

## Salmon and Sardines for Stress Reduction?

See Dr. Andrews *Stress Solutions* column

Page 8  
In Science & Education

## Psychology at the Movies

Our movie expert Dr. Al Burstein looks at the classic –

Cyrano de Bergerac  
*My White Plume*

Page 12

## An Elephant in the Room

Dr. Nemeth is back from the World Psychotherapy Convention

See photo page 13



Dr. Jim Quillin discusses matters at a previous meeting of the Medical Psychology Advisory Committee, part of the state medical board, where he is current Chair. Dr. Warren Lowe is listening.

*Stream of Requests for Patterson, Democratic Process*

## Emails Point to LAMP in Recent LSBEP Appointment, Not DHH

Almost 40 letters in support of Dr. Constance Patterson and the democratic process apparently were not enough to overcome the political influence of two names listed in one obscure interdepartmental email.

“Bud Courson and James Quillin recommend Dr. Comaty for appointment.”

Mr. Courson is the lobbyist for the Louisiana Academy of Medical Psychologists (LAMP) Political Action Committee, and Dr.

Quillin, a Medical Psychologist, is a key leader in LAMP and Chair of the Medical Psychologist Advisory Committee for the Louisiana State Board of Medical Examiners.

The single reference to the two men showed up in an attachment email, when Department of Health and Hospitals Secretary Kathy Kliebert responded back to an email about the two appointees.

Cont pg 3

*Science & Education*

## UNO's Dr. Weems Finds Katrina Kids Can Adapt

A new study from University of New Orleans psychological scientist, Dr. Carl Weems, and his team of researchers found evidence that children may be able to adapt to stressful events if, when followed by similar experience, there is a more positive outcome.



Dr. Weems  
(courtesy photo)

The study, published in the October issue of *Journal of Experimental Psychology: General*, is titled, “Memories of traumatic events in childhood fade after experiencing similar less stressful events: Results from two natural experiments.”

The naturalistic study is the first test of “reconsolidation theory,” outside of the laboratory.

Weems and colleagues Justin Russell, Donice Banks, Rebecca Graham, Erin Neill, and Brandon Scott,

Cont pg 7

## Tulane, LSU, LaTech, Loyola in U.S. News' “Best Colleges”

U.S. News & World Report released the 30th edition of its Best Colleges rankings in September, viewed by many to be a measure of academic excellence.

The annual review places Tulane University at #54, Louisiana State University Baton Rouge at #129, and Louisiana Tech University at #201.

Cont pg 5

## Performance Enhancement

# Helping People Go from Good to Great

Bolstering human potential in sports, careers and business is performance enhancement, a fruitful area of applied psychological science. While practitioners might use many of the same techniques as those in mental health, working with people to help them reach their top potential, and fulfill their dreams, can be very rewarding for both the practitioner and the client.

In this feature we look at what some psychologists and counselors are doing to help their clients reach their goals and find more positive, self-expression in their lives.

We talked with some of the community's practitioners in sports psychology, career development, and the business applications of executive coaching and team/organizational development. We asked them about what they do, what they enjoy about the work, and what are some of the kinds of knowledge, skills and abilities that support them in their efforts.

### Sports psychology

Sports is a multimillion dollar industry. Estimates of professional football alone place it at a \$9 billion plus industry in the U.S. Combining other professional sports, college and high school programs, and amateurs—this is a sports loving nation.

Cont pg 9



(photo © Ed Chandler)

Research suggests that religion can increase self-control. Psychologists and counselors apply a variety of ways to help people enhance their performance.  
(Photo courtesy Dr. Ed Chandler.)

# Editorial Page – Opinions

## 6 Reasons to Opt for Openness

It was another one of those months where I could find no one in government who was willing to talk to me on the record. Boards & Commissions blew off all my requests for an interview. And, while the public relations person at DHH was one of the nicest I've run into, ultimately the questions were ignored. The psychology board first said that a request was denied because it was "excessive" but then when I rewrote it, they said there was nothing to report. To top that off, I'd been asking for an interview for months and they gave me a "regret to inform you" letter. It looks like *no way* is their final answer.

I'm not surprised. However, I also believe that we are in a critical time in our society where leaders need to be open, honest, and non-defensive. It has been a central tenet in organizational psychology since some of the early writings, such as Rensis Likert and his *New Ways of Managing Conflict*, where he points to "open, candid, and unguarded" styles in leaders and groups as a predictor of effectiveness.

While ruminating about all the rejections, I began to catalogue reasons why leaders, and especially psychologist-leaders, should discipline themselves to be open.

**1. Because APA ethics say so.** "Psychologists establish relationships of trust with those with whom they work," and

"Psychologists seek to promote accuracy, honesty and truthfulness ... ," and "Psychologists respect and protect civil and human rights and the central importance of freedom of inquiry ... ."

**2. Answering questions promotes trust.** Trust is the profound glue in social exchanges and human relationships, the proxy for "I will not cheat you." It has deep psychological and evolutionary foundations. Trust is hard to build and easy to destroy. To refuse to answer a question indicates, even if it is not the case, that there is something to hide. Stephen Covey, in *The Speed of Trust*, says it is the one thing that changes everything else.

**3. Openness and answering questions allows a check on group-think.** Groups are vulnerable to confirmation bias and all sorts of other errors in judgment, and outsiders asking pointed questions allows for improved insight. If a group is truly open, they will invite the opportunity to have this double-check on their logic. Yes, it does take more time and some people ask questions just to be nags. But even given the drawbacks, better decisions are worth the trouble.

**4. Inviting questions helps reduce self-deception, blind spots, and arrogance for those in power.** An open exchange promotes a more egalitarian tone or climate, respect for others, and suggests shared power. When individuals in authority discipline themselves to hear dissent and remain open to criticism, it is an antidote for over-confidence and arrogance, which automatically happens when humans are placed in roles of power.

**5. Being open fosters individual maturity.** Being open to questions and feedback is also developmentally valuable for the individual. It pushes the person to deal with resulting emotions—the fears, insecurities, and suppressed themes that they typically avoid. This tension is like confession, it is good for the soul.

**6. You get to feel good about yourself.** Promoting and striving for openness, truth, and accountability allows you to feel morally superior. You can flaunt it to your friends, preach about the value of honesty, openness, and even cite evolutionary psychology.

You can quote the First Amendment, John Adams, and "Vox populi vox dei," because sometimes the voice of the people really is the voice of God.

So, it's comforting to be able to stand on a universal, transcendent value. As the classical scholar Edith Hamilton once wrote, right before the outbreak of WWII:

*"When the world is storm-driven and the bad that happens and the worse that threatens are so urgent as to shut out everything else from view, then we need to know all the strong fortresses of the spirit which men have built through the ages."*

Openness, like truth, is one of those fortresses.

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

Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of *The Psychology Times*.

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## Corrections & Clarifications

No corrections or clarifications were received for our September issue.

Please send corrections to the *Times* at  
[psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)



# LAMP Key in Appointment

continued

The original email, from an administration assistant to Boards & Commissions Director, Barker Dirmann, noted that Patterson was recommended by the President of Tulane, Representative Pat Smith, and the school psychology association. Comaty, the memo noted, was recommended by Bud Courson and James Quillin.

Also, what looks like an attempt by Boards & Commissions Director Barker Dirmann to redirect attention away from LAMP politics by floating the idea that Department of Health and Hospitals (DHH) was pushing for Comaty’s appointment, was dispelled by an email from Kliebert.

Kliebert responded that either Patterson or Comaty was acceptable. And in another exchange, after Kliebert was alerted to rumors that DHH was supporting Comaty, Kliebert contacted Dirmann and asked to speak with him about the matter.

The emails were released by Boards & Commissions in response to a public documents request by the *Times* and provide the bread crumbs in what some view as one of the most bizarre elections for the psychology board any can remember.

Dr. Comaty sent over 30 pages of communications to Boards & Commissions with complaints that included his concerns about possible election tampering by members of the Louisiana Psychological Association. This triggered three balloting cycles.

Comaty also complained that his opponent had a conflict of interest, an idea aggressively picked up by the psychology board and elevated to the state Ethics board. The concern was dismissed, but appeared in a number of updates to Boards & Commissions from the psychology board’s Executive Director, Ms. Kelly Parker. Several sources have confirmed that Parker expressed a preference for Comaty. And, in another release of emails, Dr. Comaty had candidly complained to Parker about those opposing him, saying, “Well, I hope that the new year will bring new opportunities to rid LPA of these malicious members.”

Opposition to Comaty centers in part around his actions in 2011 when he was chair of the psychology board. He was asked by representatives from the state medical board to reverse his own opinion and rule to allow medical psychologists, those without a state psychology license, to qualify as supervisors for psychology interns. Comaty and the board agreed, making Louisiana the only state in the U.S. with such an arrangement



A previous meeting of the Medical Psychology Advisory Committee, a committee that helps the state medical board develop regulations for Medical Psychologists. L to R: Former Executive Director, Dr. Robert Marier, medical psychologists Dr. Warren Lowe, and Dr. James Quillin. Dr. Quillin was said to have recommended the appointment of Dr. Joseph Comaty in the recent political battle over the psychology board.

and running counter to the state psychology practice act.

If the documents released by Boards & Commissions are an indication, the drama surrounding the recent election did not draw much interest or make much of difference in the final appointment.

### Boards & Commissions Emails

In a Friday, July 25, interdepartmental email, Barker Dirmann, Director of Boards & Commissions wrote to Carol Lee asking to have DHH Assistant Secretary, Dr. Rochelle Head-Dunham review the two names, Patterson and Comaty.

In this email he listed Dr. Constance Patterson first and Dr. Joe Comaty as “Alternate.”

“Carol, Can you please submit the following recommendation to Dr. Dunham for her review,” Dirmann wrote. The memo noted:

“Constance K. Patterson, PhD., of New Orleans, is a professor in practice in the Psychology Department at Tulane University. Patterson is a licensed psychologist and a certified school psychologist. Patterson was the top vote getter for the board seat which is scheduled to become vacant at the end of the month. Patterson is recommended by the President of Tulane University Scott Cowen, the Louisiana School of Psychological Association (*sic*) and Representative Pat Smith.”

Then under the heading of “Alternate,” he wrote: “Joseph Comaty, Ph.D., of Baton Rouge, is

currently practicing as a private consultant. Dr. Comaty previously served as the Chief Psychologist for the Louisiana Department of Health and Hospitals’ Office of Behavioral Health.”

No mention was made of Mr. Courson or Dr. Quillin.

Ms. Lee responded on Thursday, July 31: “There are no known issues with the provided nominees listed below,” she wrote, “according to DHH data bases and staff.” (Lee noted that Patterson needed to update her address on a Registry.)

On Monday, July 28, in a different email exchange, Dirmann’s administrative assistant wrote to DHH Secretary Kathy Kliebert and asked Kliebert, “Could you please review the names below and let me know what you think?”

The email included possible appointees for three boards and all but the psychology board candidates were separated from the email according to open records laws.

This time Joe Comaty’s name was listed first and Patterson was listed as “Alternate.”

One additional sentence was included: “Bud Courson and James Quillin recommend Dr. Comaty for appointment.”

Kliebert responded in about 10 minutes from her iPhone saying, “These all look good to me.”

Several sources previously noted to the *Times* that Mr. Dirmann had stated DHH was putting

pressure on the Governor’s Office to appoint Dr. Comaty. This was reported as a rumor in the *Times*. (See “Rumors Flying in Delayed LSBEP Appointment,” August issue.)

Dr. John Fanning, Past-President of the Louisiana Psychological Association attended a meeting on August 6 with Mr. Dirmann.

“I don’t know if ‘putting pressure’ is the exact right phrasing,” Fanning told the *Times* last week in a phone interview, “but it was something like that. It wasn’t confusing or ambiguous,” Fanning said.

Mr. Dirmann has declined to be interviewed and his public relations representative has not responded to requests for an interview to clarify the matter.

According to emails Secretary Kliebert was alerted to the rumor both through emails circulating among psychologists and also by a story in the *Psychology Times* that was also forwarded to her. She wrote to Dirmann, “Please call me about below and attached.”

A request to interview Ms. Kliebert has not been returned.

### Psychologists Write In

The stream of emails to the Governor’s office included those from licensed psychologists, two state psychology organizations, three legislators, and the psychology chair and president of Tulane.



# Emails Point to LAMP in Appointment, Not DHH, continued

Thirty-nine letters were received by Boards & Commissions asking the Governor to appoint Patterson. There were no letters in the release supporting Dr. Comaty.

Of note was a letter to Boards & Commissions by Tulane President Scott Owen. Owen wrote "... on behalf of Tulane University." He mentioned Patterson's multicultural interests, her collaborative style, and her focus in professional ethics, and said she would be an asset to the LSBEP and public protection.

State Representative Patricia Haynes Smith voiced her support for Patterson, writing, "Dr. Patterson is a culturally competent servant and has dedicated her career to serving the youth of Louisiana." Senator David Heitmeier and Representative Kirk Talbot also wrote in support of Patterson.

The Louisiana Psychological Association wrote and asked for Patterson to be appointed, as the top vote getter.

And, the Louisiana School Psychological Association President, Candice Dozier wrote encouraging the appointment of Patterson, pointing out that Patterson had served as president "... demonstrating excellent leadership and collaboration skills." And, "Given the breadth of her work in the field of psychology, she will bring to the board insight into the role of school psychologists and the part they play in the academic and social/emotional success of the children of Louisiana influencing their far-reaching impact on society."

Dozier also noted and praised Patterson's twenty years of experience and knowledge as a facilitator of collaboration among those in the psychological fields, pointing to it as a strength.

Letters from individual psychologists included comments supporting Patterson, "Dr. Patterson has performed admirably in contributing to her community," requests to honor the combined wisdom of the voters, "Psychologists vote for the Board members with the idea that the person will best represent and facilitate" professional standards, and also criticism of Comaty, "... had demonstrated an inability to deal well with the larger community."

There was a common theme requesting the Governor's Office to honor the voters, one psychologist writing it was needed "To restore the integrity of the boards and commissions appointment process."

A medical psychologist wrote to support the democratic process and appoint the person with the higher vote.

After the appointment on August 14, Dr. Comaty wrote in thanking the officials for the appointment and their continued trust in him.

### LAMP Influence

The single mention of Dr. Jim Quillin and lobbyist Bud Courson points to the political forces that have characterized the board appointments since the passage of Act 251 in 2009. Act 251 repealed the 2004 law that gave the psychology board the authority to qualify psychologists to prescribe medication. The new law placed Medical Psychologists under the state medical board, although they may retain their psychology license if they choose to do so.

Dr. Quillin helped design Act 251 in collaboration with the Medical Board and Courson Nickel helped lobby for its passage.

Controversy arose at that time because the political goals were kept from members of the Louisiana Psychological Association (LPA). Later it was discovered that lobbyists' fees of \$72,000 per year were paid from funds in LPA and the American Psychological Association, and this included Act 251. (See "Who Paid for Act 251 and Why?" Sept. '12 *Times*.)

LAMP remains a client of Courson Nickel. Mr. Courson lists LAMP Political Action Committee (PAC) as a client. Medical Psychologists make regular contributions to the PAC. In March 2014 Dr. Quillin contributed \$750 and in April 2014 Dr. Comaty contributed \$750 to the PAC.

### The Involvement of LSBEP

There was nothing in the interoffice emails that adds any more clarity to the activity in the election process and the post-election activity by the psychology board.

Ms. Parker, Executive Director of the Psychology Board emailed Mr. Dirmann several times asking for information about the appointment, and also forwarded him the board's communications to the Ethics Administration.

The *Times* submitted a request for documents and communications between the psychology board and officials at DHH, after one source close to the board suggested that DHH had an influence on the board's decisions. Later, however, the source retracted this idea.

Following a lead that DHH may have had a role in some of the election matters, the *Times* requested public documents from the LSBEP on August 21. The board responded on September 8 that the request was unduly burdensome, having generated over 900 documents, and so was denied.

The *Times* resubmitted and narrowed the request. The board responded on September 23 that there were no documents matching this request.

The Executive Director wrote back, "Please be advised that there is no such communication. The LSBEP has not interacted with DHH regarding the election, appointment (including candidates Comaty/Patterson), recusal or temporary appointment by the Governor."

It is still not clear on what foundation the board based its public statements regarding the top vote getter in the recent election. (See story, "Psychology Board Refuses to Disclose Its Legal Rationale," in July *Times*.)

The psychology board has declined or ignored several requests for an interview, but agreed to discuss the issue at their September meeting. The Executive Director emailed the *Times* on September 26, noting, "The Board discussed responses to media requests at today's meeting. I regret to inform you that the Board Chair has declined your interview request at this time," she wrote.

"However, the Board has created a workgroup to create policies and procedures for responses to media requests," she noted. "In the meantime, the Board will continue to accept letters from individual psychologists who seek guidance/advice, send out newsletters, hold open meetings, and respond to public records requests in accordance with the law."

In a newsletter published on September 29, the board welcomed Dr. Comaty. He wrote that he was honored to be appointed for a second term. He also noted, "I am also a Medical Psychologist licensed independently by the Louisiana State Board of Medical Examiners (LSBME). Contrary to the thinking of some licensees, I do not see this added license as in any way imposing a conflict on my duties and responsibilities as a member of LSBEP, [...]."



2011 psychology board, chaired by Dr. Joe Comaty. L to R: Dr. Tony Young, Dr. Comaty, Dr. Rita Culross (facing away) Dr. Lee Matthews, Dr. John Courtney, and then Executive Director, Jaime Monic.



# Applied Behavior Analysis Board Asks Ethics Administration about Accepting Donations

In March 2014 the Louisiana Behavior Analyst Board, Chaired by Emily Bellaci, M.A., wrote to the Louisiana Ethics Administration asking for their opinion about accepting donations and gifts.

Bellaci wrote, “The LBAB is a self-funded Board and receives no money from the general fund. The Board has licensed a very small number of licensees compared to other health occupation regulatory Boards. Therefore the LBAB requests an Ethic’s Opinion seeking ethical clarification on the Board’s ability to accept private and public donations, grants, and gifts of money.”

She wrote that the Applied Behavior Analysis licensing act, Act 351, notes that the board may “Accept grants, donations, or gifts of money or services from public or private individuals or organizations or from any other sources to be utilized for the purposes of the Board.”

She gave examples for consideration, which included a \$5,000 donation from the

Louisiana Behavior Analyst Association that was made as a “start-up donation.” Bellaci questioned whether this should be considered a donation, gift, or loan, and how should it be reported. She said that future donations may occur, and asked, “Could this present an issue since the advocacy organization and Board may have different legislative agendas or different positions...?”

She also asked about how grants and donations should be reported and whether or not

there is a dollar limit. She presented hypothetical situations, such as one where a private donation is received from a family that contracts for services with a Licensed Behavior Analyst, and then six months later files a complaint with the board about the practitioner.

The Ethics Board concluded that since the questions posed do not relate to issues under its jurisdiction, it declined to give an advisory opinion.

## Nominations Opens for Another Psychology Board Position

The state psychology board sent email notices to licensed psychologists on September 29 that nominations were open for a board position beginning July 2015. The position is a five-year term, to replace the outgoing Chair, Dr. Rita Culross, who will complete her term next June.

Self-nominations forms are available from the board.

This is the first time the psychology board will be conducting the election, which have been previously conducted by the Louisiana Psychological Association (LPA). The LPA Council voted to discontinue holding the election after clerical errors escalated to security concerns by one of the candidates, and three ballots had to be sent out to voters.

# U.S. News 2015 College Rankings continued

University of Louisiana–Lafayette and University of New Orleans were included in the “RNP” group, ranked but not published.

For Regional Universities, Loyola University New Orleans ranked #11 and University of Louisiana–Monroe ranked #81. McNeese, Nicholls, and Northwestern all tied with a #87 ranking.

Ranked but not published were Grambling, Louisiana State University–Shreveport, Southeastern Louisiana, Southern University in Baton and in New Orleans.

The news company bases it ranking on data from the colleges on 16 indicators of academic standards.

In combining the 16 indicators of academic excellence, each factor is assigned a weight that reflects the *U.S. News and World Report* judgment about how much a measure matters. “Finally, the colleges and universities in each category are ranked against their peers, based on their composite weighted score,” note the authors.



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# Notice of Intent About “Provider Steering”

A Notice of Intent about “Provider Steering” was published in the September *Louisiana Register* with public hearing to be held on October 29.

The Department of Health and Hospitals, Bureau of Health Services Financing administers the Medicaid Program which provides health care coverage to eligible recipients through Medicaid contracted managed care entities and/or through Medicaid fee-for-service.

The department promulgated an Emergency Rule which adopted provisions prohibiting Medicaid providers and contracted managed care entities from engaging in provider steering in order to ensure the integrity of Medicaid recipients’ freedom of choice in choosing a particular health plan in which to enroll and, when eligible, the freedom of choice in deciding whether or not to receive care through Medicaid fee-for-service.

Definitions include: *Provider Steering*—unsolicited advice or mass- marketing directed at Medicaid recipients by health plans—including any of the entity’s employees, affiliated providers, agents, or contractors, that is intended to influence or can reasonably be concluded to influence the Medicaid recipient to enroll in, not enroll in, or disenroll from a particular health plan(s).

*Provider*—any Medicaid service provider contracted with a health plan and/or enrolled in the Medicaid Program.

*Health Plan*—any managed care organization (MCO), prepaid inpatient health plan (PIHP), prepaid ambulatory health plan (PAHP), or primary care case management (PCCM) entity contracted with the Medicaid Program

The Notice sets out sanctions and appeal processes.

A public hearing on this proposed Rule is scheduled for Wednesday, October 29, 2014 at 9:30 a.m. in Room 173, Bienville Building, 628 North Fourth Street, Baton Rouge, LA.

At that time all interested persons will be given an opportunity to submit data, views or arguments either orally or in writing. The deadline for receipt of all written comments is 4:30 p.m. on the next business day following the public hearing.



Above are members of the Louisiana Psychological Association council, (front to back) Drs. Paula Zeanah, Kim VanGeffen, Alicia Pellegrin, and Carolyn Weyand. Dr. Zeanah helped to host Dr. Carol Goodheart, former APA president, at the recent conference about ICD codes.

## ICD Codes Change Oct 1 Former APA President Speaks to LPA Fall Training about Changes in Codes

The Louisiana Psychological Association hosted Dr. Carol Goodheart, former President of the American Psychological Association and author of *A Primer for ICD-10-CM-Users: Psychological and Behavioral Conditions*, to help attendees prepare of the October 1 deadline for changes in coding procedures. The workshop was held September 26 at the New Orleans Marriot in Metairie.

While many insurers have already announced that they will no longer accept DSM (Diagnostic and Statistical Manual) codes for billing purposes, October 1

marks the shift in the United States from the ICD-9-CM to ICD-10-CM.

This is a big change, explained APA assistant executive director for practice research and policy, Dr. Lynn Bufka, in a January article in the *Monitor*, a national publication for psychologists. The DSM-IV and the ICD-9-CM had been modified by the Centers for Disease Control and Prevention to match more closely the DSM. However, the ICD-10-CM, the global clinical and research standard for physical and mental health conditions, noted Dr. Goodheart, differs considerably from the old edition.

### Dr. Rachal New President of LAMP Regional

Dr. K. Christopher Rachal from Houma has taken over as President of the Louisiana Academy of Medical Psychologists, according to state records. Dr. Rachal is Associate Professor of Psychology at Nicholls, and a licensed psychologist. Outgoing president is Dr. Cathy Castille. Dr. Donna Aucoin from Lafayette is the new secretary/ treasurer. Dr. Aucoin is a principle of Aucoin and Associates and a medical psychologist (MP).

The new regional group was formed in 2013. It provides required training for MPs as required by law.

# Changes to Continuing Education in Place Now for Some Psychologists, Emeritus Reporting Requirements Are Fuzzy

The new Rules for psychologists’ continuing education became law last October 2013 and began to take effort for the reporting period starting July 1, 2014. Those with even-numbered licenses are now able to include new categories of education and “Continuing professional development (CPD) activities” as sources of education that apply to meeting the requirements for a license.

The new Rules note, “A. For the reporting periods that begin July 2014 and July 2015, each psychologist is required to complete 30 hours or credits of continuing professional development within the biennial reporting period. The CPD credits must conform to the percentage distribution requirements listed below in Subsection C. For the reporting periods that begin July 2016 and July 2017 and henceforth, 40 credits of continuing professional development will be required in the biennial reporting period and the hours

must conform to the distribution listed below in Subsection C.”

There does not appear to be directions about percentages, but the Rules indicate that the psychologist must obtain his or her units from “at least two of the nine categories listed...” These nine are peer consultation, practice outcome monitoring, professional activities, conferences/conventions, academic courses, instruction, publications, traditional continuing education, and self-directed learning.

The October 2013 Rule change also removed the exemption for those with Emeritus status. Prior to the October 2013 change, the wording included a listing under §811. Extensions/ Exemptions that noted: “D. Licensees approved by the board for emeritus status are exempted from the continuing education requirements.”

This exemption no longer appears in the current Louisiana Administrative Code (LAC) rules on

Exemptions. Also, there does not appear to be a grandfathering clause. It is not clear when those with Emeritus status will have to begin their educational requirements or when they will report them.

At its February 2014 meeting members of the Louisiana Board of Examiners of Psychologists discussed the issue. “Dr. Culross moved to keep the qualifications for emeritus alone as is (*sic*) but require CE via rule promulgation.” The Board discussed the motion and it passed by roll call with no opposition, noted the minutes.

The *Times* has requested an interview with the board to clarify this and other regulatory issues and decisions but the requests have been declined.

Emeritus psychologists should contact the board if they have questions.



State and National News

OBH Encourages More Participation from Addiction Commission

This past June members of the Office of Behavioral Health (OBH) met with the Louisiana Commission on Addictive Disorders (LCAD) to discuss and encourage greater involvement of commission members on the Louisiana Behavioral Health Advisory Committee (LBHAC). Dr. Rochelle Head-Dunham, Assistant Secretary of the OBH, led the discussion.

Representatives of the OBH Headquarters on the LBHAC included Chair of the LBHAC Mark Thomas, NAMI Liaison Melanie Robert, HMP Psychologist Dr. Kashunda Williams, and HMP Deputy Assistant Secretary Karen Stubbs.

Other attendees from the OBH were Chief Psychologist Dr. Susan Austin, OHB Program Manager Carol Foret, OBH Director of Adult Residential Services Quinetta Womack, and OBH Director of Regional Services Kenneth Sauier.

Other attendees, in person or by teleconference, included commission member Dr. Susan Tucker, Freddie Landry, Tom Lief, and Anthony Wick.

Dr. Head-Dunham shared the importance of increasing the involvement of LCAD members and other individuals representing the addictive disorders community on the LBHAC.

According to the minutes, topics included: how the LBHAC assists the OBH in managing the entire spectrum of behavioral health needs, the structure of the LBHAC and whether or not LCAD members could be a part of its different committees, and how LCAD members could better communicate with the LBHAC.

Also discussed was the potential of creating a sub-committee of the Program and Services Committee. This sub-committee’s focus would specifically be for youth and addiction. Recognition of the gaps in advocacy within the LBHAC in terms of substance abuse was one of the many topics discussed.

Medical Board Working on Telemedicine Changes

The August agenda of the medical board noted that the group is working on changes to Telemedicine. According to the agenda, “Act 442 of the 2012 Legislative Session, which amended R.S. 37:1271 of the Medical Practice Act, necessitates various changes to the Board’s existing Telemedicine Rules. Preliminary suggestions were presented to the Board during its July 2014 meeting for consideration and discussion. Since that time staff has been working with counsel towards finalizing such suggestions, with the thought of distributing a draft in advance of or at the meeting,” noted the agenda.



The Louisiana Counseling Association turned out for Keynote Speaker, Dr. Samuel Gladding, Wake Forest College professor and the author of over 41 books. (Photos by Rashunda Miller)

1,000 attend

Packed House Attends LCA Convention in September

The Louisiana Counseling Association hosted Dr. Samuel Gladding at this year’s annual convention last month held in New Orleans. Gladding is the chair of Counseling at Wake Forest and author.

He presented to the over 1,000 participants about the topic of “Some Fun and Funny Facts about Wellness: How Humor Adds to Your Health.” He is the author of over 41 books on *Counseling, including Group Work: A Counseling Specialty, Counseling: A Comprehensive Profession, and Becoming a Counselor: the Light, the Bright; and the Serious.*

“This was an excellent conference,” said Rashunda Reed Miller, “that was filled with laughter among attendees and colleagues throughout the sessions.” Miller is Archivist



Mike Cusask receives a door prize from Cindy Escandell at last month’s LCA Convention.

for the association. She is a Licensed Professional Counselor and Marriage and Family Therapist. Miller works at St. Mary’s Academy in New Orleans East providing mental health counseling to middle school girls and their families.

American Board of Medical Psychology



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## UNO’s Dr. Weems Finds Kids Adapt to Katrina after Gustav

Continued

conducted the two studies with New Orleans school children who experienced Hurricane Katrina and Gustav.

Explained to the *Advocate*, “This is a fairly substantial first-of-its kind finding,” Weems said. “We were able to confirm a promising line of laboratory research that suggests there may be an adaptive alteration of memories for traumatic events. That means when we experience similar events, in a less stressful way, our minds may re-interpret the past in a more positive light.”

They tested the reconsolidation model and augmentation model predictions about the course of traumatic memories in youth. The team looked at youngsters’ reports of the initial traumatic event, Hurricane Katrina, and then tested recall for both before and after a similar event, Hurricane Gustav.

According to the abstract, available on the American Psychological *Psych Net*, the researchers note, “Those with relatively high Gustav exposure showed more stability in their reports of Katrina exposure events.”

But, Dr. Weems told the *Times*, “I also want readers to know that this study in no way minimizes the fact that many of the Katrina children—some who are now adults—continue to suffer. The study shows that the kids in our two samples were reliable reporters of their experiences, but also that PTSD symptoms didn’t seem to augment negative memories or make the kids less reliable informants/reporters.”

Also he noted “That findings have a number of potential research and legal implications-such as the reliability of youth testimony about traumatic experiences.”

“And while I have gotten some negative feedback—’no way are these kids forgetting Katrina’ —that isn’t what we are saying,” said Weems. “The data shows that a relatively positive experience during Gustav was associated with less negative memories of Katrina—not that they have been forgotten.”

“A parent who recently read the story in the *Advocate* said to me ‘Of course that makes such intuitive sense to me, we all—in our family—felt so much better after Gustav,’ explained Dr. Weems.

Dr. Weems is looking now at possible follow-ups to this latest study. “I would like to try to see if these findings on disaster exposed youth are in any way linked to differences in the hippocampus or amygdala we have identified in youth exposed to interpersonal trauma, but also see if similar results emerge in youth with other types of traumatic experiences,” he told the *Times*.

## Tulane’s Dr. Hoerger to Study How Patients Cope with Cancer Decisions

Supported by an award from the Louisiana Clinical and Translational Science Center, Tulane’s Dr. Michael Hoerger will study the different ways that people cope with cancer. According to Tulane’s news service *newwave*, Dr. Hoerger will study interventions to help those with terminal cancer find ways to make better choices and to stay informed about treatment and treatment options.

“Deciding whether to continue treatments is a very emotionally burdensome process,” Hoerger says. “Patients may not be fully aware that they are dying and some may pursue aggressive care even if there is no chance that their life will be saved. What we are trying to figure out is how can we reduce the emotional burden of that process,” he told *newwave*’s, Keith Brannon.

The award is part of the Center’s Roadmap Scholar, a program designed to promote translational research connections and goals.

## Stress Solutions

by Susan Andrews, PhD

### Salmon and Sardines for Stress Reduction

Benefits attributed to eating oily fish are mounting. Eating fish is now credited with combating depression, reducing the symptoms of arthritis, reducing the risk of heart disease, protecting vision, and most recently with reducing stress and improving working memory. Of course, this is due to oily fish, like salmon and mackerel, being very rich in omega-3 poly-unsaturated fatty acids and protein. White fish have fatty acids too but not as much.

A study published in the *American Journal of Physiology – Regulatory, Integrative, and Comparative Physiology* shows that fatty fish oils can “counteract the detrimental effects of mental stress (read that: the fight or flight reaction) on your heart.” The study, led by Jason Carter of Michigan Technological University, revealed that people who took 9 grams of fish oil supplements a day for over a month experienced less mental stress in measurements of cardiovascular health, including heart rate and muscle sympathetic nerve activity (MSNA) compared to those who took 9 grams a day of olive oil instead.

Oily fish are species of fish that contain significant amounts of oil throughout their body tissues and in their belly cavity. In contrast, whitefish only contain oil in their liver - and much less of it than oily fish. Other examples of oily fish include trout, sardines, kipper, eel, and herring.

The American Heart Association recommends that people eat at least two servings of fish every week. The National Health Service of the United Kingdom also advises people to eat at least two portions of fish a week, including one of oily fish.

It has been known since the famous Avon, England study of all the pregnant women in that city during one year in the 90’s that women who do not eat fish during pregnancy are more likely to experience high levels of anxiety at that time. The University of Bristol longitudinal study suggested that eating fish during pregnancy could help reduce stress levels, which – in turn – has the effect of reducing behavioral and attention problems in the offspring of oily fish eating mums.

My favorite study involved London cabbies, a stressed group who can always use some working memory improvement. The BBC reported on a small group of 10 cabbies who agreed to eat 4 portions of oily fish a week for 12 weeks. They were tested before and after the 12 weeks to see what affect the increased intake of oily fish had on their stress levels and memory.

At the end of the 12 weeks it was found that cabbies were better able to deal with stressful situations and their visualization-based memory had also improved significantly, something Omega 3 is believed to help with. As a group, their stress hormone as a whole was down by 22% and their anti-stress hormone up by 12%.

Since the study included only ten participants and had no control group the results are only suggestive. However, the cabbies could be heard to exclaim: “So long and thanks for all the fish...”



Dr. Susan Andrews, Clinical Neuropsychologist, is currently Clinical Assistant Professor, LSU Health Sciences Center, Department of Medicine and Psychiatry, engaged in a Phase III study on HBOT and Persistent PostConcussion Syndrome. In addition to private clinical practice, Dr. Andrews is an award-winning author (*Stress Solutions for Preanant Moms*. 2013).



Performance Enhancement

# Helping People Go from Good to Great

continued

“What I especially enjoy about working with athletes, young or older,” said Dr. Joe Tramontana, author of *Sports Hypnosis in Practice: Scripts, Strategies and Case Examples*, “is their extremely high motivation to improve.”

“Athletes are delightful to work with,” he said, “especially the young ones. First of all, the results are often dramatic and easily measurable. Secondly, because athletes are so used to repetition, when told to practice self-hypnosis—which is the most important part of the treatment—they *do it!*”

Licensed clinical psychologist, and one time runner, sprinter and coach, Dr. Tramontana applies his clinical skills and imagination to the mental side of sports. He uses hypnotherapy techniques, elements from the culture of competitive athletics, and specific directions for uncovering meaningful personal imagery to help athletes improve their performance.

“Of interest to me is the crossover between sports and other performance issues,” Tramontana said. “For example, a 13-year-old golfer who had been a world champion the year before but had developed some ‘yips’ – what golfers call their development of bad habits affecting performance– improved significantly. At one point, she fired her Dad—dads are often caddies or coaches for young athletes—because as she said ‘He was too emotional.’ She later re-hired him but told him if he got emotional he’d have to see ‘Dr. T.’”

Tramontana explained that after this young athlete achieved progress she asked him if the hypnotic work would help her in a classroom presentation and her concerns with public speaking. He used similar techniques to assist her, such as visualizing success, and she returned later saying to him, “ ‘I nailed it!’”

Dr. Tramontana focuses on the mental issues involved for the athlete. “I always start with athletes by asking what percentage of their sport they believe to be ‘mental.’ Often, they will answer something like 90 percent—especially golfers. The next obvious question is: ‘So how much of your practice time do you spend on the mental aspect?’ Usually they give a hand signal representing ‘zero.’” While he can’t help them with mechanics, that is their coach’s job he tells them, he can help with the mental part.

Tramontana is a faculty member for the American Society of Clinical Hypnosis where he provides a variety of workshops. He is President of the New Orleans Society of Clinical Hypnosis and a member of the Association of Applied Sports Psychologists. He is also the current President of the Louisiana Psychological Association and the 2013 LPA Distinguished Psychologist.

Dr. Karen Slaton has also worked with athletes. She is a licensed psychologist and currently a health psychologist at Southeast Louisiana Veteran’s Health Care System where she is Health Behavior Coordinator in the Health Promotion and Disease Prevention Program, and Team Leader for Primary Care Mental Health Integration, along with her other roles.

A fitness enthusiast, Slaton is certified by the American College of Sports Medicine as a



Dr. Joe Tramontana and Dr. Karen Slaton are both licensed psychologists who work in the area of performance enhancement. They have often use clinical hypnosis to help clients reach goals.

Health Fitness Specialist. She is also a certified and registered yoga teacher.

“I have a fitness background,” she said, “and am able to ‘speak the language’ of the body which is helpful with athletes. Motivational interviewing skills allow me to hone in on an athletes values and quickly develop a treatment plan geared toward these values,” she said. “And with clinical hypnosis add some ‘magic’ to the mix.”

“I’ve worked with athletes to improve focus, concentration and attention, decrease anxiety, improve self-confidence and increase positive thinking. Most typically, I have worked with athletes to reduce performance anxiety,” she said.

“For example,” she explained, “the basketball player who would freeze in clutch performances utilized self-hypnosis to relax the body and mind and visualize optimal performance. Another example,” she said, “is of the golfer who lost confidence after a tough match and learned, through hypnosis, to shake off a poor shot and increase confidence and competence after a good shot—sort of ‘programming out the bad and programming in the good.’”

“Athletes are delightful, committed and very hard working,” Slaton said. “They complete assignments with gusto and ask for more. They are also very challenging because they require me to always be at the top of my game as they work to be at the top of theirs.”

Slaton is certified in Sports and Clinical Hypnosis, officer for the New Orleans Society for Clinical Hypnosis. Her website is [www.drkarenslaton.com](http://www.drkarenslaton.com).

Dr. Tony Melito is no stranger to the athletic field. Licensed Professional Counselor and Marriage and Family Therapist from Metairie. He earned his doctorate in behavioral science. His

professional career involves a blend of coaching, counseling, and education.

Dr. Melito’s coaching background includes 18 years of coaching football and track on both the college and high school levels. He was a member of the football staff at Nicholls State University and has coached outside linebackers and tight ends, running backs and quarterbacks, high jumpers and pole-vaulters.

“The typical athletes I work with either want to enhance their performance, address anxiety combined with the fear of failure, or build competitive self-confidence,” he told the *Times*.

Melito’s has developed a mental training program called *Winning Actions*, that helps athletes develop essential skills to perform at their best. This includes skills to maintain focus, control emotions, work effectively with others, and reduce mistakes to a minimum.

He often uses results from the Athletes Mental Aptitude Profile or the Athletes Mental Edge Inventory to develop a mental game plan for his training sessions that are informative, interactive, and experiential.

“Recently, I was working with a football player who placed several strict expectations on his performance,” said Melito. “When he did not meet those expectations, he felt angry and frustrated. He started to doubt himself, which raised his level of anxiety. As a result, his performance and confidence suffered.”

Melito explained that they worked on process goals and stress reduction techniques. “He learned how to concentrate and deal with distractions. I coached him on how to trust in his



Performance Enhancement

# Helping People Go from Good to Great

Continued

skills, work ethic, and coaching. His competitive self-confidence increased.” Following these improvements Melito helped his client in “... developing a proper mental edge, which equipped him with various mental strategies to enhance his performance,” said Melito.

One of the things Dr. Melito enjoys most about working with athletes is being useful in their lives. “I value being an integral part of an athlete’s formation,” he said. “I enjoy teaching life skills, which can be applied in any performance situation,” he said. “It is a privilege to contribute to an athlete’s growth and development.”

His background in coaching, education, counseling, and sports psychology provides him with a unique blend of mental training techniques that is different from many of the traditional, formal programs. Dr. Melito’s website is <http://www.winningactions.com>

Vocational Enhancement

Enhancing performance not only works for those in sports, the same principles can be applied to vocational goals in general.

Michele Waguespack, M.Ed., Licensed Professional Counselor and a Certified Master Career Counselor, helps her clients search for their dream jobs. She has previously been with Success Labs in Baton Rouge and also with Louisiana State University. She now owns the consulting

firm, Career Planning Services, LLC, with colleague Ellen Miller.

While some of Waguespack’s services are restorative, often her efforts are aimed at helping the individual enrich and maximize their career across the lifespan. “I have a passion for helping people navigate career transitions, explore their career dreams, and reach their professional goals of finding meaningful work,” she told the *Times*.

“For some clients, this involves taking career assessments to help them identify work tasks, interests, strengths, values, and environments that are congruent with their personality type,” she said. “For others, it might be working on a specific competency that is getting in the way of them progressing in their career.”

Waguespack often provides services for those in a career transitions, students preparing for their career, but also for individuals wanting career fulfillment. “In addition,” she explained, “I provide services to companies wanting to assist their employees with career enrichment as well as companies that are in the unfortunate circumstance of downsizing.” Her services include job search strategies, resume writing, and interview coaching.

“A typical example is a client that might be reentering the workforce after years of raising a family or taking care of an ill family member. My work with this client would involve processing the emotions associated with the

transition, helping the client identify career options, and educating the client on the job search process.”

“Another typical example is a client who feels stuck at their place of employment and are questioning if it is the actual career field or the culture of the organization that is the problem,” she explained.

“I honestly enjoy every aspect of my work with clients,” Waguespack said. “Each story is unique and it is an honor to hear their career dreams and work with them to achieve their goals. The most enjoyable part of the work is watching my clients take the steps toward achieving their goals.”

The combination of career counseling experience in both the university and business settings have provided Waguespack a strong foundation in helping individuals reach their career potential.

Waguespack has served as the President of the Louisiana Career Development Association and a member of the Executive Board of the Louisiana Counseling Association. She is certified as a Master Career Counselor by the National Career Development Association and is a Certified Professional Resume Writer. Her website is <http://www.careerplanningservice2.com/>

Executive Coaching

Dr. Laura Wolfe earned her doctorate in organizational–industrial psychology from the University of Georgia and from 2000 to 2011 worked in LSU’s Rucks Department of Management teaching human resource management, employee selection and placement, and principles of management. She has been an internal and external consultant and also a researcher at the Center for Leadership and Career Studies at Emory.

Wolfe finds the study of people and issues in the workplace to be “a continuous source of fascination.”

At her consulting firm, Laura Wolfe, Coaching & Consulting, LLC, one of her main consulting services is Executive Coaching, aimed at helping executives achieve their potential.

“I coach leaders, helping them—among other things—communicate more effectively, develop ‘executive presence,’ better manage conflict, navigate tricky interpersonal relationships, and set and meet goals,” she explained to the *Times*.

Wolfe draws on her considerable background to do this. She has taught Human Resource Management, Employee Selection, and Organization Behavior multiple times while at Louisiana State University. “I know those bodies of knowledge at a deep level,” she said, “and often in a coaching session I’ll pull something out of that toolbox. For example, Hackman and Oldham’s Job Characteristics Model or using a leadership theory to frame what’s happening. There’s really some great and useful stuff in the research,” she said.

Wolfe has assisted leaders who are having difficulty communicating with other executives. She has “... increased their awareness of their communication style and preferences in light of the culture and communication style/preferences of others in the organization,” she noted. And, she has “... supported the leader as they developed their ability to have difficult conversations and as they strengthened their executive presence.”

“I love seeing people succeed,” she said, “especially when they weren’t confident they could be but then dug deep and made it happen.”

Wolfe also sometimes coaches individuals as they make career moves and transitions, which often includes “... diagnosing their new work situation, navigating the culture, and cultivating relationships with new boss and coworkers,” she explained.

“I love knowing managers are more effective in their work because they affect so many others’ well-being. I love connecting people with new ideas, resources, and opportunities. I love the way former clients keep in touch and keep me updated on their successes.”

“Listening is a key skill for coaching,” said Wolfe. “I really focus and listen deeply to truly understand what the situation is. Asking questions is also important – knowing what to ask that will unlock a door in their mind or motivate them or clarify something or propel the person to their highest level.”

Dr. Wolfe regularly writes a blog that is full of interesting ideas and suggestions. Her website is <http://laurawolfephd.com>

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Enhancing performance, as an application of psychological science, is possible for those in sports, for individual career development, and for entrepreneurs, business executives, and organizations.



Performance Enhancement

# Going from Good to Great

Continued

Team and Organizational Development

Dr. William (Gig) Costelloe is a licensed industrial-organizational psychologist and head of Costelloe & Associates, a Metairie based consulting firm.

“Helping people understand where they are now, seeing what their long-term goals are, and using a strategic planning model, and maybe executive assessment, to help them reach their goals,” is one of the main services he provides, said Costelloe. “We look at the presenting problem and I’m going to tell you that 99 percent of the time the presenting problem is not the real issue,” he said.

Costelloe’s firm offers an array of services including executive consulting, career counseling, employee selection, and organizational development. Dr. Costelloe earned his doctorate from LSU and works with colleagues Dr. David Lange, Dr. Brian Bienn, and Jackie Glover.

“We might be working with an executive and he’s a very dynamic, competent person,” Costelloe explained, “and he might score very high on dominance, on an instrument that measures executive strengths. This high dominance could be a factor in what got him to where he is today, but it also could be this high dominance is getting him into some problems,” said Costelloe. “His subordinates could be threatened by the high dominance, so we teach him how to play to his strengths and counterbalance the dominance,” he said. “This is about group dynamics.”

“A lot of our work is critical thinking and strategic approach,” he told the *Times*, “like the ‘words and music.’ We help them set realistic objectives, but often they don’t know how to think through things strategically. So, we help them think outside the box for alternatives.”

Some years ago Costelloe and LSU psychology Chair and IO psychologist Dr. Irv Lane were working with a firm that was having difficulty. They needed to cut their budgets or face an employee layoff. But the department managers were adamant that they simply had nothing to cut from their budgets.

Costelloe and Lane went back to their hotel room and devised a group exercise to help the team move past their resistance. “We had the managers come in the next meeting and bring their budgets in a folder. Then we had the managers slide their folder to their left. Each one got the budget from another department. We gave them two hours and they were instructed to try to see where they could cut the necessary 10 percent.”

“In two hours they were all back,” Costelloe explained, “and everyone could cut the amount they needed to avoid a layoff. It’s a principal in group dynamics—‘I can’t cut my own department.’ It brings up too many emotional issues, so we had to find a way around the group dynamics, a way to get around that type of resistance.”

Not only was the firm able to avoid the layoffs, they have continued to grow from 500 employees to over 5,000 employees, Costelloe said.

In another project at a hospital, Costelloe and his colleagues helped train groups in problem-solving on the wards and units. “In this situation the site psychiatrist came in one day each week

and saw each patient for 10-15 minutes. We developed a team that included nurses and attendants, and even housekeepers,” he said. Each team member gave feedback to the psychiatrist about the condition of the patient. “The irony was that the employee who knew the most about the patient’s condition was the housekeeper since the housekeeper had the most face-to-face contact with the patients on a daily basis.”

Within the two-year project the teams’ efforts resulted in improved independence of the patients on the units, including a 50 percent reduction in medication.

Costelloe explained that there are team-building surveys that help give an objective view, to aid executives in seeing what is there, but, “The services are secondary to the process. Everything is secondary to the ongoing facilitation process.”

For this type of work, the ability to listen for the words and music, and use group process understanding, is necessary, Costelloe explained. “But also,” he said, “a person needs business thinking since they have to have an orientation that is different than the mental health orientation. It helps also to have strong strategic thinking and critical thinking ability.”



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One of his most enjoyable projects was helping an insurance company go from 54<sup>th</sup> to 1<sup>st</sup> in sales. “My biggest joy is to help my clients achieve their goals,” said Costelloe. “The bottom line is production and profit in business. I like to show people how it works.”

“Helping employees act in a manner that is congruent with their personality strengths and placing people in jobs that are compatible with their leadership style helps in developing full team consensus. Knowing where you are now and where you want to go. Strategic thinking and strategic planning. These are some of the things we do to help people reach their goals.”

Dr. Costelloe’s website is <http://www.costelloeandassociates.com>

*Michael Chafetz, PhD, ABPP*  
is pleased to announce the formation of a new practice:

## Algiers Neurobehavioral Resource, LLC

Still featuring evidence-based neuropsychological and psychological evaluations in clinical, disability, and forensic cases.

Announcing that Melissa Dufrene, PsyD will be joining the practice, offering evidence-based therapy services for psychological disorders. Dr. Dufrene trained at one of the two inpatient OCD treatment centers, and will offer focused specific treatments for anxiety-based disorders.

Feel free to call or visit us.

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# Psychology At The Movies



## *My White Plume* A review of *Cyrano de Bergerac* by Dr. Alvin Burstein

The French poet, Edmond Rostand, published a play, *Cyrano de Bergerac*, in 1897. Rostand's hero had a real life counterpart who railed against the church and state—a gallant soldier, a duelist, a poet and a political dissident.

The protagonist in the play is a super-hero who is all of these things, but the fictional person is even larger than life, especially around the nose. And he is in love with a woman from whom, because of his grotesque appearance, he not only hides his love but whose relationship to another person he facilitates: a variation on the Beauty and the Beast theme. Very much a product of its romantic context, the plot has a strong appeal evidenced in its re-creation in a dozen films, as well as in plays and operas.

Another example of its appeal is Anna Freud's mention of it as one of her favorites, saying that at one time she had memorized the script. She regarded Cyrano's behavior as a special kind of altruism, one that reflects identification with another. Seeking that person's gratification brings gratification to the altruist. Perhaps the kind of selfless love that Anna felt for her father.

My favorite movie version of Rostand's play is the 1950 film starring José Ferrar. It follows Rostand's script closely, with two related plot lines. The first highlights Cyrano's proud independence—his refusal to be patronized or to curry favor. "Would you have me make friends everywhere as a dog makes friends? I observe the manner of the canine courtesies, and I despise them."

The second develops Cyrano's love for his beautiful cousin, Roxanne. His hopes are dashed when, at the moment he believes she might declare return his love, he finds she is infatuated with Christian, a handsome young guardsman in Cyrano's company of musketeers. She asks Cyrano to be her lover's protector. Not only does he agree to do that, but he goes on to help Christian to court Roxanne in a selfless effort to fulfill her romantic desires.

When Christian is killed on the battlefield, and Roxanne is mourning her lost love, Cyrano still cannot bring himself to disillusion Roxanne by revealing that a letter to her found on Christian's body had, in fact been written by Cyrano. Roxanne consigns herself to a convent, where for the next fifteen years, Cyrano visits her regularly, never revealing his passionate attachment, playing the role of the clever courtier bringing a cloistered friend the news of royal goings-on.

When Cyrano is badly injured in a scurrilous attack, he insists keeping his regular commitment to visit Roxanne. Knowing that he is at death's door, Cyrano asks Roxanne if she would permit him to read what she believes to be Christian's last letter to her. As the shadows fall in the courtyard, Cyrano reads the letter, which speaks of the writer's love for Roxanne, aloud.

Roxanne realizes that it is too dark for him to be reading—that he must be the writer and that Cyrano has always loved her, and, more, that the Christian that she thought she loved was Cyrano's

creation. As she confronts him with her realization, Cyrano begins to hallucinate, and struggles to his feet to do battle with death and all his old enemies.

His final words are the climax of the play and of the movie, "You have riven away my laurels and my roses, but there is one thing that I take with me, one thing, in spite of all my own, and that is (as he falls into Roxanne's arms)...my white plume."

Deciphering the symbolism of the white plume is critical. When I first saw the film, I took it to represent Cyrano's fierce independence. But when I read the French version of the play, the final words were "...mon panache." "Panache" in French has many meanings: a white plume on a hat, style, masquerade, pose. That suggested an alternative to me.

There is an important focus on acting in Rostand's play and in Ferrer's movie. The play begins with Cyrano's vendetta against a bad actor, Montfleury, a ham actor. Christian, who complains that he does not know how to woo a woman, cannot read the lines that Cyrano composes for him well. Cyrano, on the other hand, never abandons his pose of being, not a lover, but a loyal friend. That is the role he chooses to play.

Is that choice, his adherence to it, a form of integrity that he owns and cannot be deprived of? Is his insistence on choosing that role a flaw in his altruism, or is it a final gift to Roxanne?



*Guest Columnist, Dr. Alvin Burstein*  
Professor emeritus,  
University of Tennessee, Knoxville

Dr. Burstein is currently on the faculty of the New Orleans-Birmingham Psychoanalytic Center.

He moderates the Film & Discussion Series for the Center.

See the schedule at:  
[http://www.nobpc.org/Page\\_Calendar/filmseries.html](http://www.nobpc.org/Page_Calendar/filmseries.html).

*courtesy photo*



# LSU’s Dr. Rizzuto Presents in D.C.

Louisiana State University’s Dr. Tracey Rizzuto presented a workshop on community development to the Alliance for Children and Families Neighborhood Revitalization Conference. The Conference was held July 24 and was an opportunity for non-profit agencies from across the country to learn about community building and inter-organizational collaboration.

Rizzuto and colleague Dr. Mary Ellen Brown presented information that is being implemented in the Baton Rouge area and funded by the U.S. Department of Housing and Urban Development and the Department of Justice. Rizzuto’s and Brown’s workshop was titled, “Connecting People & Building Community: Using Social Network Analysis and Ladders of Collaborations to Identify Common Threads that Connect Community Neighbors and Non-Profits.”

Rizzuto is an organizational-industrial psychologist with the School of Human Resource Education & Workforce Development, in the newly organized LSU College of Human Sciences & Education.

# Dr. Dohanich Receives 2014 President’s Award

Tulane psychology professor Dr. Gary Dohanich has received the 2014 President’s Award for Graduate and Professional Teaching. The honor is given to recognize excellence in teaching, mentoring, and program development at the graduate and professional levels, noted the Tulane news report.

Previously, Dr. Dohanich has been recognized with the inaugural Suzanne and Stephen Weiss Presidential Fellow Award for excellence in undergraduate teaching, the Sheldon Hackney Award (for teaching), the Randolph C. Read Award for Excellence in Teaching, and numerous other awards for his on-going contributions in teaching.

Dr. Dohanich is Co-Director of the programs in Neuroscience for the Psychology Department at Tulane.

# Northwestern’s Dr. Lindsey Promoted

Dr. Cynthia Lindsey has been promoted to full professor in the Psychology Department at Northwestern State University. The Board of Supervisors for the University of Louisiana System recently approved Dr. Lindsey’s promotion.



Drs. Don Nemeth and Darlyne Nemeth pose above under an actual elephant while attending the World Council for Psychotherapy in Durban, South Africa. Dr. Darlyne Nemeth is the Co-Secretary of the Council.  
*(Photo courtesy of Dr. Nemeth)*

# Dr. Overstreet New President-Elect for National Society

Dr. Stacy Overstreet, Tulane Chair of Psychology, has been announced by the Society for the Study of School Psychology as the group’s newest President-Elect. She will begin her three years as elect, president, then past-president for the Society.

The Society for the Study of School Psychology (SSSP) restricts its members to 150 individuals across the nation. The group evaluates potential members for



Dr. Overstreet  
*(courtesy photo)*

their sustained contributions to the field of school psychology, including members’ impact on training, science, and practice. Other Louisiana members of SSSP include Tulane’s Drs. Bonnie Nastasi and LSU’s Dr. George Noell.

# Dr. Cunningham Talks about Kids, Slavery Lessons in Classrooms

Tulane’s Dr. Michael Cunningham was interviewed earlier this year by *The Root Magazine*, about what to do when slavery lessons cause Black youngsters to feel uncomfortable in the classroom.

Cunningham is a Professor in the Tulane psychology department and also Associate Provost for the Center for Engaged Learning and Teaching, and the African and African Diaspora Studies Program. The online article addressed some of the concerns about the issues for children.

“One thing I would emphasize to the

teachers is that when we talk about African-American history, emphasize that this is all of our history, and it is important for all of us to know—white and black,” Cunningham told the interviewer.

“One thing that probably needs to happen is that the school needs to recognize that they shouldn’t just talk about it during Black History Month ... this is a part of our American history,” Cunningham was noted to say. *The Root* is an online magazine of African-American culture launched on in 2008.



# Up-Coming Events

## October 15–18 in Shreveport Louisiana Primary Care Assn to Hold Conference

The Louisiana Primary Care Association (LPCA) will hold its 31st Annual Continuing Education Conference on October 15-18, 2014 at the Shreveport Convention Center in Shreveport, LA. This year's theme is "Transforming Care: Moving from Vision to Reality."

Pre-conference training will be offered on "Louisiana Marketplace Workshop," "Health Center Controlled Network (HCCN), and a post-conference training event will be offered, "Louisiana Governance Academy Training."

LPCA provides training to improve health center operations for those in health care and non-profit environments.

## Louisiana Group Psychotherapy Society to Host Dr. Pickering November 1 in Baton Rouge

The Louisiana Group Psychotherapy Society will hold its Fall Institute on November 1, at the Behavioral Wellness Center on North Boulevard, in Baton Rouge.

The Institute will feature Dr. John Pickering, who will present on *Mindfulness*.

Dr. John Pickering, clinical psychologist from Baton Rouge, and practitioner of Zen Buddhism and meditation for over 40 years, co-founded a small Zen meditation and study group with Dr. Gary Pettigrew that has now met weekly for nearly 20 years. He also helped create the Friday night (English speaking) meditation group at the Tam Bao Buddhist Temple. Dr. Pickering is in private practice in clinical psychology at Dawson Psychological Associates where he has "always incorporated what is now termed a mindfulness-informed therapeutic approach," he explained to the *Times* in a previous interview.

## Gulf Coast ABA Conference To Be Held November 13-15

The Gulf Coast Applied Behavior Analysis Conference will be held November 13 through 15 at the Cook Hotel Conference Center on the Louisiana State University campus in Baton Rouge.

One of the keynote speakers for this year's conference is Emma Hawkins, MSc, BA (Hon), PGCE, BCBA, CABAS, Associate Behavior Analyst and Director of Education at The Jigsaw CABAS School.

Hawkins will address, "The Whole is Greater than the Sum of its Parts: Creating Synergy by Applying Behavior Analysis to All Levels of the Organization."

Other keynote speakers and symposia will be arranged for Friday, November 14, according to the notices.

Dr. Rich Mancil and Dr. Grant Gautreaux will present workshops, along with others, and up to 14 units of Continuing Education will be available to conference attendees.

A presentation by the Louisiana Applied Behavior Analyst board is planned to for this year as well. According the board's minutes, the members will review a summary of events and updates on rules and the Act 481.

Online registration is now open. Call for Papers deadline has been extended and additional information can be found at the Louisiana Behavior Analysis Association website.



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# Louisiana Coalition for Violence Prevention

## ***Do You Know Enough to Prevent the Next Sandy Hook?***

If the potentially violent individual can be identified early, by those directly involved, steps can be taken to reduce the likelihood that a violent act will occur. Research completed over the past two decades has provided clear evidence of identifiable risk factors and helpful protective factors useful in reducing potential danger.

The Louisiana Coalition for Violence Prevention, a multidisciplinary coalition of professionals who have embraced a mission to eliminate violence in our state, is partnering with Professional Training Resources and scientists from Louisiana Tech to provide an empirically-based continuing education workshop for mental health professionals to build skills for violence prevention.

Dr. John Simoneaux of Professional Training Resources and director of the Coalition's Institute will present a daylong CEU/CPD training event on Risk Assessment throughout the state this fall.

Dates are:

October 3 in Baton Rouge

October 24 in Kenner

October 31 in Shreveport

November 21 in Lafayette

For information go to:

<http://professionaltrainingresourcesinc.com/upcoming-events/obsessions>

For more about the Coalition go to <http://louisianacoalitionforviolenceprevention.com>

Or, speak with any of our steering committee members: Yael Banai, PhD, LPC, NCSP, McKay Bonner, PhD, Bryan Gros, PhD, Bobette Laurendine, MSW, LCSW, E. Francoise Parr, SSP, NCSP, Cindy L. Nardini, MS, LPC, John C. Simoneaux, PhD, or Carmen D. Weisner, LCSW, ACSW.

Community sponsor: *The Psychology Times*.

Learn What Every Mental Health Professional Needs to  
Know about Violence Prevention.

***Be Part of the Solution.***



November 5–7 in Lafayette

# School Psychologists to Hold 34<sup>th</sup> Annual Conference

The Louisiana School Psychological Association will hold its 34<sup>th</sup> Annual Conference in Lafayette on November 5 through 7, at the Lafayette Hilton. This year’s theme is “Advocate. Lead. Serve.”

Dr. Peg Dawson from New Hampshire will lead a full day workshop, “Smart but Scattered: Helping Children with Executive Dysfunction at Home and at School.”

Dawson is co-author of “*Smart but Scattered: The Revolutionary ‘Executive Skills’ Approach to Helping Kids Reach Their Potential.*” She specializes in the assessment of children and adults with learning and attention disorders and among her contributions has served as president of the New Hampshire Association of School Psychologists, of the National Association of School Psychologists, and of the International School Psychology Association. She has received the National Association of School Psychologists’ Lifetime Achievement Award.

Among the three-day conference, presenters will provide several full day workshops.

Tulane’s Dr. Bonnie Nastasi will provide attendees a full day workshop on PrePare I. Dr. Nastasi is a Tulane professor who recently chair a number of programs at the American Psychological Association Convention, including, “Using Psychological Science to Promote and Protect Child Rights—Policy, Practice, and Research.”

In another full-day session, Dr. Frank Sansosti will present “Promoting the Educational Outcomes of Students with Higher Functioning Autism Spectrum Disorders.”

Dr. Howie Knoff will cover “Behavioral Interventions for Challenging Students,” in a half-day session.

Dr. Wayne Stewart will present, “Hot Topics in Social Education and Section 504 Law.”

“An Overview of WISC-V and Q-interactive,” will be given by Dr. Anne-Marie Kimbell.

Dr. Constance Patterson from Tulane will provide a workshop on, “Strengths-based Assessment: Understanding the Whole Child.”

Dr. Nate von der Embse, will present on, “Basics of Professional

Advocacy: Advancing School Psychology in Louisiana.”

Also included in this year’s program will be Dr. John Simoneaux, presenting on the topic of “Sexual Behavior in Children,” and Dr. Samuel MacMaster on, “Preventing Fetal Alcohol Exposure and Fetal Alcohol Spectrum Disorder.”

Membership is included with full convention registration which is available online.

## The Psychology Times


The *Psychology Times* is provided as a **community service**

for those in the practice, teaching, and science of psychology and the behavioral sciences in Louisiana, and related individuals and groups.

The *Times* offers information, entertainment, and networking for those in this Louisiana community.

The *Psychology Times* is **not affiliated** with any professional group other than the **Louisiana Press Association.**

None of the content in the *Times* is intended as advice for anyone.



## Department of Psychology, Northwestern State University has an opening for an Assistant/Associate Professor or Full Professor

- Position:** Assistant/Associate Professor or Full Professor – tenure track: Earned doctorate in Psychology (Preferred Clinical Psychology) **Salary:** \$54,000 to \$57,000. Experience the culture and relaxed living in Louisiana’s oldest city.
- Responsibilities:** Responsibilities include teaching courses at the undergraduate and graduate levels, graduate thesis research and paper-in-lieu, advising, university and department service, and research/publication endeavors.
- Start Date:** Open until filled
- Application:** Send vita, transcripts, and 3 letters of recommendation: Northwestern State University Department of Psychology Dr. Susan Thorson-Barnett, Chairperson ATTN: Search Committee 311 Bienvenu Hall Natchitoches, LA 71497. Review of application will begin immediately and will continue until position is filled. Northwestern State.