year term July 1, 2009, appointed by the governor on May 20, 2009. He is a clinical neuropsychologist and medical psychologist.

He is Director of Psychology at Children’s Hospital in New Orleans, and is Clinical Assistant Professor at LSU Health Sciences Center, Department of Neurology, Psychiatry and Pediatrics, according to Children’s website staff information.

Also noted is that he attended professional schools of Nova Southeastern University in Fort Lauderdale, Florida, and Argosy University in Chicago, with special training at the University of Notre Dame, St. Joseph Regional Medical Center/Kingwood Hospital, Indiana.

Dr. Courtney currently serves on the Complaints Committee, the Legislative Oversight Committee, and the Ad hoc Committee: Behavior Analysts.

His resignation is expected to leave an unexpired term opening, which will likely create another election to fill the vacancy. according to several sources.

Self-Nominations For  
Psychology Board Close  
Monday, Dec 10, 2012

Self-nominations for a coming position on the Louisiana State Board of Examiners of Psychology will close this Monday, December 10.

Those wishing to serve should contact Gail Lowe, LPA Executive Director, at 225 766 0185.

Three people have self-nominated, according to elections chair, Dr. Phil Griffin. An election will be held and the Governor will appoint from the names.

Dr. Matthews began his service on June 29, 2010. He filled a position left vacant following a resignation of Dr. Paul Dammers. The current opening will be for a full five-year appointment, noted Dr. Griffin’s announcement.

If Dr. Courtney does step down, another election will take place to fill his unexpired term, Dr. Griffin explained to the Times.



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“Is TV Traumatic for All Youths? The Role of Preexisting Posttraumatic-Stress Symptoms in the Link Between Disaster Coverage and Stress.” UNO’s Dr. Carl Weems and graduate students Brandon Scott, Donice Banks, and Rebecca Graham, drew national media attention for their recent study.

UNO Psychology Professor, Dr. Weems, and UNO  
Grad Students Draw National Media Interest, Cont’d

New Orleans neighborhood school where the area had experienced massive damage from Hurricane Katrina. Youngsters were assessed for PTSD symptoms after Katrina (before Hurricane Gustav) and then again for PTSD symptoms and for television viewing of Hurricane Gustav after Gustav.

The study found an overall correlation between post Gustav PTSD symptoms and higher levels of watching the coverage. However, the researchers found that watching television coverage of disasters may be most detrimental for youngsters with preexisting PTSD symptoms and less problematic for those with low preexisting symptoms.

The research was covered on CBS News, “Sandy coverage may cause PTSD in anxious children.” In the November 7, 2012 news report, CBS interviewed Dr. Weems. “ ‘The study shows us who we should be targeting,’ Weems explained to CBSNews.com ‘Maybe these kids shouldn’t watch too much coverage, and we should really monitor the TV watching for them.’ ” He also told CBS that parents should talk to their kids, and also to talk about the family’s plans for dealing with emergencies.

The report was also covered by Medscape Medical News, the popular medical blog, in a November 8 article, “Hurricane Coverage May Exacerbate Stress in Kids With PTSD,” by Deborah Brauser.

Medscape noted that this was one of the first studies to look at youngsters after each of two different hurricanes.

Dr. Weems and colleagues noted this was one of the only prospective studies of its kind.

In the Medscape article Weems commented, “Clinicians who have patients with anxiety disorders may wish to emphasize to parents the potential effects that can come from watching extensive reporting of disasters, such as recent Hurricane Sandy.”

Weems told Medscape, “ ‘Our study just drives home the message that if you have kids who are anxious or who have traumatic stress, minimizing unsupervised watching of this type of coverage is important, and then help them process what they do see.’ ”

The study was also covered on the web, including Daily Rx, PsychCentral, and ScienceDaily.

Dr. Weems noted to the Times, “We never infer cause in the paper. The longitudinal design while powerful does not allow us to rule out other possible reasons for the associations found.”

Dr. Weems also oversees the peer-review, multidisciplinary publication by Springer, *Child & Youth Care Forum: Journal of Research and Practice in Children’s Services*.

As editor, Weems guides a host of experts from around the nation and the world in the Forum’s Editorial Board, including an array of colleagues from the New Orleans area.



UNO’s Dr. Carl Weems  
(Courtesy photo)

The journal’s contributors and readers include psychology, psychiatry, and social work, as well as those in public policy and government, who find the journal to be a valuable resource for blending theory and applications geared toward the well-being of youth in today’s world.

At U. of New Orleans, Dr. Weems’ research interests include developmental psychopathology of anxiety and depression. He specifically looks at how to integrate developmental, cognitive, biological and behavioral theories, a perspective that supports his editorial duties on the Forum. He also has looked at severe stress, physiological response, brain development and function.

For more information about this study, you can contact: Dr. Carl Weems [cweems@uno.edu](mailto:cweems@uno.edu).



State & National News

Three Have Volunteered To Run for Psychology Board

The *Psychology Times* requested information about the candidates volunteering so far to run for the Louisiana State Board of Examiners of Psychologists, from the Louisiana Psychological Association. They receive the applications.

"LPA has received the following self-nominations," President Dr. Bryan Gros told the *Times*. "Dr. Lynn Schechter on October 14, 2012, Dr. Phillip Griffin on November 5, 2012, and Dr. Joseph Comaty, November 25, 2012," Gros indicated those who have put in their names.

"This is an incomplete list." And, "Nominations are open until December 10, 2012," he wanted to make clear. "In the interest of fairness," he said, "LPA's opinion is that formal public commentary about any candidate should be withheld until the list is finalized on December 10, 2012."

"The nomination and election process are going well," he said, "and the Executive Council is engaged in several other activities. We recently approved this year's theme of 'revitalization' and the EC is being creative in their ideas," he said. "We have a strategic planning session scheduled for January. I believe our overall approach will be more action-oriented and progressive."

Superstorm Sandy  
Oceanside NY Native  
Dr. Schechter Speaks To  
USA Today About Stress

Dr. Lynn Schechter, Baton Rouge psychologist and former Oceanside, New York resident, was interviewed for a *USA Today* article published on November 17, about the psychological effects on victims of superstorm Sandy.

Dr. Schechter grew up in Oceanside, New York, where she attended public school until age 18. Then she moved to Ithaca to attend Cornell as an undergraduate. She went back to New York City to attend graduate school at Columbia.

Schechter "spent many, many fun times at neighboring Long Beach, which was also devastated by Sandy," she told the *Times*.

The *USA Today* article, written by Laura Petrecca, reported on the emotional struggles of some of the residents of Oceanside. Petrecca asked Schechter about the stress of the environmental events.

" 'You're undergoing a dramatic change in your environment, and that is something that is hard to wrap your head around,'" Schechter was quoted in the report. " 'It really pulls the rug out from under you.'

Some residents of Oceanside have been dealing with stressful living conditions that are not

under their control, for over three weeks, the report noted. Schechter explained in the article that that situation can "ratchet up anxiety." She noted, " 'We all have that illusion that we have control over things, but it is an illusion.'"

Dr. Schechter is not new to helping those who have suffered loss and trauma. After the 9-11 attack Schechter provided "... group counseling to individuals who had offices near 9/11 site, as well as individual treatment to those affected by 9-11," she explained.

Schechter "... also provided counseling services to co-workers who had lost loved ones, at Jacobi Medical Center of Albert Einstein College of Medicine in the Bronx, where I was employed at the time."

During the aftermath of Katrina, Dr. Schechter "... provided counseling services in emergency shelters as an individual practitioner, and as a volunteer with the Red Cross. I've also provided counseling in shelters to victims of Hurricane Gustav when I worked for the state."

For the *USA Today* article, she cautioned, "During a time of such emotional chaos, storm

Small Changes in Psychology Licensing Fees, Comments Open

The psychology board published a "Notice of Intent" in the November Louisiana Register, indicating coming changes in the licensing fees for psychologists.

The public may provide comments regarding the proposed changes until noon on December 10, 2012.

Comments should be written and submitted to the Executive Director at the Board's office in Baton Rouge.

Or, contact the board for an online link for submitting a comment.

A new fee is to be introduced for those wanted a to apply for a Temporary License. This fee will be \$125.

Also, a new fee for the Jurisprudence Examination of \$75 is listed, but the overall Application for Licensure fee will go from \$250 to \$200.

License Renewal fees remain at \$320, Emeritus License remains at \$160, and Reinstatement of Lapsed License (application plus renewal fee) remains at \$570.

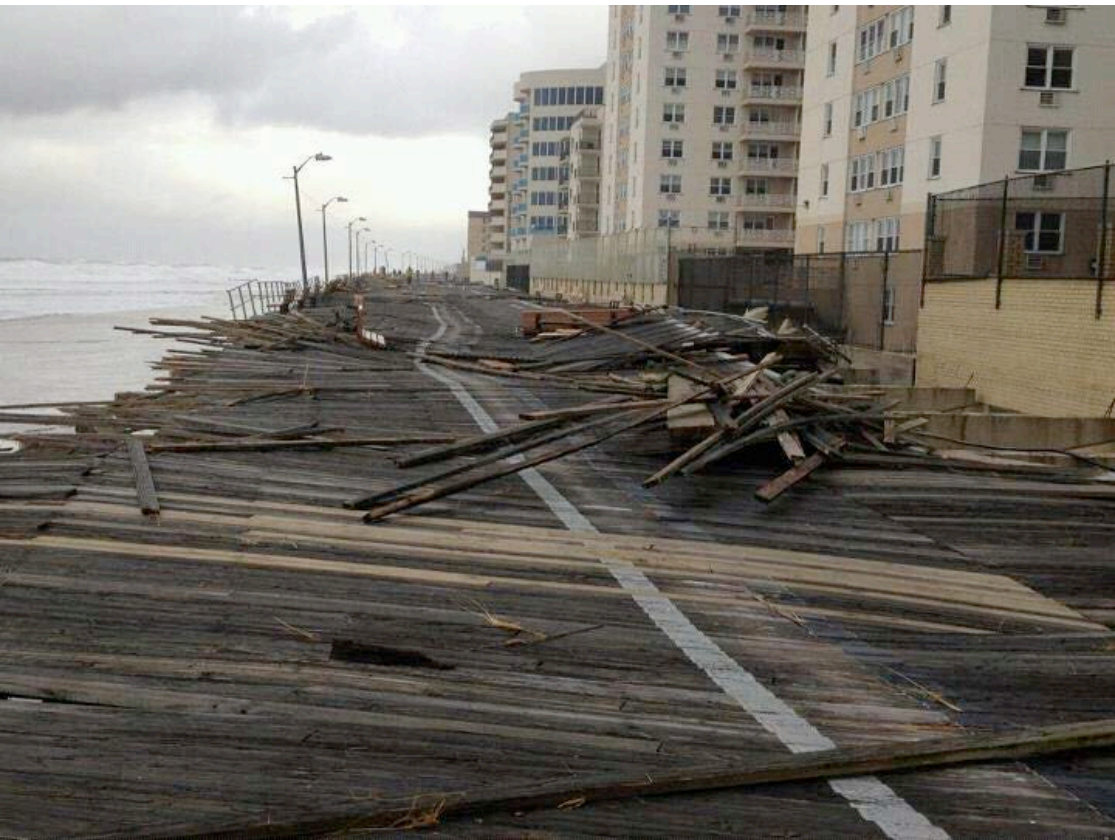
Certain additional administrative charges are to be added or changed.

A Renewal Extension Request is \$25. Those who renew their license in paper rather than online, will have to pay a \$15 Paper processing fee.

A fee for Replacement Renewal Certificate is added at \$10.

A fee for a paper copy of the Directory will go up to \$50, from \$12.50, and photo IDs go from \$15 up to \$25.

The Disciplinary Action Report remains at \$25 but License Verification will increase from \$5 to \$15. Address list/labels remain at \$100.



A view of the damage done by Superstorm Sandy to a beachfront in Long Beach, Long Island, neighboring Oceanside. Dr. Lynn Schechter, a Baton Rouge psychologist, grew up in Oceanside, NY, and was recently interviewed by *USA Today* about how people can cope with stress. (Photo courtesy Dr. Schechter.)

victims may be tempted to isolate themselves, but it's vital to do the opposite," she was noted to say. And pointed out that high stress levels can be helped by talking, communicating and social connections.

" 'Support networks are really important in a time like this,' " she told the reporter and also suggested professional assistance for those dealing with extreme emotions.

Dr. Schechter also pointed out that some people might be able to find the positive in their misfortune.

" 'There is the potential for them to be transformed in a positive way," she says. 'It can lead people to

appreciate the moment more in life, as well as their family and loved ones. The things that they took for granted before suddenly become much more dear.' "

But, the author noted her to also warn that people

need to have patience, and most of us are not very patient by nature.

Dr. Lynn Schechter is in private practice in the Baton Rouge area and provides therapeutic services to private clients and recipients of Medicaid.



Dr. Lynn Schechter with newest addition to her family. (Photo courtesy Dr. Schechter.)



School Psychologists Focus on Resilience, Social Reconnection at LSPA Conference, Cont'd

the state and also from across the country to outline state of the art concepts and challenges for school psychologists.

The program also included continuing professional development approved by the National Association of School Psychologists.

LSPA President Dr. Yael Banai told the *Times* that this year's theme was chosen because the association wanted to emphasize two important directions.

"By emphasizing Resilience, said Banai, "... the thought was to spotlight the particular strengths that students bring to the table, something that often gets lost in that we tend to look at deficit areas which are in need of intervention."

She explained that since students are often referred for some problem in performance, either academic or behavioral, "We are obligated to make recommendations for remediating deficits."

"This year's theme of Resilience helped conference attendees focus on students' strengths in reaching performance goals," she said, "areas which can sometimes be neglected."

"For some students," she said, "the 'solution' is special education classification." But, she noted, "... this may well have been used too liberally, as many jurisdictions have been targeted as having over-identified certain groups in particular special education categories."

"This phenomenon falls within the 'Response To Intervention' [RTI] movement," she explained. The RTI movement promotes focused, research-based interventions "... applied with fidelity prior to triggering the evaluation process."

"One might easily hypothesize that this has resulted in students being classified as special education students, when, with properly applied interventions, such classifications might not have been warranted," Dr. Banai said.

Resilience topics were combined with the theme of "Reconnection" in this year's conference. Attendees reviewed critical issues of youths staying connected to adults, to the educational setting, and to their life goals.

"There is concern that youths who become disconnected from the school community may also become disconnected from the community at large and engage in delinquent behavior," Banai explained. "... this phenomenon has often been called the *school to prison pipeline*."

The association leaders wanted to provide skills to "... promote student resilience and to interrupt or slow down this dastardly flow in the pipeline and to promote reconnection with both the educational process and ultimately society as a whole."

The conference themes were woven through the three days of presentations, including the keynote address on Wednesday, November 7, by Dr. Phillip Lazarus, former president of the National Association of School Psychologists. Lazarus is Director of School Psychology Training at Florida International University and founder of National Emergency Assistance Team. He has provided direct crisis assistance in the aftermath of tragic school shootings and national disasters.

Speaking to an overflowing audience, Dr. Lazarus said, "Though so much has improved for our profession during the past three decades, our nation's children have not fared as well. Since I began my practice, levels of anxiety and depression in children have increased dramatically. Youngsters are cutting themselves in record number to ameliorate the pain and stress they are experiencing. Within every four hours in America a child commits suicide."



Dr. Stacy Overstreet, Chair of Psychology at Tulane, presented to attendees at the Louisiana School Psychological Association in Lafayette, November 7, 2012.

He pointed to the MECA Study (Methodology for Epidemiology of Mental Disorders in Children and Adolescents) that estimated almost 21 percent of U.S. children ages 9 to 17 had a diagnosable mental or addictive disorder associated with at least minimum impairment.

"... in child samples, anxiety has increased almost a full standard deviation during a 40-year period," he told the audience.

Adults have similar changes in anxiety levels he said. "This means that we have highly anxious administrators, supervising highly anxious teachers, who are teaching highly anxious students, who come home to highly anxious parents," he said. "This cannot be conducive to learning."

Studies show that the "two most important variables are high environmental threat and low degree of social connection."

"While our students' cognitive IQs rise each and every year, it appears that their emotional intelligence has fallen and fallen precipitously."


He explained that social-emotional learning boosts academic learning by 10-11 percentage points, and reduces conduct problems and distress.

"... school connectedness is positively related to healthy self-esteem, self-efficacy, optimism, and positive peer relationships, and is negatively related to the development of conduct problems, antisocial behavior, depression, anxiety, emotional distress, and suicidality," Lazarus said.

"We need to have a serious discussion in our country not just on high stakes testing and academic achievement," he said, "but about the best ways to foster the emotional well-being of our nation's youth."

"As our founding fathers believed, when we teach our children we should value character first, then knowledge and lastly academic facts. The foundation of our educational system must be safe, supportive and nurturing schools that emphasize character and social-emotional learning," he said.

Cont'd next pg



# MENSANA PUBLICATIONS

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School Psychologists Focus on Resilience, Social Reconnection at LSPA Conference, cont'd

“As President Teddy Roosevelt once said: To educate a person in mind and not morals is to educate a menace to society.”

This year’s conference showcased an array of experts in school psychology from around the state and also professionals who have connected with the Louisiana people and culture.

Drs. Stacy Overstreet, Michael Cunningham, Conni Patterson, and Bonnie Natasi, all faculty from Tulane, presented topics to the 200 plus attendees.

Dr. Overstreet, Professor and Chair of Psychology at Tulane, presented Wednesday “Building Resilience and Fostering Reconnection Among At-Risk Youth.” Overstreet’s research has focused on the impact of chronic stressors on children and the resulting risk of maladjustment.

She has recently studied trauma-informed school-based mental health services and is working on developing faculty for a doctoral specialty in Trauma-Focused School Psychology.

Dr. Michael Cunningham, Full Professor at Tulane, presented on “Building Resilience Among African American Adolescents,” following his research on racial, ethnic, psychosocial and socioeconomic factors that affect African American adolescents adjustment to chronic stressful events.

Cunningham is Executive Director of the Center for Engaged Learning and Teaching where he serves as Associate Provost. He is appointed to both the Tulane Psychology Department and the African & African Diaspora Studies Department.

Dr. Conni Patterson, Professor of Practice at Tulane and school psychologist, has taught in the school psychology program and served as director of the internship program. Patterson’s presentation covered, “Challenges in Working with GLBQ Youth in the School Setting.”

Also from Tulane faculty, Dr. Bonnie Nastasi, Full Professor in the school psychology program, spoke on “Child Rights Framework for Promoting Personal, Interpersonal and Collective Well-Being.” Nastasi is an Associate of the International Institute of Child Rights & Development, Centre for Global Studies, University of Victoria, British Columbia. She has served as president of APA Division of School Psychology and is currently a member of the APA committee on International Relations in Psychology.

Dr. Alan Coulter, with colleagues Holly Paczak, Ed.S., and Jennifer Koehler, M.A, from T.I.E.R.S. (Teams Intervening Early to Reach All Students) Group, Human Development

Center, LSUHSC New Orleans, presented “Keep Your Principal From Getting Fired,” on Wednesday morning.

“School leadership is second only to classroom teaching as an influence on pupil learning,” Coulter told the audience, noting research that emphasized principals’ needs to be fluent in the use of data as a leadership tool.

He noted, “Principals need to know what data could answer key questions, and how to use and array that data to stimulate conversations and encourage actions.”

Koehler told the *Times*, “School leaders must not only stress the importance of the *quality* of the myriad data collected in schools, they must also stress the importance of *using* that data to improve results for all students.”

Coulter, Paczak, and Koehler outlined a model for school psychologists to help support the larger social system changes in their school, drawing from organizational psychology themes and highlighting factors in the changing conditions for principals and school psychologists who work in a consultative capacity.

Dr. Coulter is Director of the Louisiana School Psychology Internship Consortium (LAS\*PIC), an APA-accredited doctoral internship. He has a long-standing involvement and interest in early intervention and nondiscriminatory identification of disabilities, and is

Co-Director and Lead for Technical Assistance for the national Data Accountability Center.

In their presentation, Paczak and Koehler asked, “It takes 13 years to take a new healthcare innovation from the point where we’ve demonstrated its benefit to the point where it has been established as the standard of care. How long does it take in public education?”

They pointed out that successful principals establish measures based on data, reporting progress based on data, and provided time for collaborative planning with others.

The three-day conference offered an array of other workshops, roundtables, and presentations.

Dr. Kevin Jones, Director of the School Psychology Program at LSU Shreveport, and past president of LSPA, led a “Roundtable discussion of Value Added in Louisiana,” on Wednesday.

Dr. Rebecca Nolan, also from LSU Shreveport, school psychologist and medical psychologist, presented a talk on Thursday, “Medications Use for Treatment of Anxiety & Depression in School Aged Populations.” Nolan has served on the Louisiana Board of Examiners of Psychologists and also maintains a private practice in the Shreveport area.

Dr. John Murphy, professor of psychology at the University of Central Arkansas, and

Cont’d next pg



L to R: Dr. Carmen Broussard, Professor, Department of Psychology and Counselor Education at Nicholls U., Dr. Katherine Wickstrom, Professor in Psychology Department at LSUS, and Susan Ratterree, LSPA Representative to National Association School Psychologists, talk with Dr. Kevin Jones, Professor from LSUS. The group worked hard to keep the convention running smoothly for attendees.





Drs. Steven Welsh (L), Phillip Lazarus (C), and George Hebert (R), at the recent gathering in Lafayette for the LA School Psychological Association. Dr. Lazarus, the keynote speaker said, “School psychologists know and understand. We know more about education than anyone in psychology, and more about psychology than anyone in education.”

School Psychologists Focus on Resilience, Cont’d

internationally recognized author (Solution-Focused Counseling in Schools) presented “Creative Techniques for Resolving Persistent School Behavior Problems.” Murphy’s focus lies in “emphasizing strength based counseling as a method to both recognize the strengths the student brings to the table and as an avenue to building resilience,” LSPA president Banai told the *Times*.

Dr. John Simoneaux is a psychologist and trainer from the Alexandria area, and owner of Professional Training Resources. He presented, “Violence and Aggression in School Aged Children and Interventions,” on Friday.

Other highlights of the conference included Dr. Chavez Phelps, a school psychologist for ReNEW Charter Management Organization in New Orleans. Phelps originally came to Louisiana as an intern in the LAS\*PIC from Indiana State University. His background includes helping youth in residential treatment facilities, alternative high schools, juvenile justice centers, and adolescent mental health hospitals. Phelps spoke on “Building Resilience in At Risk Youth Using a Whole Child Approach.”

Dr. Brad Dufrene and Dr. Joe Olmi from the University of Southern Mississippi presented. Legal and ethics topics included a presentations by Jim Comstock-Galagan, Executive Director and Senior Attorney for the Southern Disability Law Center, and graduate of Tulane School of Law, and Dr. Wayne Stewart, school

psychologist, attorney, and former president of LSPA. A popular workshop was “RTI [Response To Intervention] for Students with Behavior Disorders,” presented by Dr. Kristin Johnson. Johnson presented to an overflowing audience and followed with another well-attended workshop, “Writing and Implementing Effective Behavior Plans for Disconnected Adolescent Youth.”

Susan Ratterree, the LSPA national delegate and practicing school psychology serving a Charter School in New Orleans, hosted “Roundtable Discussion: School Reform and the Role of School Psychologists in the Charter Schools.”

LAS\*PIC pre-doctoral interns presented an array of topics at the conference. Shasta Ihorn spoke on “Multicultural Counseling Perspectives,” David Klingbell spoke on “Selecting and Comparing the Effectiveness of Universal Screening Measures in Reading,” and Erin Leichman, presented “Predictive Validity of the Individual Growth and Development Indicators.”

Also, LAS\*PIC intern Tera Bradley, presented on “Using Miscue Analysis within the Rtl [Response to Intervention] Framework.” Elizabeth Roberts spoke on “The Relationship between State Rtl Practices and National Academic Performance.” And also, Evan Dart presented “Utilizing Students as Behavioral Change Agents: An Example Using CICO [Check In Check Out intervention].”

UNO’s Dr. Gilda Reed Honored For Excellence in Teaching

The University of New Orleans International Alumni Association has named Dr. Gilda Reed recipient of its 2011-2012 Excellence in Teaching Award. Dr. Reed is a member of the psychology faculty at the University of New Orleans.

Dr. Reed will be given the \$2000 award, and presented at the Fall Commencement Ceremony, in recognition of her excellence in teaching. Dr. Reed is a popular instructor in the U. of New Orleans psychology undergraduate program, teaching eight different courses on campus and online.

Reed told the *Times*, “I am honored to receive the award. Dr. Paul Frick [Chair of the UNO Psychology Department] keeps nominating me for UNO awards but this is the first time I have actually won.”

Executive Director of the UNO International Alumni Association, Pamela Meyer, wrote in a recent announcement, that the award is “... in gratitude to the faculty members who have positively impacted the lives of so many UNO students, helping them succeed by providing the highest quality teaching.”

The announcement also noted that the “Excellence in Teaching Award” is for those who have “distinguished themselves and the University of New Orleans in the academic area through their commitment to instructional excellence.”

Dr. Reed was chosen by a selection committee that included faculty, students, and alumni representatives.

In April 2012, Dr. Reed was named as only one of three Louisiana professors included in the Princeton Review’s *Best 300 Professors*. She was the only Louisiana psychology instructor named by the Princeton Review, who developed the top lines in collaboration with RateMyProfessor.com.

The annual “Parade of Posters” included presentations from Tulane University students, Amanda Borja, Zainab Siddiqui, Xzania White, Dustin Mars, Heather Henderson, Patrick Bell, Allisyn Swift, and Jorge Verlenden.

Students presenting from LSU Shreveport at the poster session were Amber Easley, Josh McCormack, Allison Fippo, Renee Mobley, and James Terry.

Princeton Review’s top list was developed from over 42,000 faculty members nationwide. From this group, 1000 professors were selected and then authors obtained further input from school administrators and students. The top 300 professors were selected and viewed as those who were most able to teach, motivate, inspire, and help make the coursework interesting to their students, as well as responsive and accessible.

The *Times* asked Dr. Reed for some of her tips for teaching.

“Treat students with respect and fairness,” she said. “Answer all emails right away. No sarcasm ever. Never assume that a struggling student is lazy.”

“Test only what is actually taught in the classroom refraining from including obsolete fine print material. I write all of my own test questions to insure that only taught material is included in tests.”

Dr. Reed also recommends that professors give three different modes of note-taking aides for downloading and printing.

“ I allow students to take pictures of my notes at the end of lectures,” she said. “Since test questions require application, rather than parroting back memorized ‘stuff,’ this is not spoon-feeding them. It reduces anxiety and allows them to listen more attentively.”

She uses good cognitive science. “All test questions are designed to teach more and are in the mode of ‘All the following are true statements except one,’” she explained. “This forces them to read mostly true facts and to hopefully become adept in choosing the one that does not belong with the others.”



Dr. Gilda Reed  
(Courtesy photo)



# U of LA Monroe Researchers Begin Assessment Of Academic Psychologists & Psychology Students

Researchers from the University of Louisiana Monroe (ULM) launched an effort to better understand the needs of academic psychologists and students of psychology last month in collaboration with members of the Louisiana Psychological Association (LPA).

Sponsor and coauthor, Dr. Karen Kopera-Frye, the Joseph A. Biedenharn Endowed Chair in Gerontology at ULM, and principal author Ms. Janease Traylor, graduate student in psychology from the ULM Department of Behavioral Sciences, conducted the first steps to begin to understand the views of the academic psychology community.

Other coauthors include Ms. Sandra Dillion from ULM, Dr. Bill McCown, Interim Provost at ULM, Dr. Susan Dardard, Membership Chair of LPA, and Dr. Gail Gillespie, LPA member .

The group worked to develop and administer a survey to academic psychologists and psychology students, as well as potential members of LPA.

The survey went out to 274 people in five schools around the state, and asked for opinions about what matters are most important to the respondents. Views about LPA were included. Sixty-one individuals completed the survey so far.

“It was enough for us to get a snap shot,” Dr. Kopera-Frye told the *Times*. “I consider it a first step,” she said. Authors indicated that the response rate might have been higher at a less busy time in the semester.

Despite the return rate, the authors noted in a proposal to the American Psychological Association, (APA), “ ... some noteworthy themes emerged from our survey results.”

Initial findings suggested that Continuing Education and Peer Communications are important organizational activities for respondents. “Concerns and interests varied greatly between students and professors,” authors noted. “Student major concerns included:



Dr. Karen Kopera-Frye

Needing more training, limited knowledge of the organization [LPA], and a strong need for mentoring.”

Psychology professors reported a need for more “research forums” and “enhanced public relations.”

In an interview with Ms. Traylor and Dr. Kopera-Frye, the ULM researchers indicated that they will be looking for a greater response rate in the next steps.

“We are going to recruit the 75 percent that didn’t answer the survey,” said Dr. Kopera-Frye. “We need more responses.”

Sandra Dillion will be working to revise the introduction and examine other matters that help to gather the views of the original sample, they explained.

While 75 percent of those responding indicated having a “fair” opinion of LPA, Dr. Kopera-Frye told the *Times* that there seemed to be many who had no information at all about the organization.

Some of those academic psychologists responding said that LPA isn’t focused on or concerned with academic psychologists.

Dr. Kopera-Frye is Professor and interim head of the ULM Department of Gerontology, Sociology, and Political Science, the Endowed Chair, and a project leader in a coordinated research effort with Pennington Biomedical, among her many responsibilities. She obtained her PhD in developmental psychology from Wayne State University and has worked in health promotion programming including Statewide and Northern Nevada



Janease Traylor

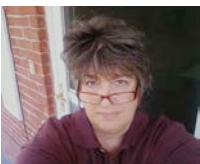
(Courtesy photos)

Planning Committees with Washoe County Department of Public Health, and Washoe County Senior Services. She has developed culture preservation initiatives with Native American tribes.

Recently Dr. Kopera-Frye was asked to participate in the APA’s Leadership Institute for Women in Psychology.

Janease Traylor is currently a masters graduate student at ULM pursuing a MS degree in Psychology, emphasis in Psychometrics. She is a teaching assistant in the Psychology Department under the supervision of Dr. Barbara Cottingham and Dr. Veronica Lewis, and a salaried intern for the Pennington Biomedical Research Institute in the “LABrainS” project.

Sandra Dillion is a Graduate Research Assistant working with Dr. Frye, and in her last year of masters study in the Department of Gerontology. She will intern in a long-term care facility next semester. Her professional goal is to become a licensed Nursing Home Administrator. She was a math elementary school teacher prior to being admitted to graduate study in Gerontology.



## Psychology Gumbo

by Julie Nelson

I’ve been trying and trying to track someone down to comment on two fascinating articles that wouldn’t let me go. I twisted John Simoneaux’s arm to look at the McNulty article that questions some of what think about relationships – we may be a little too rose-colored. Dr. Simoneaux is perfect to comment on this, since I find him to be one of the wisest people around.

I’m still looking for someone willing to review and read a fascinating article, “Mind-Set Matters.” It is a study on the power, and I mean freakish power, of the placebo mind-set. If you know this area, please give me a holler.

### • “When positive processes hurt relationships,”

McNulty, J. K. (2010), *Current Directions in Psychological Science*, 19(3), 167-171.

**COMMENT:** Dr. John Simoneaux, licensed psychologist and trainer, owner of Professional Training Resources in Alexander.


“James McNulty challenges the long-held notion that positive expectation for experiences promote more positive evaluations of those experiences. In other words, if you think some experience is going to be good, you are more likely to think it was good after it occurs.

“In a 2003 study, McNulty and Karney found that spouses who expected to be more satisfied typically were when they were confronted with an upcoming problem-solving discussion. Think again. In this article he reviewed four independent longitudinal studies of newlyweds and found that positive expectancies may even hurt some couples, particularly those who are already distressed. It was concluded that less-positive expectancies, less-positive attributions, more-negative behavior, and less forgiveness were more effective at helping coupled who faced more frequent and more severe problems stay satisfied over time.

“He discussed implications of these findings for treatment, suggesting that therapies that promote more positive thoughts and behaviors may work better for couples who have minor wrangles, but not so well for those who face more severe problems. Interesting. When problems within a dyad (or possibly even a larger group) are complex and interwoven, simply accepting the “Don’t worry, be happy” advice may not be as effective as a realistic, transparent, and honest appraisal of problems allowing true change, and a true healing process to begin.

“It seems that the truth still may serve to set us free.”

American Board of Medical Psychology



The Specialty for the Coming Integrated Care Models in Primary Care Centers and Hospitals

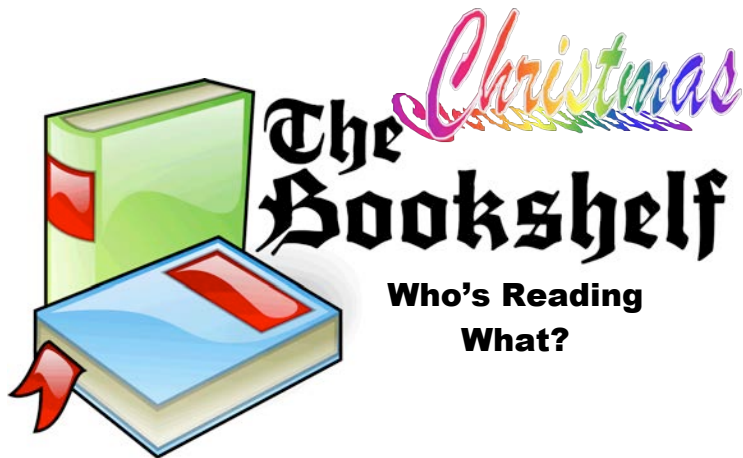
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*Editor's Note:* This edition of Bookshelf shifts the focus from who's writing what to who's reading what.

We asked a few people what books they've read and which ones they would recommend to others to read for education, inspiration, entertainment, or just – whatever. We received some interesting suggestions for those in the psychology community.

Enjoy and Merry Christmas!

**Donna Thomas, PhD**

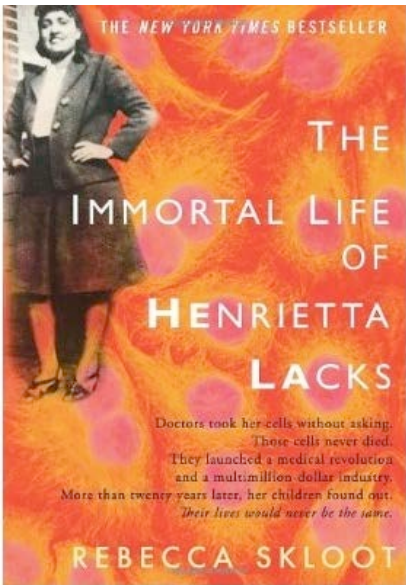
Department Chair, Psychology & Behavioral Sciences  
George and Jean Baldwin Endowed Associate Professor  
Louisiana Tech University

***The Immortal Life of Henrietta Lacks***

by Rebecca Skloot

"I recently finished *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. It is a fascinating account of Mrs. Lacks' incredibly viable cells, harvested without her consent during her treatment for cervical cancer. Her cells have been used for years to research cancer, AIDS, gene mapping, and more; all without her knowledge and without any benefit to her or her family. Henrietta was poor, uneducated, and Black. The story of her family's struggles contrasts with the robust nature of her bodily tissues to make an intriguing story of the development of medical ethics, particularly informed consent, and a family's search for truth and understanding."

[Editors note: Both Dr. Thomas and Dr. Hammond recommended this book, along with others. So, it is a top recommendation for psychologists!]



**Amy Hammond, PhD**

Psychology Professor  
Centenary College

***The Sweetness at the Bottom of the Pie***

by Alan Bradley

"*The Sweetness at the Bottom of the Pie* by Alan Bradley is the first (of four so far, but there's another due out in early 2013) of the Flavia de Luce mysteries. Flavia is an eleven-year-old living in 1950 rural England in a drafty old family mansion with her widowed father and two older sisters and a most magnificent chemistry lab. Flavia has the uncanny knack that key characters in a mystery series always seem to have to be around when someone dies suspiciously. She's clever and persistent and always underfoot annoying the local constabulary. And she always solves the case. These are fun, light reads."

***Kindred***

by Octavia E. Butler

"Lately, I've been reading some older, but wonderful books.

"*Kindred* by Octavia E. Butler is technically classified as science fiction, but is really about the complexities of slavery as part of our history. Published in 1979, Dana is a black woman married to a white man. Inexplicably, she is suddenly pulled back in time to the antebellum South to save the life of a young boy. She begins hopping back and forth, from the past to her 1976 present, each time, going back to save the same young boy, as he grows into a man. We ultimately learn of the connection between these two lives and the barest hint at what slavery might have been like."

(And, *The Immortal Life of Henrietta Lacks* by Rebecca Skloot)

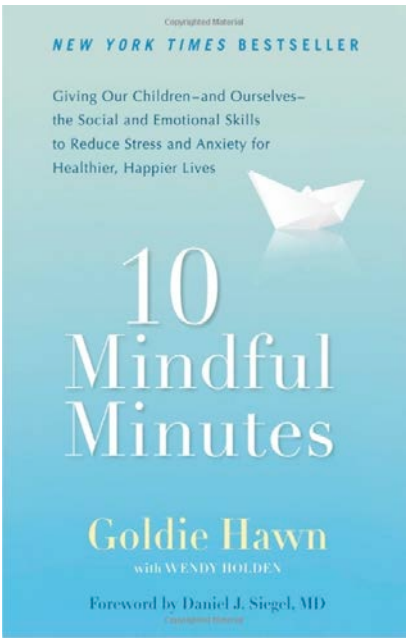
**Susan Andrews, PhD**

Neuropsychologist  
Clinical Assistant Professor of  
Medicine LSUHSC  
Author of *Stress Solutions for Pregnant Moms: How Breaking Free from Stress Can Boost Your Baby's Potential*.

***10 Mindful Minutes***

by Goldie Hawn

"Recently, I saw Goldie Hawn talking about her New York Times bestseller, *10 Mindful Minutes: Giving Our Children – and Ourselves – the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives*. As one who has practiced meditation for many years, I firmly believe in education teaching our children to use meditation to focus attention, manage emotions, and grow the Self. *10 Mindful Minutes* is easy to read and full of practical exercises and ways to engage children. If you are a parent or if you work with children in your practice, you need this book in your arsenal. Quotes from children and professionals fill the pages, like Janis (age 9), "I liked sitting and really listening to all the noises in the playground. It wasn't until I really paid attention that I heard the birds singing in the trees – something I never noticed before." By sitting and mindfully breathing for 10 minutes a day, anyone can strengthen the part of the prefrontal cortex involved in generating positive feelings – in just 8 weeks."



**Bill McCown, PhD**

Provost, U. of Louisiana Monroe  
Author (*Strange Attractors: Chaos, Complexity, and the Art of Family Therapy, Treating Gambling Problems, Procrastination and Task Avoidance*, and others.)

***Thinking, Fast and Slow***

by Daniel Kahneman

"Ah, what am I reading? Daniel Kahneman's *Thinking, Fast and Slow*. Kahneman was the last PSYCHOLOGIST to win a Nobel Prize (2002). His research has highlighted the almost unavoidable tendency of we humans to think and choose irrationality.

"The book summarizes his illustrious career, first with the late psychologist Amos Tversky, regarding human biases and judgment failures under uncertain conditions. There is strong evidence that people really are lousy thinkers in many situations. When things get uncertain, we get much worse. This has immediate and profound clinical implications.

"Since Tversky's death, Kahneman has done fascinating laboratory research concerning what makes us happy. It almost always isn't what we think."

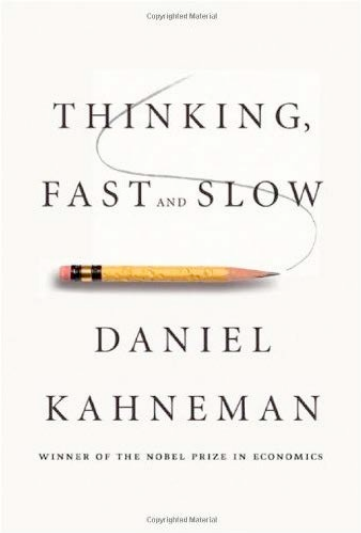
**John Fanning, PhD**

Neuropsychologist, New Orleans  
President Elect, LPA

***Awakenings***

by Oliver Sacks

"*Awakenings* initially published in 1973, is perhaps the strangest nonfiction book I have ever read. I think it is also safe to say that it is probably the only book ever published with praise blurbs from both Alexander Luria and Doris Lessing. The years shortly after the World War I saw an epidemic of a particularly strange neurologic disorder, von Economo's encephalitis. A significant population of survivors of the





Bookshelf, cont’d

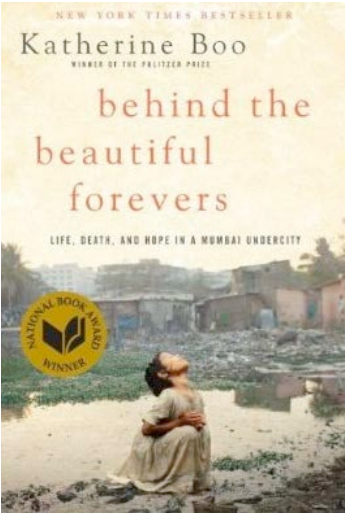
illness were left in a deeply lethargic state, with very marked parkinsonism. In the 1960s quite a number of such survivors in New York resided in a state institution where a young neurologist named Oliver Sacks worked. When l-dopa was introduced for treatment of Parkinson's disease, he decided to try the drug on these patients. The effects were dramatic, but uncontrollable. Patients were thrust abruptly into the world--and into action--after several decades of immobile neurologic oblivion. This near-miraculous development had a dark side, however. Patients swung wildly between immobility (too little dopminergic activity) and psychosis and ticcing (too much), and it proved virtually impossible to adjust dosages to strike the right balance. As he has in his subsequent books, Sacks focuses on the experiences of the patient themselves and on the quest of people with afflicted with a wide range of disorders to attain and maintain a balance in living in deeply disrupted circumstances. These patients are people, not cases.

“Sacks has since written numerous quite popular books (*Hallucinations* being the most recent), but *Awakenings* remains my favorite, and the most challenging for the reader. The breadth of concepts and material is very striking. *Awakenings* was made into a film some years later, but the film seemed almost conventional in comparison with the book on which it was based.”

**Judith Stewart, PhD**  
Psychologist  
Past President the Florida Psychological Association

*Behind the Beautiful Forevers: Life, Death, and Hope in a Mumbai Undercity*  
by Katherine Boo

“Here is a review of the best book I have read this year. It’s a Christmas book because it’s so thought provoking and puts our Xmas in a very different perspective (at least it did for me).



“The last time I was in India I took a cab to the Mumbai airport. Along the many miles of highway there was a wide littered swale that ended at a tall wall. By stretching a plastic tarp from the top of the wall to the bottom a tent like structure was formed, and families lived within. Every foot of wall space was taken. I wondered what it could be like to live in such incredible poverty.

“Pulitzer prize winning author Katherine Boo gives one answer in her book, Beyond the Beautiful Forevers, Life, Death and Hope in a Mumbai Undercity. For three years she lived in and describes life in Anawada, a ½ acre 338 family community in the shadow of luxury hotels. The rule for survival seemed to be, get what you can for yourself at ANY COST to others. There was simply no other way people could see to survive. I found myself stunned by the way this was lived out. Doctors in the publicly funded hospital charged additional fees for their services or you die. People would watch you die on their doorstep. Neighbors cheated each other. Young people killed themselves rather than go any further with their lives and there was no way out. Hope dies hard and people had dreams, like being the best garbage picker and thus making a little more money. Dreams don’t often come true in such a community. The book is very well written and the people are real and well portrayed. Their stories are followed for the time the author was there. That makes the book both fascinating and unbearable.

“After I read the book I find myself stumbling through my life with a new understanding of alternatives to what I see every day, a new understanding of how limited and lucky my life is and what human beings are capable of. I also saw the continuity in human behavior of greed, cheating, being indifferent to others. The difference it seemed to me is that in our culture greed is the motive. In Anawada survival is the motive. Painful.”

**Michele Larzelere, PhD**  
LSUHSC Department of Family Medicine

*The Emperor of Al Maladies*  
by Siddhartha Mukherjee.

“In this book, a physician and researcher provides a ‘biography’ of cancer, from the first historical mentions of what we now know as cancer, to the more recent discoveries that are turning some cancers into chronic diseases. Along the way, the author interweaves first-person accounts from his own patients with

descriptions of the biophysiological challenges cancers present to clinical researchers. He also profiles several early cancer researchers who brought “the C-word” out of the shadows and helped to direct research funding toward cancer cures. The author has a writing style that makes research and treatment concepts easily understood, no matter how long it has been since your last biology class! His explanations should be the model for physicians everywhere. He also demonstrates the type of compassion for his patients and dedication that we would all wish to have in our own oncologist. Given that most of our lives will be touched by cancer in some fashion, I cannot recommend this book highly enough.”

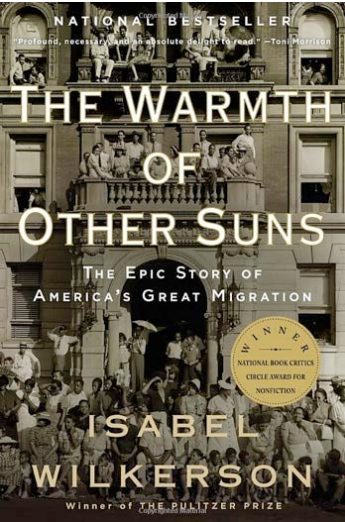
**Kim VanGeffen, PhD**  
Neuropsychologist  
Past President, Director LPA

*The End of Your Life Book Club*  
by Will Schwalbe

“I recently completed this wonderful book which tells the true story of the relationship between a mother and son who spend time together discussing books while she is undergoing chemotherapy for pancreatic cancer. The mother, Mary Ann Schwalbe, is a remarkable woman who spent hours doing international volunteer work helping woman and children who were refugees. She also helped to raise money for a library in Afghanistan. The author and his mother were avid readers and formed their own "book club" after Mary Ann was diagnosed with cancer. Discussing the themes of the books they were reading allowed them to address important issues in their relationship and helped both of them cope with the rigors of Mary Ann's chemotherapy.”

**Marva L. Lewis, PhD**  
Sociocultural Psychology  
Associate Professor  
Tulane University School of Social Work

*The Warmth of Other Suns: The Epic Story of America’s Great Migration*  
by Isabel Wilkerson.



“One of the most inspirational books I have recently read is *The Warmth of Other Suns: The Epic Story of America’s Great Migration*, (2011) by Pulitzer Prize-winning journalist, Isabel Wilkerson. She tells the story of the exodus of almost six million African Americans from the south to northern and western cities from 1915 to 1970. As I read her beautifully written and well-documented narrative I emotionally connected with the human stories she brought to life. I understood for the first time the back-story of my father and mother’s journey from Birmingham, Alabama to Detroit, Michigan in the 1940s. They were eager adolescents in their late teens and early twenties, having left their high school for the ‘warmth of other suns’ of Michigan. Ms. Wilkerson used the stories of several individuals to illustrate the compelling sociological, economic realities that drove people from the south. She helped me understand the untold story of so many of my relatives who journeyed north to the lure of the ‘promise land’ of high paying factory jobs of General Motors. This book described in graphic detail the brutal reality of life the south in the early twenties that propelled the largest urban migration in American history. The life of Blacks in the south included lynching, psychological terrorism, and unrelmitting racial discrimination. After reading this book I cried. I felt I had heard the poignant stories of my Uncles Charlie, Silas, and Robert, my Aunts Sadie, and Annie Mae; who were the relatives my parents joined as they began their new life filled with the promises of life ‘up north.’”

**Tracey E. Rizzuto, PhD**  
Industrial/Organizational Psychologist  
Associate Professor, College of Human Science & Education  
Louisiana State University

*A Christmas Carol*  
by Charles Dickens

“One of my holiday favorites is Charles Dickens' A Christmas Carol. I revisit it every few years and still marvel at the fact the it was written in 6-weeks time. Now that is what Czikszentmihalyi would call FLOW!”







## Gone Fishing –

### The LSU Lakes Dr. Tom Stigall - Photography

*Editors Note:* Last December the *Times* presented readers with some of Dr. Tom Stigall's photography, who is past president of the Louisiana Photographic Society and a photographic artist. "One thing I have been doing since retirement," he told the *Times*, "is indulging myself in a lifelong serious interest in photography." He has had work accepted for a national competition hosted at LSU. "My work is eclectic as to subject matter. It is the product of a desire to preserve images that will be experienced by the viewer as meaningful: esthetically pleasing, sympathetic and nurturing, awe-inspiring or arresting." I asked him again for some of his work for our holiday issue and he provided these delightful views of the LSU University Lakes and the interesting inhabitants in our state. Ahh... Louisiana.

(All photos by Tom Stigall)





# Up-Coming Events

*Dr. Garner Reviews McWilliams Book*

## Louisiana Group Psychotherapy Winter Institute Begins Friday

The Louisiana Group Psychotherapy Society will hold the 2012 Winter Institute On December 7 and 8, at the Sheraton New Orleans Hotel, 5 featuring Dr. Nancy McWilliams.

The *Times* asks Past President and Advisor to the Board, Dr. Chris Garner to review Dr. McWilliams book.

“Nancy McWilliams’, *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process*, is a well written, clinically useful, and highly accessible book on contemporary psychoanalytic thinking. It is the first of three related books,” Dr. Garner explained.

“This one focuses on personality assessment/ diagnosis – the other two books focus on case conceptualization and psychotherapy. Dr. McWilliams writes about how to pinpoint personality type (e.g., paranoid, obsessive, depressive, etc.) and the level of ego development (e.g. neurotic, borderline, psychotic), and use the intersection of these two facets to understand clients in deeper ways as well as to guide the psychotherapy process.”

“Factors such as defense mechanisms, drives and affects, object relations, sense of self, and transference/counter-transference are discussed. This book is the most accessible book of its type that I have encountered. Moreover, it is written in an empathic and humanistic way. The concepts in this book have enhanced my understanding and empathy and given me a kind beacon in guide my clinical work. Imagine

really feeling for your most defended narcissistic patient because you can truly sense the pain what lies at their psychological core. Imagine a diagnosis that actually gives you some parameters for how to navigate the psychotherapy process. That is what Dr. Williams delivers in this masterpiece.”

“I have read it more than once and used it as a reference countless times with therapy and assessment cases. Every pre-doctoral intern I have worked with reads this book. I usually get some version of a “Thank You” from them. I recommend her other two books as well (*Psychoanalytic Case Conceptualization and Psychoanalytic Psychotherapy*).”

The Louisiana Group Psychotherapy Society is an affiliate of American Group Psycho-therapy Association.

The society’s website is <http://www.lgpsonline.org/index.html>

The society is multi-disciplinary with psychologists, clinical social workers, psychiatrists, counselors, students, and other mental health professionals.



Dr. Marva Lewis  
(Courtesy photo)

## Dr. Marva Lewis To Present Diversity Webinar for LPA On-Line Academy

Dr. Marva Lewis will present the first presentation of a series of workshops on “Diversity: Healing from the Trauma of Slavery,” hosted by the Louisiana Psychological Association this January.

The webinar online presentation will be held by the LPA Online Academy on Friday, January 25, 2013, from 9 am to 11 am.

Dr. Lewis is Associate Professor in Socio-cultural Psychology at the Tulane School of Social Work. She is also on the adjunct faculty for

the Tulane Department of Psychology.

The theme of the January Webinar will be “Nappy-Haired Ghosts in the Nursery.” This workshop focuses on understanding how legacies of slavery, colorism, the valuing of light skin and straight hair may impact the earliest caregiver child attachment relationships.

Participants will learn to use a clinical tool for assessment and intervention. Dr. Lewis presents evidence from over a decade of

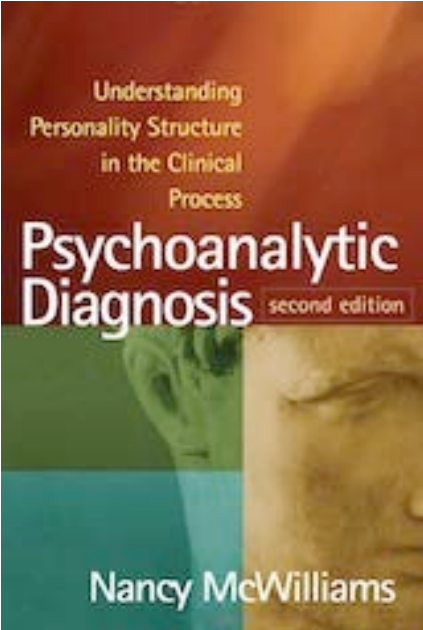
research using the tool with African American women.

Dr. Lewis' research focuses on the development of culturally valid research methods and measures of racism-based stress during pregnancy, Colorism in African American families, and parental acceptance or rejection of children.

She conducts basic research on racism-based stress as an unrecognized factor in racial disparities in perinatal infant outcomes in African American women.

She also works in applied research using narrative therapy techniques and measures to strengthen African American family intergenerational relationships based on issues of Colorism as a legacy of the historical trauma of slavery.

She has also directed her efforts to the development of an evidenced-based tool for use by individuals, organizations, and groups on the topic of Diversity, Privilege and Oppression.



## What?

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Regional Group News

Dr. Desselle New President of BR Area Society Psychologists

Dr. Sherry Desselle has taken over as President of the Baton Rouge Area Society of Psychologists for outgoing president, Dr. John Pickering.

Dr. Desselle is a Baton Rouge psychologist and owner of the Baton Rouge Center for Anxiety Treatment. She will serve as president until July 2013.

Dr. Joseph Comaty, also of Baton Rouge, serves as the Secretary/Treasurer of the regional group.

You, AND Your Offspring Are What You Eat!” The group met at DeAngelo’s Italian Restaurant on Bluebonnet Blvd in Baton Rouge to hear the talk.

Dr. Desselle’s clinic in Baton Rouge is located near Lady of the Lake Hospital. “I do evidenced-based treatments, which is a whole lot of CBT [Cognitive Behavioral Therapy],” she told the *Times*.

The group will meet in December for its annual Christmas party. Interested persons can contact Dr. Desselle for information.

The *Times* talked with Dr. Desselle about the plans for the society. “Two topics for next year will include bullying in school and equine therapy,” Deselle told the *Times*.

In November the society hosted a presentation by Dr. Richard Flicker, Baton Rouge Industrial-Organizational psychologist.

Desselle is also the liaison to the American Psychological Association’s Lesbian, Gay, Bisexual, and Transgender Concerns Office, serving for the Louisiana Psychological Association. She explained that the mission of this APA group is “... to advance the creation, communication and application of psychological knowledge on gender identity and sexual orientation to benefit society and improve lesbian, gay, bisexual and transgender people’s lives.”

Professional Training Resources Lowers Fees To Help In Recession

Professional Training Resources will present “Personality Disorders in DSM-5” for January 25, 2013, at the Marriot in Baton Rouge; on February 1, 2013, in Shreveport; and in Lafayette on February 15, 2013.

The March offering will be “Ethics: Religion and Spirituality and/or Ethical Challenges in Supervision, presented in Lafayette, Baton Rouge, and Monroe, on March 1, 8 and 22, respectively.

Training Director at Professional Training Resources, Lisa Driscoll, announced recently that the organization will be lowering its fees to help customers with costs. Driscoll noted that one factor is the general state level cut-backs.

Dr. John Simoneaux also noted to the *Times* that he is making adjustments because everyone is dealing with the same financial issues and he wants to adjust. Simoneaux is owner of Professional Training Resources, a provider of training for an array of mental health disciplines.

The new rates are \$100.00 per seminar with discounted rates to members of \$85.00. On-site registration will be \$110.00. Half-day events will be \$60.00 per topic, according to the announcement.

The Psychology Times

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

None of the content is intended as advice for anyone.

The Psychology Times

CLASSIFIED ADS

Position Wanted: Research Associate, Health Psychology. Accomplished and dynamic masters level professional with degree in health psychology. Competencies include: Health Care · Patient Assessments · Patient Relations · Health & Safety Regulation · Care Coordination Policies / Procedures Compliance · Time Management · Needs Assessment · Email for more info at [Neurology579@yahoo.com](mailto:Neurology579@yahoo.com)

Psychology Practice looking for professionals interested in joining our practice in **Metairie**. Two fully furnished offices in beautiful atrium building available 3 days per week. Rental includes telephone, fax, wireless internet, basic office supplies and receptionist. Contact Lynn at 504-455-0109.

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Psychologist  
New Orleans Metro Area, Louisiana  
Salary: \$81,823.00 - \$106,369.00 / Per Year

Psychologist (Psychosocial Rehab Recovery Center Coordinator)  
Shreveport, Louisiana  
Salary: \$57,408.00 - \$106,369.00 / Per Year

Psychologist (Mental Health)  
Shreveport, Louisiana  
Salary: \$57,408.00 - \$106,369.00 / Per Year

Clinical Psychologist  
Baton Rouge and New Orleans  
Salary: \$81,823.00 - \$106,369.00 / Per Year

Psychologist (Asst Chief, Mental Health Service)  
Shreveport, Louisiana  
Salary: \$96,690.00 - \$125,695.00 / Per Year

Psychologist (Chief, Mental Health Service)  
Shreveport, Louisiana  
Salary: \$96,690.00 - \$125,695.00 / Per Year

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