

Ψ *We Remember*

**Dr. Robert
"Bob" Davis**

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Psych Bd Reviews Emeritus Status

The psychology board discussed possible changes to the Emeritus license for psychologists, at their Long-Range Planning

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Will The Real LAMP Please Stand Up?

by J. Nelson

In 2010 Act 251 took effect, moving medical psychologists from the state psychology board to the state medical board. Designed by LAMP and the medical board, Act 251's definitions included, "LAMP' means the Louisiana Academy of Medical Psychologists."

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Members of the Louisiana School Psychological Association look over agendas for the conference, held last month in Lafayette. L to R: Candice Dozier, Annie Holmes, Nancy Alleman, and E. Francoise Parr, current President of the association.

Dr. McCown to Help Lead College of Business & Social Sciences at ULM

Dr. Bill McCown will help lead the newly formed College of Business and Social Sciences at the University of Louisiana Monroe (ULM) as Associate Dean. McCown has served as Interim Director of the Graduate School and as Professor of Psychology.

ULM recently announced plans to consolidate its five

colleges into three. In a press release last month, the university officials noted, "The reorganization will see the university's five colleges consolidated into three: the College of Arts, Education and Sciences; the College of Health and Pharmaceutical Sciences; and the College of Business and Social

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Some wrinkles smoothed with LPA

Psychology Board Moves Toward Specialist License

In what some consider a historic move, the Louisiana State Board of Examiners of Psychologists is advancing plans to create an optional license for school specialists under the state psychology board, creating a multi-level license for the first time.

While still in development, Executive Director Kelly Parker told the *Times*, "They [the Board] did vote to accept the Task Force report and proceed with

meeting other interested and important parties." If these plans go forward, the credential, to be termed the Licensed Specialist in School Psychology, would open up opportunities for school psychology specialists in private and charter schools that have previously been closed to them.

In a report to the Louisiana State Board of Examiners of

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Dr. Susanne Jensen
(Courtesy photo)

Lifetime Achievement

LGPS Honors Dr. Sue Jensen

The Louisiana Group Psychotherapy Society has honored Baton Rouge psychologist, Dr. Susanne Jensen, with their Lifetime Achievement Award, presented at the November 2 Fall Institute of the Society. This is the first award of its kind from the

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Christmas Section

'Tis the Season for STRESS

Are we having fun yet? If there is a second issue that characterizes the holidays, it has to be the stress.

In the annual report on stress, the American Psychological Association tells us that 69 percent of people around the holidays are stressed by a "lack of time," and the same percentage is stressed by "lack of money. Half are stressed by a "pressure to give" and even "get gifts."

The *Times* talked with six of our local experts about stress and topics of neuropsychology (Dr. Susan Andrews), meditation (Dr. John Pickering), sleep (Dr. Denise Sharon), acupuncture (Dr. David Thomason), and relationships (Drs. Molly and David Govener) to give us some ideas how to cope with the downside of the season.

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Christmas Bookshelf

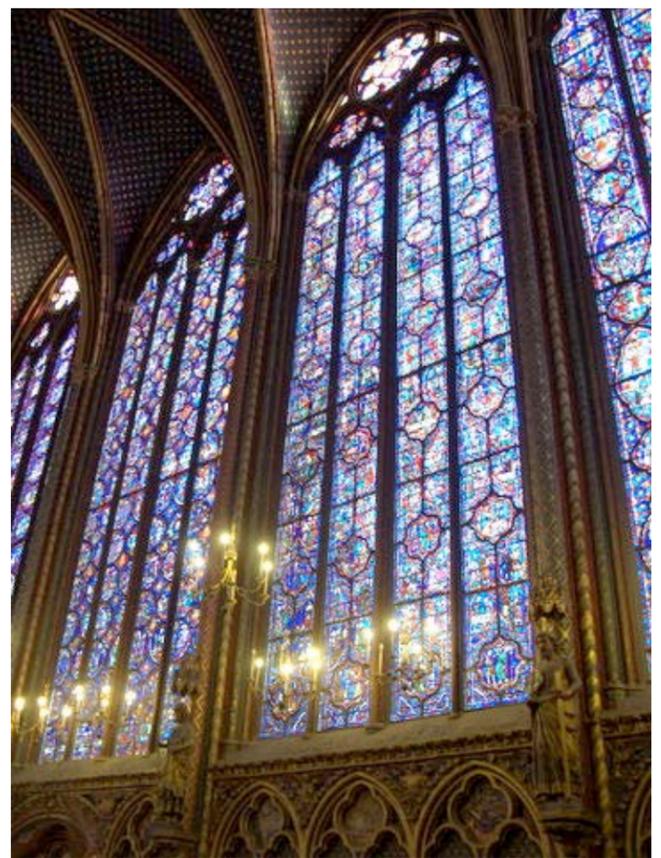
See what people are recommending you read –or give pages 12 -13

Psychology at the Movies

Bah Humbug page 14

Tears and Back

Dr. Joe McGahan shares a Christmas journey – page 15



Dr. Tom Stigall captured the beauty of the Cathedral of Notre Dame. See page 16 for more of his photos and comments about this famous church in Paris.

Editorial Page

Some things going well. Hallelujah!

by J. Nelson

The Louisiana State Board of Examiners of Psychologists, the Louisiana School Psychological Association, and the Louisiana Psychological Association are working together in an open, collaborative manner, not to restrict trade, but to try and increase the supply of psychological services to the citizens of Louisiana, maintain quality, and benefit our community members, all at the same time.

While a few wrinkles had to be ironed out along the way by reasonable people, those in psychology put together a solution to benefit both sides and the public, and didn't shoot each other in the foot while doing it. Are things changing a little?

Kudos to the Executive Director of the psychology board, who, after getting raked over the coals by the poorly designed (not by her) effort in 2012 to bring behavior analysts under the psychology board, seems to be exceeding expectations. She seems to have dotted every possible i and crossed every t when it comes to taking the time and effort to facilitate the communication and engage people in the problem-solving.

Led by Dr. Rita Culross, members of School Special Task Force also deserve our gratitude for thoughtful work. I appreciate Dr. Steven Welsh for taking the initiative to step up and bring ideas to the board, despite a climate that historically has not always been conducive to openness. I also heard that Dr. Jesse

Lambert and Dr. Chavez Phelps did an excellent job to help the effort along. I think everyone in the room deserves our appreciation for this one.

So now we actually have a possible win-win solution and we resisted falling back on old, worn-out, win-lose, scarcity models that have hamstrung those in our community for decades. (Maybe LPA and LAMP ought to give this method a try?)

It is a stunning and a shameful fact that the Task Force brought to our attention: The current ratio of licensed school psychologists to Louisiana school children is 1 to 10,000.

If the licensed psychologists have been trying to protect their turf, they overshot the mark by thousands of miles.

I've asked LPA President John Fanning why LPA seems to put all its effort into restricting supply and not a nickel's worth of effort into increasing demand, and I hope there will be an answer to that someday in the future.

For now, if this new credential turns out to be eventually approved, Licensed School Psychology Specialists will automatically be increasing demand for both themselves and the licensed psychologists. Hallelujah. Win-win.

Merry Christmas!

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

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Merry Christmas!



From the publisher and staff of

The Psychology Times

School Specialist License, Continued

Psychologists by its task force charged with studying the issue, Dr. Rita Culross, wrote, "The task force believes strongly that the creation of this additional level of licensure under LSBEP would strengthen the practice of psychology within LA, increase the availability of services to children and families throughout the state, and provide an enhanced level of protection to the public. We urge the board to support its recommendations."

The report highlighted a severe shortage of psychological services for school children throughout the state, noting that there are 69 psychologists with a specialty in school, licensed by the LSBEP and residing in the state. And, only 17 of the 64 parishes have a local school psychologist in the area. While there are 240 certified school psychologists in Louisiana, none of these can practice outside of a public school.

With a population of 690,000 students in Louisiana schools, the ratio of certified school psychologists to Louisiana students is 2875 to 1, and the ratio of licensed school psychologists is greater than 10,000 to 1, said the report authors. The report also outlined the proposed new scope of practice, qualifications, and aspects of standards, among other issues for the proposed Licensed Specialist in School Psychology.

"Even though the Board has accepted the report," said Executive Director Parker, "the actual move to license these individuals has not been made official. We are still exploring the idea with other important parties. I anticipate that the Board will make an 'official' decision after the meetings."

She indicated that this may involve governmental groups. "We will be meeting with the Department of Education as well as other school board association groups," she said.

According to several sources, the task force had to resolve some concerns raised by the Executive Council of the Louisiana Psychological Association (LPA).

The *Times* spoke with LPA President Dr. John Fanning who explained, "The task force's recommendations said that 'Licensed specialists in school psychology may practice independently as employees or contractors of public, private, or charter schools or through a contractual arrangement with a licensed psychologist.'" This sentence and the word contractual caused some in the LPA Executive Council a concern, he explained. "Whatever 'contractual' might prove to be, it's not 'supervisory.'"

"We viewed this as potentially opening a broad precedent to independent practice in what has been heretofore defined as the practice of psychology," Fanning told the *Times*. "It was disturbingly easy to envision other groups approaching the legislature with the argument that,

"The school specialists have been deemed qualified to do psychological testing in private practice outside the school system, and we think we are, too."

"Members of the EC with whom I spoke would have been satisfied with even distance supervision by licensed school or other psychologists—given the geographic distribution issues involved—but this idea got no traction with the task force," Fanning said.

LPA Council members Drs. Jesse Lambert, Lucinda DeGrange, and Fanning attended the joint meeting, along with task force members and Dr. Chavez Phelps, the Government Relations representative for the Louisiana School Psychological Association.

"I anticipated the possibility that discussion of the issue could be adversarial," Fanning told the *Times*. But, "That proved not to be the case at all," he said.

Kelly Parker told the *Times* the representatives worked very well together. "Members from LPA and the Louisiana School Psychological Association offered up possibilities and were able to effectively collaborate with one another and come to a good median that was acceptable to both groups, and the board as well."

Discussions led to a change in wording: "Licensed specialists in school psychology may practice independently as employees or contractors of public, private, or charter schools or through a contractual arrangement with a licensed psychologist."

The group also agreed on the wording about diagnosis. "The types of evaluations performed by licensed specialists in school psychology will be those that are germane to the current state educational bulletins, specifically Louisiana Bulletins 1706 and 1508. No school based evaluations conducted by licensed specialists in school psychology would employ DSM or ICD diagnosis."

Members of the task force include Dr. Rita Culross, LSBEP Chair and licensed school psychologist, Dr. Carmen Broussard, licensed school psychologist representing Nicholls State University Specialist Program in School Psychology; Ms. Susan Ratterree, Louisiana representative to the National Association of School Psychologists, Dr. Constance Patterson, licensed school psychologist, representing the Tulane University doctoral program in School Psychology, Ms. Francois Parr, representing the Louisiana Association of School Psychologists; Dr. Steven Welsh, retired Nicholls State dean and licensed school psychologist; David White, Executive Director for the Louisiana Psychological Association, and Ms. Kelly Parker, Executive Director of LSBEP (ex-officio).



Dr. Chavez Phelps, Government Relations representative for the Louisiana School Psychological Association met with the LSBEP task team and community members to work out details of the "Licensed Specialist in School Psychology." Above, Dr. Phelps presents at a LSPA convention.

Dr. McCown to Help Lead New College at UL Monroe continued

Sciences. The Graduate School remains unchanged."

The new organization at Monroe is part of the University's plan to cope with continued statewide budget cuts affecting all those in higher education. In a September meeting the Board of Regents reported that the total higher education budget for 2013-2014 is \$2.628 billion, down \$329 million from 2012-2013.

"These actions are consistent with our strategic plan," said Vice President for Academic Affairs, Dr. Eric Pani, in the press release. "Our ultimate goal is always to educate students and prepare them for the job market and we will continue to do that."

Dr. McCown told the *Times* that psychology will fall under the Business and Social Sciences, while family therapy and counseling will fall under the College of Health and Pharmaceutical Sciences.

He explained that the College of Business and Social Sciences will include political science, psychology, social work, accounting, aviation, marketing, and others.

"We've been happy because our online business program is highly ranked, 27th in the nation," McCown said, "and we're hoping that merging the business and

behavioral sciences under one administrative roof will allow us to share resources, research and laboratories for greater effectiveness."

Officials at ULM also announced the elimination of 25 positions in accordance with university reorganization due to recurring state-wide budget cuts over the last five years. Within the 25 positions, 19 jobs will be active employees and six positions are accounted for through retirements and unfilled vacant positions, said the report.

Approximately 300 university positions have been eliminated since 2009, according to a report in *Hawkeye*, ULM's student newspaper. Cuts are expected to reduce approximately \$2 million from the university's budget.

ULM is one of nine universities in the UL System, the largest higher education system in Louisiana. Sixty-one percent of the UL System operating budget is self generated from the nine universities, while only 39 percent comes from state funds, according to ULsystem.net, as reported in *Hawkeye*.

Corrections & Clarifications

No corrections or clarifications were received for our November issue of the *Psychology Times*.



The state psychology board held its Long-Range Planning meeting in November. The meeting was held at the Department of Health and Hospitals and the public was encouraged by the board to attend. Above, board members are on the left, (bottom left to top) Drs. Jessica Brown, Phillip Griffin, Darla Burnett, Marc Zimmermann, Rita Culross, and Director Kelly Parker. Community members attending are seated on the right side (from bottom right to top) Drs. Lucinda DeGrange, John Fanning, Kim VanGeffen, Connie Patterson, Jesse Lambert, Darlyne Nemeth, and Joe Comaty.

Psych Bd Reviews Emeritus, continued

meeting held November 8 in Baton Rouge at the Department of Health and Hospitals.

"I anticipate the Board will explore changes to the Emeritus licensure status at the December meeting," Executive Director Kelly Parker told the *Times*. "The Board has been considering changes to the requirements for some time now," she said.

According to the board's report sent to licensees in November, the board members discussed the possibility of requiring an emeritus licensee to be fully retired before being able to declare the emeritus status. Currently, some emeritus psychologists work part-time.

The report also noted that board members discussed the possibility of requiring all emeritus licensees who work part-time to obtain continuing education credits.

"The Board has a comment period open until December 6th," Parker noted. "We will always be open to accept comments on this or anything else," she said.

"I believe the Board may consider issues including should an Emeritus license be required to retire completely or should an Emeritus license working part time have to complete CE requirements," Parker said. "These are things they may decide with certainty for the next meeting," she said.

LPC Board Expects Appointments Soon

LPC Board Executive Director, Mary Alice Olsan, told the *Times* the board is expecting two new appointments "any day now." The new members will fill positions of Alysius Allen, who resigned in May, and David Legendre who completed his term in November.

Will the Real LAMP Please Stand Up?

Continued

Act 251 directed medical psychologists to obtain 25 percent of their continuing education from LAMP, the law noting, "*A minimum of twenty-five percent of a medical psychologist's continuing medical education shall be provided by the Louisiana Academy of Medical Psychology.*"

Act 251 also specified that members of the new Medical Psychology Advisory Committee would be nominated by LAMP. "*... Four members shall be medical psychologists selected from a list of names recommended by the Louisiana Academy of Medical Psychologists.*"

Rules were published in 2011 and included the definition, "*LAMP—the Louisiana Academy of Medical Psychologists.*" And, for the Continuing Education Requirement, the Rules noted, "*A minimum of 25 percent of the continuing medical education required by this Section shall be provided by LAMP.*"

The Rules also described that it was "LAMP" that would recommend members of the Medical Psychology Advisory Committee, "*[...] four medical psychologists selected by the board from a list of names recommended by LAMP.*" And also, LAMP would help recommend the physician member. "*[...] one physician selected from a list of names submitted by the Louisiana State Medical Society, and recommended by Louisiana Psychiatric Medical Association and LAMP, [...].*"

But who exactly is LAMP? Is LAMP a professional organization or a Political Action Committee (PAC)? It is not all that clear, and it matters, because a PAC must tread carefully on the rights of citizens.

Who is LAMP?

While Act 251 and the associated Rules define LAMP as "Louisiana Academy of Medical Psychologists," an official footprint for this organization does not appear to exist.

Nola.com business finder lists "Louisiana Academy of Medical Psychologists," at 913 S. College Rd, Lafayette, but with none of this information has been "claimed" or verified by anyone. *Follow the Money* lists it as an "institution" and also registered as a lobbyist. And *Wellness.com* lists it at 1003 Leyecester Drive in Baton Rouge, but with no information claimed.

A 2012 and Spring 2013 search of the Louisiana Secretary of State's list of corporations produced no listing for "Louisiana Academy of Medical Psychologists," or any similar terms, or with the term "LAMP" that fit any of the expected characteristics. And, "Louisiana Academy of Medical Psychologists" appears to have no website or social media presence.

Many in the community report that LAMP maintains closed communications, and this has been born out over the last years when repeated requests by the *Times* for information from LAMP leaders, for both political and non-political topics, have not been returned.

While LAMP doesn't have a presence or footprint as a professional organization, the "LA Academy of

Will the Real LAMP Stand Up?

Continued

Medical Psychologists PAC" does. This LAMP is listed under the State Ethics Board and is a Political Action Committee (PAC).

Is this the same organization written into Act 251 that provides continuing education?

While LAMP President Dr. Cathy Castille refused to provide information about the 2012 LAMP conference, saying, "LAMP has no interest in having anything published by you," other sources eventually sent the LAMP 2012 continuing education program information to the *Times*. Presenters for the LAMP conference included Dr. Cecil Reynolds, Dr. Matthew Tull, and Dr. Kim Gratz.

In a review of LAMP-PAC documents filed for April 2013, these same three presenters were paid by the PAC, each receiving \$1,200 for "Professional Fees." This, and other expenditures, suggested that the PAC was delivering continuing education for medical psychologists.

Was a PAC requiring a contribution in order for medical psychologists to fulfill requirements of Act 251, which had been written by that PAC?

Medical psychologists in the community routinely refer to "LAMP dues." Even then President Dr. John Bolter wrote in an email to members from the LAMP listserv in 2010, said "The annual dues for LAMP members is set at last year's amount of \$2,500."

But, have any medical psychologists been hindered in their efforts to obtain the required training? This appeared to be the case, after several undisclosed sources reported problems with LAMP and their requirements to the *Times*.

What A Muddle

Are LAMP dues (or contributions) required of medical psychologists who must attend the training as directed by Act 251, which was written by LAMP?

While professional associations or corporations might be able to charge for continuing education and reject those who do not pay, it is not clear that a PAC has this right.

According to the law regulating PACs, Louisiana Election Code (R.S. 18:1505.2) prohibits PACs in certain actions that coerce contributions or cause individuals to lose opportunities that are of benefit, based on their contributions to a PAC.

"D. (1) No person shall knowingly coerce or attempt to coerce another person to give or withhold a contribution." And, "(2) No person based on an individual's contribution, promise to make a contribution, or failure to make a contribution shall directly or indirectly affect an individual's employment [...]"

The law goes on to specify that a contribution to a PAC cannot deny, deprive, or threaten a person with, "... any employment or position. [...] the loss of any compensation, payment, benefit, or other emolument derived from or related to such employment or position." Or, "[...] the loss of any compensation, payment, benefit, or other emolument derived from or related to such membership or participation in any organization."

So, it does not appear that a PAC is allowed to require contributions, or restrict anyone from "benefits" of continuing education, in this case the education needed to obtain a medical psychologist certificate.

Efforts to talk with LAMP officials to clarify this were not returned. So, instead I asked the Ethics Board for their opinion about these issues.

Request for Advisory Opinion

In October 2012, I submitted a Request for Advisory Opinion from the Louisiana State Ethics. I gave the above facts and asked whether medical psychologists were required to donate to a PAC in order to maintain the professional license granted by the state. *"My question is: Does R.S. 37:1360.65 [Act 251] and/or the LA Academy of Medical Psychologists violate the Louisiana Election Code (R.S. 18:1505.2) having to do with coerced contributions?"*

My request was dropped. It was explained to me that Requests for Advisory Opinions are not provided for past behaviors, only for the future.

However, in non-confidential communications with the Ethics Board, it was also explained that, *in general*, PACs and professional organizations (such as those offering required continuing education, for example) would be required to have separate checking accounts, separate accounting, and organizations, so that people always understand if they are making a contribution to a PAC or not.



Dr. Jilandra Rovaris, Chair, and Dr. Joe Comaty, Vice Chair, serving on the state psychology board in 2010. The *Times* has been working to understand why the 2009 psychology board failed to alert psychologists that Act 251 would move the practice of psychology (by medical psychologists) to the medical board.

On July 22, 2013, a new corporation was filed with the Secretary of State's corporate listings named the "Louisiana Academy of Medical Psychologists, Inc." Dr. Cathy Castille is the organization's President, according to state records. The registered agent is R. Grey Sexton of Baton Rouge. According to LAMP-PAC reports the PAC paid Mr. Sexton \$1,320 for legal fees in April and in May 2013.

Sources attending a recent closed meeting of LAMP told the *Times* that President Dr. Castille informed members that the group was having to create a new organization. "We don't have to pay any fines, but it cost us a lot of money to get this fixed," Castille was reported to have said.

Also according to sources the group has created a new financial arrangement. Medical psychologists are now to pay \$1500 to the new non-profit corporation. It was said that this will include the continuing education. LAMP members are to contribute the other \$1000 to the PAC, according to sources.

This new organization band-aids the problem of Act 251 which wrote into law a Political Action Committee by using the term "LAMP." It may also protect medical psychologists since members of corporations have certain rights under Louisiana corporate law.

Is a PAC an Approved Provider for Continuing Education?

This leaves open a question about the validity of the continuing education hours purchased from LAMP-PAC.

The *Times* asked current Continuing Education Chair on the Louisiana State Board of Examiners of Psychologists, Dr. Marc Zimmermann, who is also a

medical psychologist, if a PAC was an approved entity for offering professional Continuing Education. He wrote the *Times*, "Dr. Nelson, I am responding to your query concerning LAMP CEs. Specifically, you asked about the status of CEs granted by LAMP prior to the division of LAMP as a regional organization and LAMP as PAC. The Board has not considered this issue. I will try to have it placed on the agenda for our December meeting."

The *Times* also asked Continuing Education Analyst at the Louisiana Board of Medical Examiners, Mr. Peter Zengel, if a PAC could offer continuing education. He said, "No, I don't think so." He also noted that there were a lot of calls and confusion by licensees and he viewed things as still being "ironed out." And, "While we stick to the major organizations, such as ACCME [Accreditation Council for Continuing Medical Education] you never know how much politics plays a part," he told the *Times*.

Should Nominations to a State Board Come From a PAC?

A final issue is the appointment of members of a state regulatory board who have been nominated by a PAC.

Act 251 specifies that "LAMP" makes recommendations for the Medical Psychology Advisory Committee (MPAC). A search of the minutes of the MPAC and the state Medical Board did not produce any information about how the current members were recommended. When the MPAC was created in 2010, the current members would have been nominated by the existing PAC. The Ethics Board said that this issue was not under their jurisdiction.

State and National News

Untreated Mental Health Problems Noted in Report On Sandy Hook Shootings

The Connecticut state's attorney released their report of the shootings at Sandy Hook Elementary, "Report of the State's Attorney for the Judicial District of Danbury on the Shootings at Sandy Hook Elementary School and 36 Yogananda Street, Newtown Connecticut on December 14, 2012." The 48 page report reviewed evidence and also drew some conclusions regarding the Newtown mass murder.

The authors concluded that the shooter, Adam Lanza, had significant mental health issues but what contribution this made to his criminal actions, the authors wrote, is "... unknown as those mental health professionals who saw him did not see anything that would have predicted his future behavior."

The report notes that Lanza had been evaluated several times over the years, being described as having speech and language needs, being treated for seizures, having repetitive behaviors and tantrums as a youngster, and being diagnosed with Asperger's in 2005. He had significant social impairments, "extreme anxiety," and was considered a special education student. He refused to take suggested medication or participate in behavior therapy, said the authors.

The authors of the report also stated that no drugs were found in Lanza's system.

They wrote that one of the internet blogs that the shooter posted on, "... focused on mass shootings and in particular the Columbine shootings." The report said Lanza had exchanged emails "... with other who were interested in the topic of mass shootings." But, the authors commented, "None of these communications, however, related to the SHES or in any way suggested that the shooter intended to commit a mass shooting."

The authors also wrote, "He was undoubtedly afflicted with mental health problems; yet despite a fascination with mass shootings and firearms, he displayed no aggressive or threatening tendencies," the authors wrote.

It is not clear if the authors had professional help in reaching conclusions. The full report is available online.

Behavior Analyst Applications Due By December 31

Applications for behavior analysts are due by the end of the month, said Executive Director of the Behavior Analyst Board, Kelly Parker. "We are receiving applications for the BA Board," she told the *Times*. "So far, we have received 16 Behavior Analysts applications and 6 have also been psychologists. We have received around 15 applications for registration as line technicians. All Behavior Analysts are expected to have certain items on file in the Board's office by December 31," she said.



School Specialists (SSP) at the recent Louisiana School Psychological Association convention speak with Dr. John Simoneaux before his presentation on violence prevention. (L to R) Sookham Dhaliwal, SSP from Monroe City, Ben Nicholson, SSP from Richland Parish, and Rayne Adams, SSP from Monroe City. Simoneaux is a licensed psychologist and serves as a steering committee member for the La. Coalition for Violence Prevention.

Dr. Jensen Honored for Lifetime Achievement

continued

organization, an affiliate of the American Group Psychotherapy Association.

Jensen has been a key figure in the psychology and psychotherapy community, providing training for hundreds of psychotherapists from psychology, psychiatry, social work, and counseling in Louisiana as well as in the national and international settings.

She has lectured in Germany, Austria, Russia, Argentina, China, and Australia, on the two, intertwined theoretical interests that have marked her career: the psychology of women, and the psychology of groups, she explained to the *Times* in a recent interview.

Among her many and varied teaching and professional roles, she has served as Associate Clinical Director and then as Clinical Director of the Louisiana State University (LSU) Counseling and Mental Health Services on the Baton Rouge campus, and as Adjunct Associate Professor of Clinical Psychology at LSU, from the late 1960s to the early 1990s.

She has also held a faculty position for Fielding Institute, worked in private practice, served as President of the Louisiana Group Psychotherapy Society, served as board member for the American Group Psychotherapy Association, and served as Vice President for North America for the World Council for Psychotherapy.

Jensen co-founded "The Phone," now called the Baton Rouge Crisis Intervention Center, she served on the steering committee for Faculty and Staff Human Development Group at LSU, and served on the Board of Directors for the Baton Rouge Catholic Social Services.

A native of Germany, Jensen came to the US on a Fulbright Scholarship to the Norfolk State Hospital in Norfolk, Nebraska, then received a grant from the La. State Department of Hospital Training and

Research, and served as an instructor at Tulane University School of Medicine. She completed her undergraduate, masters, and doctorate in clinical psychology from the University of Bonn, in Rhein, West Germany.

Much of her work has been guided by her interest in the psychosocial roles of women, she explained. "It was really touching to me when I was in Russia and spoke with women obstetricians and gynecologists at the Institute in St. Petersburg," Jensen said. "I had the same conversation in China and in Argentina. Women hold the family together, they are in charge of food, relationships, they work 70-hour weeks. Maybe not as much in the current generation, but in the generation before, this was typical for women around the world."

(See related story, next page.)

Mental Health Parity Final Rules Published

The final rules for the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 were published on November 13, closing the last steps to ensure requirements of the law. The 2008 Act requires group health plans and health insurance issuers to make certain that co-pays, deductibles and treatment limitations (such as number of visits allowed) for mental health and substance use disorders, are no more restrictive than those for medical and surgical benefits. The move coordinates with the Affordable Care Act, mental health and substance-use disorder services are essential health benefits that all new plans must offer. The rules can be found at <http://webapps.dol.gov/FederalRegister/PdfDisplay.aspx?DocId=27169>



Members of the Louisiana Group Psychotherapy Society with Lifetime Achievement Award recipient Dr. Susanne Jensen. (L to R) Christen Cummins, (social worker) Josh Pitre, (social worker) Drs. Jensen, Chris Garner, and David Hayes (psychologists).

(Photo courtesy Dr. Hayes)

Dr. Jensen Presents to Group Psychotherapists

by David N. Hayes, PhD

Dr. Susanne M. Jensen, a Baton Rouge clinical psychologist nationally known for her contributions to the practice of group psychotherapy for over 35 years, gave a one-day Institute designed to help group psychotherapists discover and reflect on their own personal style of group psychotherapy. The Institute, titled "Finding Your Own Style as a Group Psychotherapist," was held November 2nd at Peabody Hall on the Louisiana State University campus, a few rooms away from where Dr. Jensen taught her first psychology course in this country in 1968.

One of the themes in her morning lecture was examining how one's own personal and family history shape the development of the group therapist. "I grew up in a family of hard working physicians in a small German town close to the French border. I received my academic degrees at the University in Bonn," said Jensen, a former Louisiana State Board of Examiner's of Psychology board member and past president of the Louisiana Group Psychotherapy Society (LGPS). "In growing up, if we were not hard at work, we worked hard at looking busy," she said to laughter from a warm and respectful audience, many of whom she has trained as therapists over the past three and one half decades. "My style has been to work hard as a therapist and it has been challenging for me to learn to take time off for leisure and play".

"Although that's been challenging for her," noted Dr. David Hayes, a psychotherapist trained by Dr. Jensen in late 1980, "I look at the audience and see the product of her hard work. The majority of the therapists attending here today, going back to the 70s would say Dr. Jensen was their main mentor in group therapy training."

Lauren Tressler, a graduate student psychology intern at LSU, noted, "Dr. Jensen's lecture was personally liberating to me because a therapist of her caliber was explaining that personality traits aren't always seen as pathology. In fact, they are often our most significant strengths."

Dr. Chris Garner, a former president of LGPS, said: "I really like the way she explained that group therapists don't pick a style so much as *we are our style; we become our style*. All of the personal factors, our biology and gender, our personality and training, and our ongoing development create who we become professionally. As we continue to professionally create ourselves, we become our style."

Christen Cummins, a recent president of LGPS, said: "I most enjoyed Dr. Jensen's afternoon lecture on women's developmental psychology and its contribution to a woman's style as a therapist." Ms. Cummings noted that about sixty-six percent of the therapists attending were women. "I really appreciated Dr. Jensen's firsthand account of the efforts of women psychotherapist have made over decades to show

that women develop differently than men, really through the entire life span." This was perhaps most poignantly illustrated by Jensen in the way a woman develops in the context of never ending cultural messages that she should be responsible for relationships, for cooperation and nurturing, and never for instigating open conflict.

Dr. Jensen herself stated, "I really enjoyed preparing for my afternoon lecture best. It meant a great deal to be here with colleagues who make it their life work to reflect, to grow, and to understand their own development so that they can best help the people who seek assistance."

Dr. Darlyne Nemeth, a former president of LGPS and highly respected Baton Rouge medical psychologist and contributor to the *International Journal of Group Psychotherapy* noted: "Dr. Sue Jensen has been and continues to be the greatest influence on my professional development as a group psychotherapist. Whether through her exquisite teaching, role modeling or mentoring, Dr. Jensen has set the standard for clinical training in this field. Her presentation was an informative and insightful personal and professional history of this eminent group psychotherapist. I consider myself fortunate to have had the opportunity to learn from this distinguished colleague and friend."

"For over forty years Dr. Sue Jensen has set the standard for what it means to be a group psychotherapist in the

LSU Psychology Alumni Reunion Is Taking Shape

with Courtland Chaney, PhD

Richard Maples and Dr. Courtland Chaney have been working on plans for a reunion of Louisiana State University Psychology Department graduate students, particularly of those who were graduate students in the mid-1970s and early 1980s.

The idea initially was viewed as an informal gathering of those who started graduate school in 1975, but became so popular that it was expanded to accommodate the interests of a wider group of ex-graduate students and the department of psychology itself. "So many of us had connections with so many others we just decided to let our fellow graduate students decide if this event was for them. When we shared the idea with the psychology department, the plans really took off," Chaney told the *Times*.

The reunion is now planned as a three-day event spanning the weekend of July 24-26, 2014. The "center piece" of the reunion weekend will be a brunch reception sponsored by the LSU psychology department on Saturday, July 26 from 10:00 a.m. to 2:00 p.m. at the LSU Faculty Club. "We are still exploring alternatives for activities on Friday, July 24, Saturday, July 25 after the reception, and Sunday, July 27," said Chaney.

There are also plans to launch a reunion web page on the LSU Psychology Department website. The Psychology Department has been very supportive of the reunion, explained Chaney. Dr. Robert Mathews, the department chair, and Dr. Emily Elliot, the director of undergraduate studies, have met multiple times with Chaney and Maples to discuss reunion plans. And, a doctoral sociology student, Allison Bruchaus, is now working on the web site. "As soon as the psychology department website is ready, we will use it for communications between and among those interested in the reunion," according to Richard Maples, who is also coordinating.

"We were also thinking of ways to facilitate our re-connecting with each other and came up with the idea of submitting short bios," explained Chaney, "and possibly a current photo along with a photo from graduate school days to the psychology department as a fun way to reconnect," he said. "When we shared this idea with the psychology department, they said they even liked the idea of receiving resumes or CVs so they could see what their graduates have been doing since graduate school."

"So you can see how this informal gathering has taken a life of its own," said Chaney.

Interested persons should contact Richard Maples at rampsm@att.net or Courtland Chaney at courtlandchaney@cox.net for more information and to be added to the mailing list.

city of Baton Rouge in our time, and she has shown us a vision of the future of our profession," noted Dr. David Hayes, her colleague in private practice.

"One walked away from these lectures feeling energized and excited about being a therapist," Christen Cummins said. "And knowing deep inside that one is fortunate to have chosen this profession as life's work."

Ψ We Remember

Dr. Robert "Bob" Davis

Robert Douglas "Bob" Davis, born January 5, 1961, passed away on Thursday, October 31, 2013, at the age of 52.

Dr. Bob Davis is remembered by his colleagues as a remarkably competent, compassionate person with unfaltering support for others, and the ability to generously share his endearing wit and humor with his friends and associates.

He was a medical psychologist, a psychologist with a focus on law enforcement and security, leading Matrix, Inc., as well as his private practice. He published scholarly articles, a book, and lectured around the country. But while colleagues remember him for his professional contributions, they also repeatedly remark on him as a kind and generous friend.

"Bob was a compassionate, wise, and loyal friend and colleague—one of the best human beings around," wrote Dr. Amy Copeland, Associate Professor at LSU who worked closely with Dr. Davis.

"His crazy sense of humor and ability to find levity in the weightiest of moments," she said, was one of the many traits that so endeared him to his colleagues.

Dr. Marc Zimmermann, told the *Times*, "I first met him in the first MP class in 1998. He was always in a good mood and would kid and joke with everyone. He was also helpful. He would offer advise and would offer other forms of help. While I am sure someone somewhere did not like him, I have not met this person."

Professional colleague Leslie Todd, LCSW, said, "I knew Bob as a brilliant colleague, ... I took a moment during my recent talk to the Family Law Section to remind them again how brilliant and kind Bob was," she said. "His wit and warmth and his compassion were the personal qualities I so admired. There is no doubt he was outstanding in his field and greatly loved by his community."

Robert Hale, Manager with LSU Fire & Emergency Training Institute, and previously a lieutenant with LSU Police and a Captain with the East Baton Rouge Sheriff's office, first met Dr. Davis years ago.

"My first experience with 'Dr. Bob' was quite a few years ago while a Shift Sergeant at the LSU Police," said Hale. "Dr.

Bob started coming out and doing ride-alongs on night shift to see first hand what police officers experience. After the first few times, we started looking forward to his visits at night. He had many various, and interesting conversations with his ride along partners. We learned as much from him as he did from us. I, for one, enjoyed talking to him and respected him deeply."

Dr. Bob Davis was a leader in the area of Police Psychology, and President of Matrix, Inc., where he and colleague Dr. Cary Rostow developed specialized personnel evaluations for law enforcement, firefighters, and other safety and security positions for business, industry, and government.

Colleague Dr. Rebecca Nolan wrote on the online registry, that Bob was a special person, and that not many people have made the wide range of contributions to both law enforcement and psychology that he has made.

Along with being a medical psychologist and making key contributions to the Louisiana Academy of Medical Psychologists, Dr. Davis also had specialties in police and criminal psychology, clinical, and forensic neuropsychology and psychology.

Across his varied career, had held the position of Chief Police Psychologists for the East Baton Rouge Sheriff's Office, and also served as Police Psychologists for the Louisiana State Police in Baton Rouge. He also was trained at the Law Enforcement Training Program, Louisiana State University, 147th Basic Training Academy.

Over the years, Dr. Davis and colleague Dr. Cary Rostow published numerous articles about employee selection for law enforcement professionals.

One of Davis' and Rostow's notable achievements was the *M-PULSE Inventory: Matrix-Predictive Uniform Law Enforcement Selection Evaluation Inventory*, published in 2008 by MHS, Inc., Toronto.

Rostow and Davis also wrote *Fitness for Duty Evaluations for Law Enforcement Officers: A Guide for Law Enforcement Executives and Police Psychologists*, by Haworth Press in 2004.

Among many scientific publications were,

"Psychological Police Officer Selection" for *Law Enforcement Executive Forum*, "An Investigation of Biographical Information as a Predictor of Employment Termination among Law Enforcement Officers" in *Journal of Police and Criminal Psychology*, and "Group Differences in Detected Counterproductivity among Law Enforcement Personnel: Implications for Organizational Diversity," in *Quaderni Di Psicologia Lavoro*, with S. Dilchert, and Denise Ones.

Davis and Rostow, along with colleagues, also published "Compulsive Traits and Police Officer Performance," in *Journal of Police and Criminal Psychology*, and "Law Enforcement Officer Seniority and PAI Variables in Psychological Fitness for Duty Examinations," in *J. of Police and Criminal Psychology*.

Rostow and Davis published "Psychological Fitness for Duty Evaluations in Law Enforcement," in *The Police Chief*, "Psychological Screening," in *Law and Order*, and "Civil Liability and Psychological Services in Law Enforcement Administration," for *The Police Chief*.

In 2010 Drs. Davis and Rostow provided chapters, "Issues in Law Enforcement Fitness-For-Duty Evaluation," and "The Use of the M-PULSE Inventory in Law Enforcement Selection," for *Personality Assessment in Police Psychology: A 21st Century Perspective*.

Dr. Bob Davis worked closely with many colleagues in the Louisiana community including Dr. Ivory Toldson. Along with Dr. Rostow, Davis and Toldson worked together on a grant awarded by the National Institute of Justice, Office of Justice Programs, and produced, *Profiling Police: Evaluating the predictive and structural validity of an actuarial method for screening civil liabilities among police officer candidates.* The three presented together at the 2004 Annual Convention of the American Psychological Association in Hawaii and also at the Annual Meeting of the Academy of Criminal Justice Sciences in 2004.

Dr. Davis also worked with Dr. James Pinkston, Dr. Drew Gouvier, and many others in the community.

Bob obtained his undergraduate in psychology

from Louisiana State University, his masters in clinical psychology from Northwestern State University, and his doctorate in clinical psychology from the University of Southern Mississippi.

He earned the advanced practice certificate for medical psychology in 2010 with a post doctoral masters degree in clinical psychopharmacology for the California School of Professional Psychology.

He had taught at Northwestern State University, at U. of Southern Mississippi, and lectured for Tulane Medical Center in New Orleans, Our Lady of the Lake College in Baton Rouge, and for the State Police and LSU Law Enforcement Basic Training Program.

He held the Diplomate from the American Board of Medical Psychology and was a member of the Louisiana Academy of Medical Psychologists.

Dr. Davis was also a member of the American Psychological Association, a past member of the Louisiana Psychological Association, a member of the Society for Police and Criminal Psychology, of the International Association of Chiefs of Police, and the American College of Forensic Examiners.

He was a member of the National Academy of Neuropsychology, and past member of the International Neuropsychology Society.

Dr. Davis was board certified in Forensic Clinical Psychology and Neuropsychology and Diplomate, American Board of Psychological Specialities.

Dr. Copeland told the *Times* that this is a difficult loss for her, and wrote, "I always questioned my good fortune in finding him and Cary and having them both as steadfast friends and supporters throughout my career and life in Louisiana."

She said she will miss Bob tremendously. "I expect to see him walking past my office door in the morning with that incredible smile, coffee cup in hand, greeting his patients. "How are you, Dr. Bob?" with his comeback, "Better than I deserve to be!"

Robert Hale told the *Times*, "I always remembered those times with Dr. Bob and would not trade those experiences for anything. He will be deeply missed by all of those whose lives he touched."

Hold On To Your Hats It's Going to Be A Bumpy Ride

When CBS New York reported that only 6 people had been able to get through the botched website, we all knew that this was likely to be game on, politically.

Regardless, along with the positives in the new law, there are some real problems. For example, things are unlikely to work if some of the financials require young, healthy people to support us old people. The young are just as able to wake up and smell the coffee as anyone else when it comes to their money.

Also, while some business executives have known for a while that the law was going to end in a one-party payer, the public is just now becoming aware that millions (some estimate 93M) will lose their existing plans. This triggers the heavy-duty endowment effect: people hate losing what they've got, more that they like getting something new.

The failed website with the \$650M price tag didn't help consumer confidence, not when the media could pull any number of high tech guys in to say they could have produced a better produce for \$1M and lots faster.

All sorts of issues are heating up and so consumers and providers can expect a bumpy ride for at least a while.

For this month's column, I reviewed some of the information on what might be happening in the area of doctors' fees.

According to a report by the *New York Post*, a survey conducted by the New York state Medical Society found that of those polled, only 23 percent said they would be accepting new patients from the healthcare exchanges, 33 percent said they had not yet decided, and 44 percent said that they would not participate. President of the Society, Dr. Sam Unterricht, said, "This is so poorly designed that a lot of doctors are afraid to participate," according to the report.

The main reason doctors cited was their concerns with payments. Seventy-seven percent said they had not seen a fee schedule, and of those doctors who said they will be participating, three out of four of those acknowledged that they "had to participate" due to current contracts, according to the article.

A November 21 report in the *Wall Street Journal* pointed to insurers cutting doctors fees. "Insurers are slashing payments to medical practices in many of the plans they sell through the new health-law marketplaces—sparking worries that Americans signing up for coverage will have fewer doctors to choose from if low fees spark an exodus from the plans," reported Christopher Weave and Melinda Beck, of the *Journal*.

United Health Group, Inc., sent some New York City physicians notices that rates would drop, the report said. A statement by United the company said that it was their "... goal to provide exchange members with a robust choice of providers," according to the report.

"Blue Shield of California sent doctors contract amendments allowing them to opt in to treat exchange patients earlier this year. The health plan asked doctors to accept fees up to 30 percent lower than their normal commercial rates, according to doctors and the insurer," the WSJ noted.

In September, the Medical Group Management Association surveyed doctors and found that the majority weren't aware of the fees they would be offered through the exchanges. However, noted the report, of those that had heard, 37 percent said the rates offered were lower than Medicare, and 18 percent said they were lower than Medicaid rates.

The *Journal* reporters wrote, "The 2010 health-care law itself doesn't include any requirements limiting physicians' payments

Obamacare Corner

The Good, the Bad, and the Ugly of the Patient Protection and Affordable Care Act

by J. Nelson



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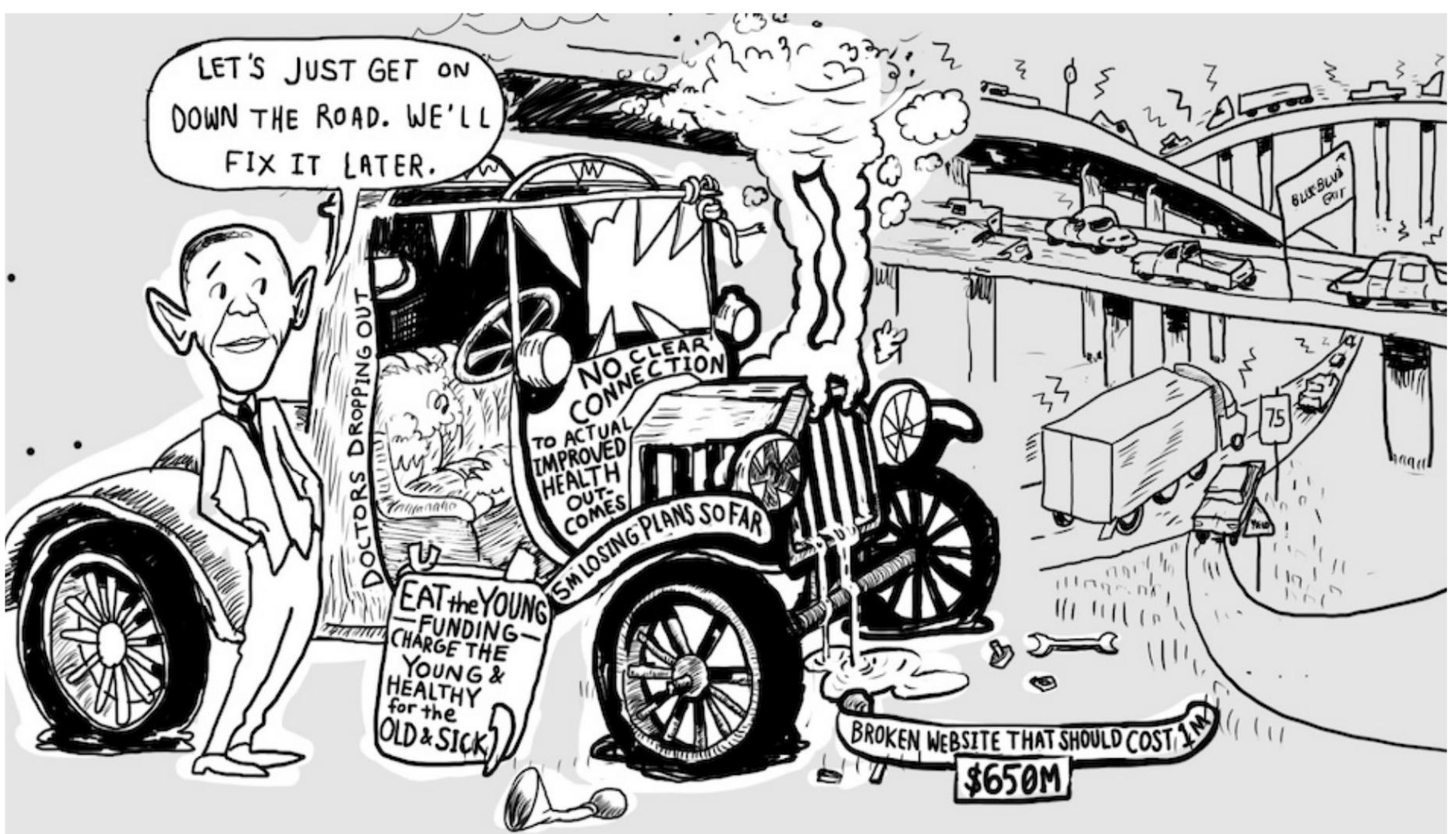
or restricting insurers' arrangements with doctors. But in order to keep prices low for exchange plans, many health insurers cobbled together narrow networks of doctors who agreed to lower their fees."

Both reporters at the *Journal* and at the *New York Times* pointed out that community health centers are expanding, because they are accustomed to treating the uninsured and so a large group of new patients is finding their way to these centers.

However, Abby Goodnough, reporting for the *New York Times*, "Medicaid Growth could Aggravate Doctor Short," November 28, wrote that while demand goes up, "... it is far from clear that the demand can be met, experts say."

Goodnough wrote that while only 57 percent of California doctors accept Medicaid, the current payment rates are low now, and expected to be cut by 10 percent in some cases as the rollout continues. While the healthcare law allows an increased rate for primary care doctors, the average being a 73 percent increase, this is temporary and only lasts for the initial two-year start-up.

California has the nation's largest Medicaid population and many doctors there say they are already overwhelmed and are unable to take on more low-income patients. All the while the state is expected to add 2 million new people to the Medicaid rolls over the 2014-2015 time frame, far more than any other state, the report said.



'Tis the season for **STRESS**

continued

Dr. Susan Andrews

"Thinking about stress and the holidays, I am reminded of how many clients literally *dread the holidays*," said Dr. Susan Andrews, clinical neuro-psychologist, Assistant Professor of Medicine at LSU Health Sciences Center, and author of *Stress Solutions for Pregnant Moms*. "It is not so much the stress of decorating, or shopping, or baking, or even fighting traffic, as it is the dread of having to face those long unresolved family problems."

She explained that the body can experience the effect of increased stress hormones, such as cortisol, with or without a real event occurring. "Cortisol levels do not drop until your mind calms and becomes quiet or still," she said. "So the longer you remain mentally active, even if you are lying in bed or sitting in an easy chair, the longer your levels of cortisol will remain high."

She explained the connections from cortisol, to glucose, to norepinephrine and glutamate, helping us "...think, remember, and be creative." But it can become too much, she said.

"As our daily demands increase," she explained, "our body responds by producing and releasing this stress hormone, among other hormones. The release of cortisol happens by way of unseen messages between the brain and the adrenal glands." But, she explained, "Chronically high levels of cortisol have many negative consequences. Some people are more vulnerable than others, such as pregnant women, the elderly, and people with health challenges."

Andrews has developed a self-monitoring system described in her book, *Stress Solutions* that helps overcome the problem that many people are not fully aware of either their stress level or how they are chronically generating their stress hormones.

Andrews added, "Research informs us that family-related problems are among the strongest triggers of excess stress hormones, such as cortisol," she said. "The problem is that dysfunctional family interactions are chronic, complex, and hard to resolve. Further, people's nervous systems have learned to automatically respond in ways that activate the 'fight or flight' mechanisms. Even the thoughts or memories of past troubled interactions cause stress reactions," she noted.

"It behooves all of us to pay attention to our stress levels during the holidays and be proactive by using a variety of techniques to reduce stress and rebalance the nervous system."

Dr. John Pickering

Dr. John Pickering, a clinical psychologist in private practice in Baton Rouge, serves on the teaching faculty of the Southern Louisiana (Psychology) Internship Consortium and the LSU-Our Lady Of the Lake Psychiatric Residency Program. Over the past four years, he has been a co-presenter of "A Day of Mindfulness for Mental Health Professionals," held annually at the Tam Bao Meditation Hall in Baton Rouge.

Pickering, who teaches mindfulness and meditation, explained that stress and fatigue during the holidays can stem from any number of issues.

"The benefits from mindfulness meditation in dealing with holiday stress are similar to the benefits afforded by this practice throughout the year," he said. "It appears that the effects are related to a number of components, including regulation of attention, regulation of emotional reactions to environmental stimuli, increased body awareness, and ultimately a change in one's perspective of the self," he explained.

"Numerous studies over the past three decades have illustrated the value of mindfulness in addressing a wide variety of difficulties, including chronic pain, anxiety, depression, substance abuse, and other disorders encountered in modern life, many of which tend to be exacerbated during the holiday period," Pickering said.

"The National Institute for Mental Health has reported that regular and ongoing meditation can reduce high blood pressure, cholesterol level, PTSD symptoms, stress hormones circulating in the body, and lower medical health care utilization." He also explained that mindfulness is now included in many of the evidence-based cognitive therapies.

"Findings have suggested that positive results often occur in only a short period, eight to ten weeks, of regular practice," he said. "However lengthy and intensive practice appear to extend the benefits enormously."



Dr. Susan Andrews, at a recent conference in Baton Rouge. Andrews is author of *Stress Solutions*, which shows how to monitor and change one's baseline stress levels and help lower cortisol.

Dr. Denise Sharon

Dr. Denise Sharon, physician and psychologist, is Assistant Professor at Tulane University School of Medicine, and Clinical Director at Advanced Sleep Center.

"Shorter days—less daylight can advance the sleep cycle and affect regular schedules," she noted, along with many other types of stressors such as holiday tasks and relationships.

"The vulnerability of sleep to stress seems to increase with age and that seems to be a result of age related increased sensitivity to the stimulating effects of corticotropin-releasing hormone," she explained.

"Stress can lead to sleep deprivation either by limiting the amount of sleep or by triggering difficulties achieving and/or maintaining sleep," she said. And, "Limiting the amount of sleep in an attempt to achieve more can trigger a vicious cycle. It basically creates sleep deprivation that results in one being more distracted, more prone to mistakes, basically achieving less."

"A central player in the sleep and stress relationship is the brain-derived neurotrophic factor (BDNF) and lower levels of BDNF were associated with stress related insomnia symptom severity," she noted.

Sharon explained that the effects of sleep deprivation can include hypersomnolence, effects on cognition, decision making, and cardio-vascular effects, among others.

To help, one approach Sharon suggests is keeping up with your sleep hygiene. "Maintain your regular sleep/wake schedule," she noted. "Allow enough time for you to sleep." She recommends exercise but try to do your exercise in the morning. Also avoid caffeinated products, nicotine, and eating two to three hours before going to bed. And be sure to allow a relaxed, quiet, dark atmosphere."

"Allow for 30 to 45 minutes relaxation time before bedtime while limiting exposure to light from screens, such as tvs, computers, tablets, and phones," she said.

Cont next pg



'Tis the season for STRESS, Six Experts Make Suggestions, continued

She recommends scheduling time for "... planning, worrying, taking notes, etc., at least two or three hours before bedtime, preferably anytime before dinner, and stop thinking about it once that time has elapsed."

"Plan ahead and allow adequate time plus for different tasks, delegate, divide big projects into multiple manageable short-term tasks."

There are also cognitive behavioral therapies and medications that can help, and also relaxation, acupuncture, biofeedback," she suggested. "Take good care of yourself and enjoy the holidays."

Dr. David Thomason

Dr. David Thomason, a Monroe medical psychologist, who also has a degree in Naturopathic Medicine, is licensed to provide acupuncture.

"Stress induces a heightened sympathetic state that stays elevated, ultimately resulting in systemic inflammation," he noted. "In acute stress acupuncture can stabilize sleep and induce relaxation," he said.

Thomason views stress reduction as the most important systemic effect of acupuncture. "Research suggests that acupuncture stimulates the release of hormones and signaling substances that regulate the parasympathetic nervous system," he explained. "Most people are familiar with the 'fight-or-flight' response that is governed by the sympathetic nervous system."

He points out that this is the stress response that everyone experiences daily. "The parasympathetic nervous system has been called the 'rest-and-digest' and the 'calm-and-connect' system. Research implicates impaired parasympathetic function in a wide range of autoimmune diseases, including arthritis, lupus, rheumatoid arthritis and inflammatory bowel disease as well as diabetes, heart disease, and many chronic health conditions."

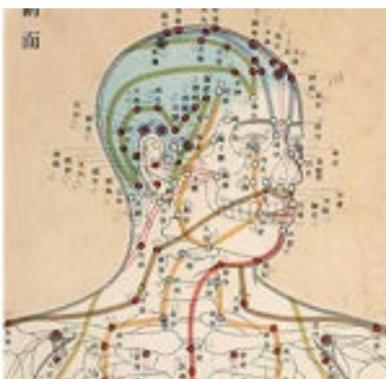


Illustration of acupuncture points. (Courtesy Dr. Thomason)

"Acupuncture acts on the peripheral nervous system to induce a parasympathetic state and signal the nervous system to release endorphins and enkephalins." Thomason points out that it can even relax shortened muscles and promote blood flow and release pressures on joints.

After a successful treatment, a common response is to have "... less worry and feel less hurried," he notes. "I combine acupuncture with imagery and other inductions to help the patient have a longer lasting effect," he said. "For someone with chronic stress, holiday stress can be overwhelming. I combine acupuncture with psychotropics for some of these patients," he said.

Dr. Molly Govener

Licensed Marriage & Family Therapists Drs. Molly and David Govener work regularly with individuals and families experiencing stress, at their clinic in Monroe.

"I would say that something I hear a lot this time of year is people feeling anxiety about gathering with particular family members in which there may be unresolved issues," Dr. Molly Govener told the *Times*. "This is the season where it's difficult to avoid being around family that you may have been able to successfully dodge the rest of the year," she said. "What I try and help clients with is essentially differentiation in their ability to be around these others without absorbing too much of the anxiety that they may represent," she explained.

"Visualizing themselves in the situation and experiencing themselves feeling at ease, choosing to act in a manner that is mature and confident and non-reactive," is one of her approaches, she said.

Another source of stress she sees is pressure to perform. She jokingly names it the 'Pinterest Induced Performance Anxiety.' "But honestly," she said, "I see this especially with women—this anxiety to be able to juggle all of the class parties, treat bags, dinners, craft making, shopping or gift buying, in addition to being the *most* creative Elf on the Shelf positioner *ever*, and to be able to make an origami reindeer while standing on your head. It's a lot," she said.

"I encourage women to take some time to think about their motivation, their *real* motivation for the activities they are engaging in—is it societal/mommy accolades?

self inflicted pressure to measure up to some impossible standard? Keeping up with the Joneses?"

She recommends that people select a few of the activities that they really value to keep as family traditions and that are non-negotiables, and focus their energies on those."

"I encourage people to create meaning in the holidays, instead of feeding into the capitalist commercially driven definition of them," she said, citing polls where most people can't remember even one Christmas gift they received the previous year.

Dr. Govener also points out that the holidays can be "... a really tough time for people that have recently lost a spouse or close family member..." She encourages individuals in this situation to seek out professional help if needed. "A lot of my clients report feeling a 'pressure' to continue 'performing' for the rest of the family during the season, even though they are experiencing grief," she said, and this can be detrimental in the long-run. "I encourage people to allow themselves this time to feel the loss during this time that is filled with memories, to allow time for quiet reflection and solitude, to opt out of functions when they need to."

Dr. David Govener

Dr. David Govener, explained to the *Times* that he views the two major stresses of the holidays to be time or people.

Dealing with time pressures, Govener said, "... involves making a decision to give yourself permission to say 'no' to some good things. Things that you'd like to do, but that are maybe still not the best thing for you to do."

"We hear certain things repeatedly in reference to the holidays," he said. "One is the hustle and bustle. The other is, 'Is it really worth it?' People begin to dread the holidays."

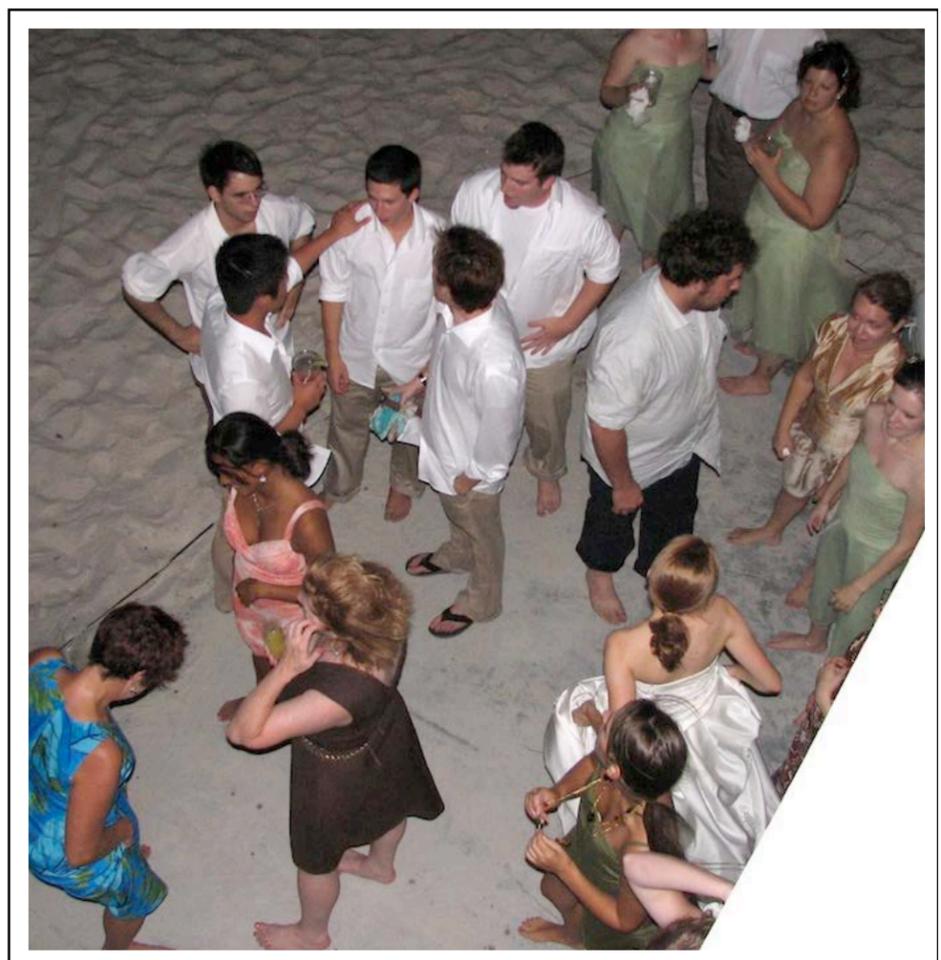
"So how do you solve that problem, a common problem? You give yourself permission to severely limit your schedule," he explained.

"That brings us to people. Often the people are family. Often you have people with very different expectations," he said.

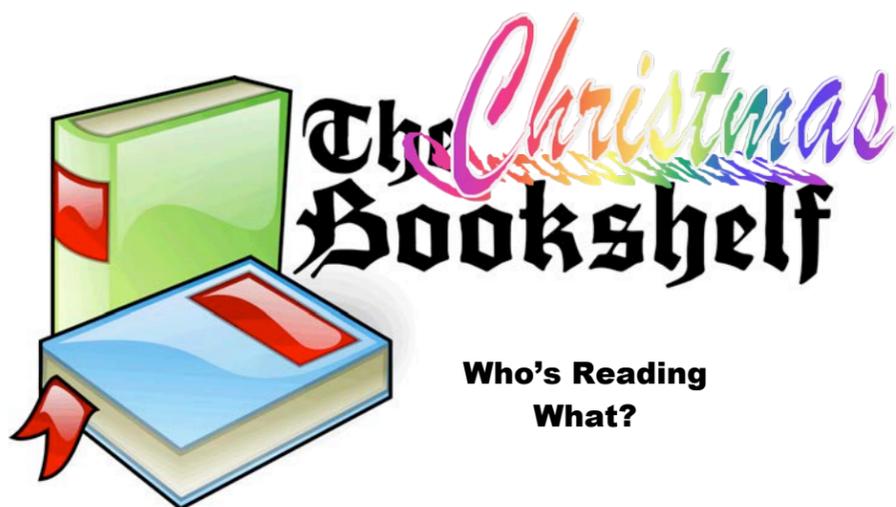
"Typically we allow ourselves to care about other peoples' expectations, maybe more than we should. And so the solution is to be an observer this year, to focus on being an observer. In other words, be the Road Runner this year."

"What I mean by that, is if the Tasmanian Devil spins around and comes upon you, stay calm and observe. And you might even watch in amusement at the other person's compelling behaviors or communication of expectations," he said.

"But, don't get pulled in and start spinning around to. Observe it. Stay outside of it, then after you've watched it a little while, and it hasn't affected you, and you haven't owned it, say to yourself, 'Beep-beep'



Family time is not without its stress. Dr. David Govener recommends a Road-Runner stress method. Say "Beep-beep" and move on.

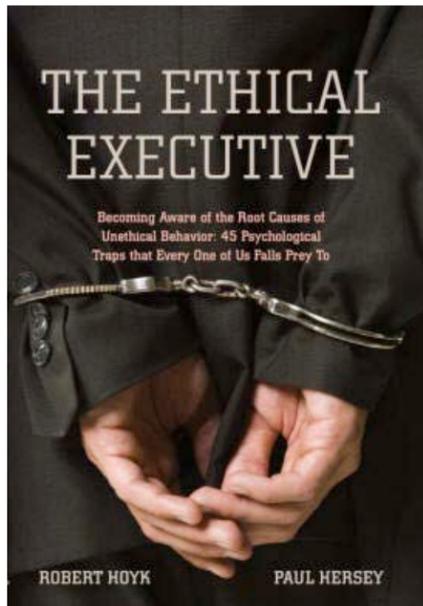


Who's Reading What?

Courtland M. Chaney, Ph.D., SPHR
 Industrial-Organizational Psychologist
 Human Resource Management
 Associates, Inc., Retired LSU faculty
 member, Department of Management

The Ethical Executive
 by Robert Hoyk and Paul Hersey

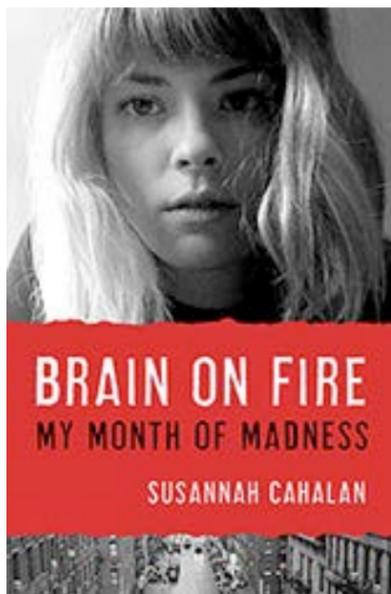
In looking for a new approach to teaching continuing education courses on the topic of ethics, I happened upon the book *The Ethical Executive* by Robert Hoyk, a clinical psychologist, and Paul Hersey, a popular author in the field of leadership. Their collaborative effort draws on decades of psychological research to explore the question of why good people do bad things. The authors identify 20 primary psychological "traps" that prompt people to act in ways inconsistent with their general good intent, 17 defensive traps that result in good people repeating unethical conduct, and eight personality characteristics that make some people more vulnerable to the other 37 "traps." Since most of the cited traps are long-known social-psychological dynamics and the personality characteristics are well known to most psychologists, it is not new information that makes the book interesting. It is the taxonomy of the various dynamics and the discussion of these dynamics as they relate to unethical conduct that makes it a worthwhile read. A caveat to acknowledge is that the intended audience for this book is business managers.



John Fanning, PhD
 Neuropsychologist
 LPA President

Brain on Fire
 by Susannah Cahalan

I'm currently reading *Brain on Fire*, by Susannah Cahalan. It's an autobiographical account of a very severe and frankly bizarre neurologic illness, written by a young woman who is a journalist for the New York Post. It's sharply written and very engaging. I'll take the liberty of saying that if the disease had killed her or permanently incapacitated her, she'd have needed a co-author, or at least a ghost writer. There is a deeply ironic aspect to her story, however, in that while she describes in detail the peculiar development and surreal phenomenology of her illness, she has very little memory of the period in which it was most severe, and consequently had to gather information from doctors, coworkers, family members, and medical records to describe what happened to her during that time. She was in the position of doing biographical research into her own history, one she herself cannot remember.



Judith Stewart, PhD
 Psychologist, Past President FL Psychological Assn

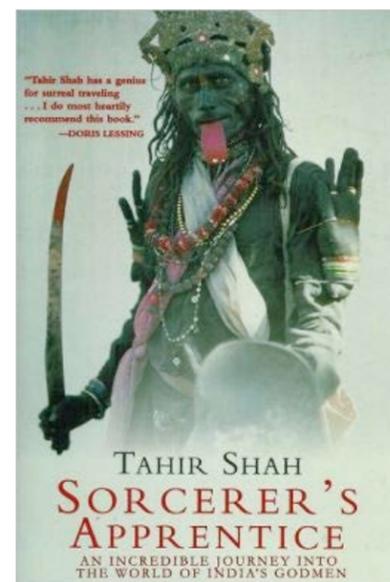
Sorcerer's Apprentice: An Incredible Journey to the World of India's Godmen*, and *The Caliph's House: A Year in Casablanca
 by Tahir Shah

I have two fascinating, non-fiction, fun books by the author Tahir Shah. He is descended from Afghani royalty, lived in London and

his dad, Idries Shah is a premier writer of books on Sufism. Both books provide a glimpse of another universe of experience, one in India, one in Morocco

Sorcerer's Apprentice: An Incredible Journey to the World of India's Godmen is about his desire to learn illusion, which started when the guardian of his royal relative's tomb came to London, uninvited, camped at his bedroom door and began teaching him magic. When, as an adult, he wanted further training he went to his childhood trainer's teacher in India. He lived and learned with a premier godman under very strange circumstances. Then he toured India looking for illusionists, of which there are many. On the way he picks up an unbidden sidekick he calls the trickster. To me the whole story is magical itself and I was left with the feeling that there is more in this world than we know.

In The Caliph's House: A Year in Casablanca, Shah is sick of London and buys a rotting mansion in Morocco in the middle of a slum. He inherits 3 superstitious retainers with the house and discovers the house is already occupied by a Djinn who does not want him there. If you have ever coped with restoring or redecorating you will find your experience a piece of cake compared to doing things the Moroccan way.



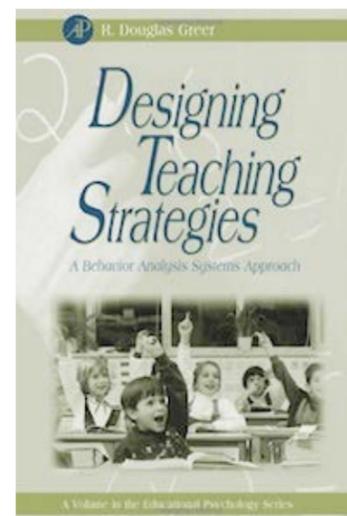
Janice Huber, BCBA
 Secretary, Louisiana Behavior Analysis Assn

Designing Teaching Strategies: An Applied Behavior Analysis Systems Approach
 by R. Douglas Greer

I am currently reading Dr. Greer's 2002 book, *Designing Teaching Strategies: An Applied Behavior Analysis Systems Approach*. Dr. Greer states, "When teaching is treated as an art, good teaching is an accident. When teaching is treated as a science, good teaching can be replicated across many professionals in a reliable fashion." What follows is a blueprint for "good teaching," in fact, how to provide expert teaching. Dr. Greer's book draws on decades of behavior analytic research to introduce the reader to a behavior analytic systems approach to all aspects of schooling applicable to any learning environment whether it be centers, schools, or clinics.

Chapters 4 and 5 and been especially instructive for me, both relate to expanding particular repertoires of the teacher. Chapter 4 describes how and which strategic questions to ask when faced with teaching and learning challenges and Chapter 5 describes teacher repertoires for early learners and includes some common learning and teaching challenges, possible sources of challenges, and tactics from the research literature that may remedy those challenges. The book also illustrates the importance of analyzing moment to moment responses by both students and teachers and describes the steps for efficient analyses of those real-time responses.

Designing Teaching Strategies has expanded my teaching repertoire, in part, by outlining how to become more adept at analyzing my own teaching behaviors and how those behaviors interact with and impact learner behaviors and outcomes.



Jack A. Palmer, Ph.D.

Chair of Psychology, University of Louisiana at Monroe
Author (*Evolutionary Psychology: The Ultimate Origins of Human Behavior; Science, Wisdom, and the Future: Humanity's Quest for a Flourishing Earth.*)

Quiet: The Power of Introverts in a World That Can't Stop Talking

by Susan Cain

This engaging book tells how our lives are shaped profoundly by the personality traits with which we are born. She begins with an exploration of how extroversion and introversion have been defined by psychologists and researchers. The heart of the book explains the types of environments and conditions in which introverts and extroverts work best and why. She tells how those with extroverted personalities tend to be valued more in our modern societies than introverts, even though introverted people—by their very nature—make enormous contributions to society. Fascinating stories from the real lives of both famous and everyday people illustrate the research that she cites.

In chapters that build on each other, Cain describes how education, business, and even parenting styles today are increasingly geared to encourage extroversion and discourage introversion. The theme throughout the book is that introverts offer a great deal to our world, and our culture could be making a serious error by not accommodating and encouraging the introverted personality type. Teachers, counselors, psychologists, parents, business people—anyone who works with people or who wants to understand themselves better—would benefit from reading this best-selling, well-written book that explains much about the value and potential of the introverted person.

My introverted friends, family members, and I resonated with and enjoyed the encouraging message found in this book's pages!

Kim E. VanGeffen, Ph.D.

Neuropsychologist
LPA Director, Past President

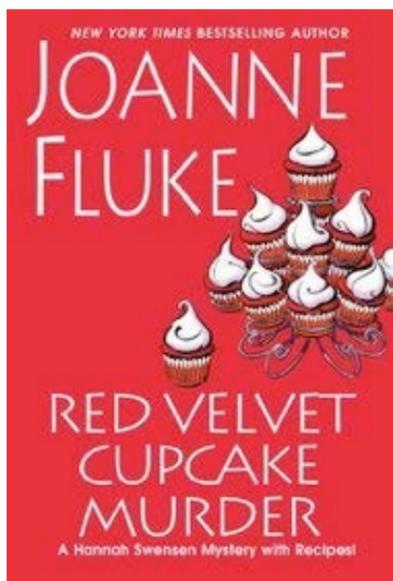
Any Cozy Mystery

At holiday time, I enjoy reading holiday-theme mysteries. My sister and I have a fondness for reading what are referred to as "Cozy Mysteries." There is even a web site devoted to this genre www.cozy-mystery.com.

According to this web site, Cozy Mysteries "usually take place in a small picturesque town or village with characters who I could envision having as neighbors or friends." These mysteries typically appeal to women and are often published in series. My sister has a huge collection of Cozy Mysteries on her Kindle account and, thankfully, I am on her account so I have a never ending supply of mysteries to read! The Cozy Mystery web site allows you to search for books in a variety of ways such as by author, by holidays, by the occupation of the protagonist and by other themes such as hobbies. I highly recommend this site. I am currently finishing *A Catered Thanksgiving* by Isis Crawford which involves two sisters who are caterers and solve murder mysteries on the side. They end up being snow bound at a gloomy mansion where they are catering a Thanksgiving meal.

Some of my favorite Cozy Mystery authors who have Christmas theme mysteries are Nancy Atherton, Leslie Meier and Joanne Fluke.

It will be hard to decide which one to pick for my next book.

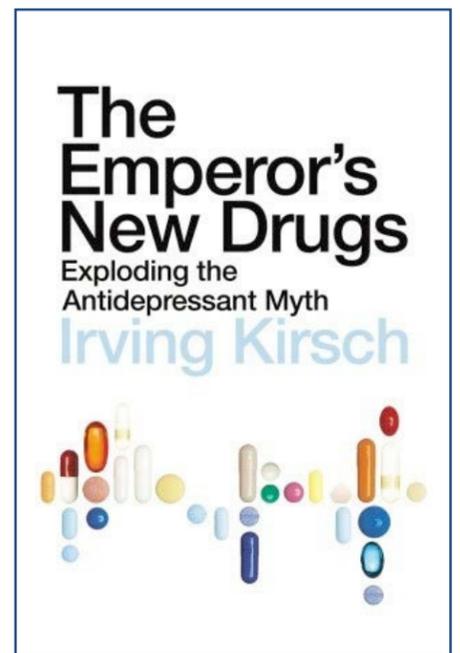


Michael Chafetz, PhD
Neuropsychologist

The Emperor's New Drugs: Exploding the Antidepressant Myth.

by Dr. Irving Kirsch

After attending the impressive and informative Fall LPA workshop by Dr. Irving Kirsch, I bought his book: *The Emperor's New Drugs: Exploding the Antidepressant Myth*. This is a must read for those interested in careful research and the truth about regulation of pharmaceuticals by the FDA. Kirsch's meta-analytic work uncovers the minimally incremental drug antidepressant effect over placebo. We also learn that the rules for the FDA approval of medications fall woefully short of real science, permitting approval after two statistically (but not clinically meaningful) trials even though there may be many more trials that are nonsignificant or in the other direction. This is a fascinating and compelling read for anyone interested in this area, but especially for the involved practitioner.



Cindy L. Nardini, MS, LPC

Government Relations Chair, Louisiana Counseling Assn
Member of Louisiana Coalition for Violence Prevention

The Purpose Driven Life

by Rick Warren

I am currently reading *The Purpose Driven Life* by Rick Warren. This is not a new book, on the shelves or for me. I bought it years ago, read it, and put it with my collection. Because of some circumstances in one of my son's life, he started this book, which encouraged me to read it again. Amazing! Isn't it interesting how the context of what's happening currently in our life changes what we "read" on the page? To me, that's evidence of how our lives are constantly changing and growing. The same experience will effect us differently - from one person to the next and one time to the next. I'm enjoying the book. It is helping me understand myself better, which I see as a lifelong process. I also believe that for us to be the best agents of positive change for our clients that we need to be constantly learning and growing ourselves.

Bill McCown, PhD

Associate Dean, College of Business and Social Sciences. U. of Louisiana Monroe, Author (*Strange Attractors: Chaos, Complexity, and the Art of Family Therapy, Treating Gambling Problems, Procrastination and Task Avoidance, and others.*)

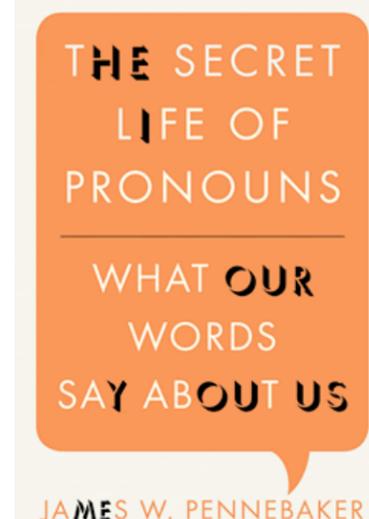
The Secret Life of Pronouns

by James Pennebaker

I'm reading *The Secret Life of Pronouns* for the third time and it's incredible. It's an outstanding book that you can apply to your own emails and correspondence and find out aspects of your personality that you might not have realized, especially regarding how you interact with others.

Pennebaker is a well known scholar in the field of stress related disorders and therapeutic writing. He was one of the first to show that expressive writing was related to health in a variety of areas, everything from mental health to Aids. It is based on computerized text analysis of hundreds of thousands of posts, blogs, tweets, and other communications. He shows that very low level words like articles, "the," "a," or "and" can be just as important. We used this program and looked into predictions for people with ADHD for words and thoughts.

It is unbelievable. I highly recommend it.



Psychology At The Movies

Bah Humbug

by Dr. Alvin Burstein

The approach of Christmas stirs up memories—and a wish. Some of the memories reflect my confusions about the holidays as a child.

Both my parents were Russian immigrants. Mother was an observant Jew. Although my father had spiritual interests reflected in his Masonic studies, he did not follow Jewish religious practices. He sold Christmas trees in the Mom and Pop grocery he ran with my mother. More-over, he donated trees to our public school classroom, and erected one in our home--no doubt provoking Russian language conversations with his wife indecipherable by us children.

And I recall a second grade experience of being excused from participating in singing a Christmas carol with the rest of my classmates. I wanted to sing, too, but I understood the exclusion to be an expression of our teacher's sensitivity to religious difference. That motivated me to hide both my disappointment my curiosity about the meaning of the mysterious term "ronyon virgin."

Those memories, and the imbedded feelings, may have contributed to the wish to re-read Dickens' story, *A Christmas Carol*, and my viewing a couple of film versions of that tale.

The 1830 story is a classic, demonstrated by its having spawned at least eight film versions and by the tale and its reincarnations continuing to shape our views and feelings about the holiday. Of the many film adaptations, I looked at two: the first a re-mastered 1935 version starring Alistair Sim, the second a 2009 3-D Walt Disney/ImageMovers' effort.

The power of the tale lies in its being a story of a redemption, one that depends on the recapturing of Scrooge's forgotten past, the curative effect of which is at the heart of psychodynamic therapies. The pathogenic node of Scrooge's forgotten past is the terror of parental rejection, a potential theme that accounts for the popularity of the classic tales of abandonment and adoption from *Bambi* and *Orphan Annie* to *Harry Potter*.

The Dickens story starkly contrasts happy families, the Fezziwigs, that of Scrooge's nephew and the Cratchits, with the lonely Scrooge, abandoned as a school child. That theme is deepened by the climactic adoption of a resurrected Tiny Tim by the healed Scrooge.

Though his story antedates Freudian theories of psychosexual orality, the link between being loved and being fed is manifested in Dickens' emphasis on opulent feasts for the fortunate and deprivation and hunger for the wretched, and his depiction of Scrooge as having two selves, a mean, calculating, unloving self, and a disowned emotional one. That in his redemption the second replaces the first rather than being integrated with it may be a flaw, psycho-dynamically speaking. That might account for a manic element in Scrooge's "recovery:" his ebullience, his hyper-activity and his showering of money on others. Here is an illustrative excerpt from Dickens:

"I don't know what to do!" cried Scrooge, laughing and crying in the same breath and making a perfect Laocöon of himself with his stocking. "I am as light as a feather, I am as happy as an angel, I am as merry as a school-boy. I am as giddy as a drunken man. A merry Christmas everybody. A happy New Year to all the world. Hallo here! Whoops! Hallo!"

It may be over-pathologizing to raise a question about the durability of such an excess. On the other hand, it may be Dickens' contribution to our contemporary demand for unmitigated happiness during this holiday, a demand that opens the door to disappointment and holiday depression.

A final comment specific to the DVDs: Both are very close to the Dickens text in the sense of using much of the dialogue from the original. The Walt Disney version is stunning in its visual effects, actually overindulging by stressing the terror of falling and eeriness, thus distracting from the more psychological issue of deprivation. It begins with a prequel in which Scrooge takes the coins from the eyes of Marley's corpse, sniggering "Tuppence," a scene that highlights his avarice in way that many children would find upsetting. Scrooge's animated cartoon presentation, scrawny and desiccated, underlines his emotional starvation but lends him and the other Disney characters a one dimensional quality.

Paradoxically, Sims' 1935 black and white Scrooge, though more dated, is more real, making it easier to empathize with his pain. In fact, this version elaborates Scrooge's abandonment by attributing it to his mother's having died in childbirth. Because Sims' Scrooge is more real, this version is the one I prefer.



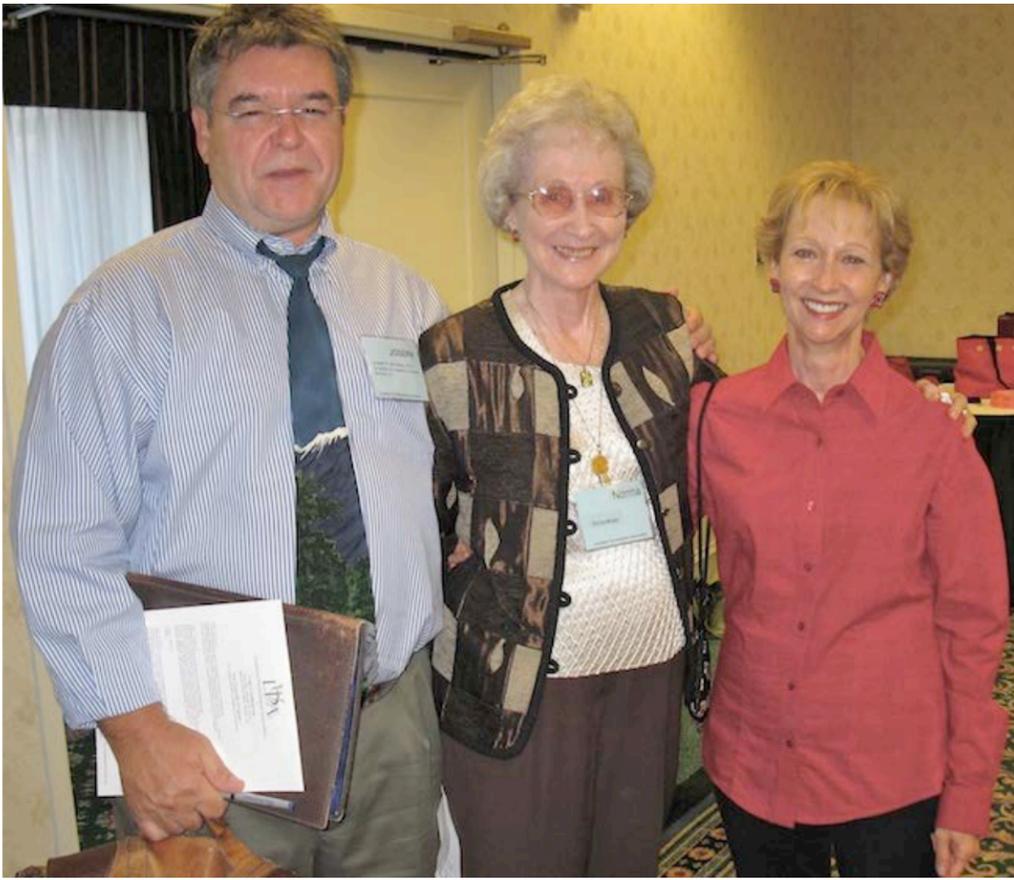
Guest Columnist, Dr. Alvin Burstein
Professor emeritus,
University of Tennessee, Knoxville

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)



Dr. Joe McGahan (L) with his mother-in-law and Dr. Susan Dardard (R) at a previous convention. Dr. McGahan is Professor of Social Psychology at ULM.

Smiles to Tears and Back Again

by Dr. Joe McGahan

[Editors note: Dr. McGahan graciously offered to share a personal Christmas story with Times readers. He is Professor of Social Psychology and Co-Director of The Social Science Research Lab at the University of Louisiana at Monroe.]

As the oldest of six children, I was fortunate to be a big part of my parents "first crack" at a family Christmas. Thanksgiving parades, Rockefeller Center, warm chestnuts from street vendors in New York City, and unbelievable gifts from Santa made Christmas a seriously major event in my life. In fact, one year, even though we lived in a relatively small apartment, in addition to a really cool Winchester rifle and spaceships that blasted off, somehow my parents got Santa to give me an HO train-set mounted on a piece of plywood with hand painted little people, buildings, animals, and trees.

And that approach to Christmas continued well into my elementary school experience; indeed, I may have been one of the last kids in my class to learn that my parents were Santa.

But then it changed; Christmas was no longer accompanied by anticipation, fun, and excitement. Norms and obligations consumed choice and, instead of happiness, joy and smiles, Christmas became a lengthy series of meaningless burdens that brought dread and disappointment.

This represented quite an attitude change, to say the least; maybe even a paradigm shift in my reality.

Clearly, I became a "humbug" and, unfortunately, I probably ruined the holidays, at least to some extent, for my wife, daughter, family and friends.

The good news, however, was that my wife, Patti, loved Christmas more than I despised it and, as a result of her love and endless creative efforts, Christmas

cheer prevailed in our home; but it did not negate my "attitude (problem)".

Then, on December 19, 1993, after almost ten years of fighting a battle with cancer, my father, Raymond Edward McGahan, died.

You would think, given the negative affect normally associated with death, that my father's death on December 19th would have made me even more negative toward Christmas.

But that did not happen; instead, Christmas (once again) became a meaningful positive experience for me because, on December 19th, when I feel (some of) the sadness that (still) accompanies bereavement, I get the gift of remembering how much I loved and love my dad. Although his battle with cancer was brutal at times, making it seem like integrity was losing to despair, somehow "peace and happiness prevailed" through the finale of his life.

I am not a religious person, given the traditional use of the word, but I honestly can say that I felt gifted and even blessed to be by his side numerous times during the last three months of his battle. I often tell people that it was "as if" God was giving me batting practice time-and-time again during my final visits with him, and much to our mutual satisfaction, I seemed to be able to hit those pitches (making my dad, who wanted me to be a baseball player, a proud father).

So, these days, whereas I (try to) think of Easter as a celebration of death, I (try to) think of Christmas as a celebration of birth and, with each celebration of birth, I like to think that peace and happiness might prevail.

Have a Happy Christmas.

Joe McGahan



Christmas

Psychology Gumbo

by Julie Nelson

I intended to cover Christmas research in this month's issue of Psychology Gumbo. But golly, I could barely find any at all that was about Christmas. Obviously I was using some offbeat search term. I did find a strange study about regifting, which Dr. Gilda Reed wisely declined to comment on. It lacked inspiration, she said. So I talked her into looking at one about happiness. But in case your thinking of regifting, here is a nutshell.

• "The Gifts We Keep on Giving: Documenting and Destigmatizing the Regifting Taboo" – in *Psychological Science*, 2012.

Adams, Flynn, and Norton looked at how "receivers" and "givers" view the social taboo of "regifting." They found that attitudes about regifting depended on whether a person was giving or receiving and that some people find it offensive. The researchers suggested that a simple intervention that givers encourage their receivers to use the gift freely. Problem solved.

• "The Pursuit of Happiness: Time, Money, and Social Connection" C. Mogilner, – in *Psychological Science*, 2010.

COMMENT: Dr. Gilda Reed, Psychology Department, University of New Orleans, Princeton Review's Best Professor

"Happiness is an elusive personal construct which cannot be operationally defined. *The Pursuit of Happiness: Time, Money, and Social Connection* by Cassie Mogilner (*Psychological Science* 2010 21: 1348) professes that happiness is not triggered as much with money/work thoughts as it is with time/relationship thoughts. Mogilner attempts to separate the influences of both types of thinking on happiness. I believe her conclusions that more happiness results with a shift in attention toward time as opposed to money. Perhaps, my own implicit happiness beliefs that relationships tower over money are responsible (46 year marriage, 7 children, 15 grandchildren, hundreds of college students per semester.)



The scientist in me, however, cannot put much stock in the generalizations and assumptions embedded within the work. It is more plausible to pair money and work together than it is to pair time and relationship together. Work begets money and is generally considered a prerequisite for it. The value of time does not necessarily match up with relationship, as people may value spending it elsewhere (Cziksenti-mihalyi's flow), especially in the absence of satisfying relationships. Assuming that valuing of time translates into happiness when spent with family, assumes that this family time is enjoyable. Also problematic are the broad categorizations of work being tied implicitly to the word price and of time being tied implicitly to the word clock.

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.

None of the content is intended as advice for anyone.

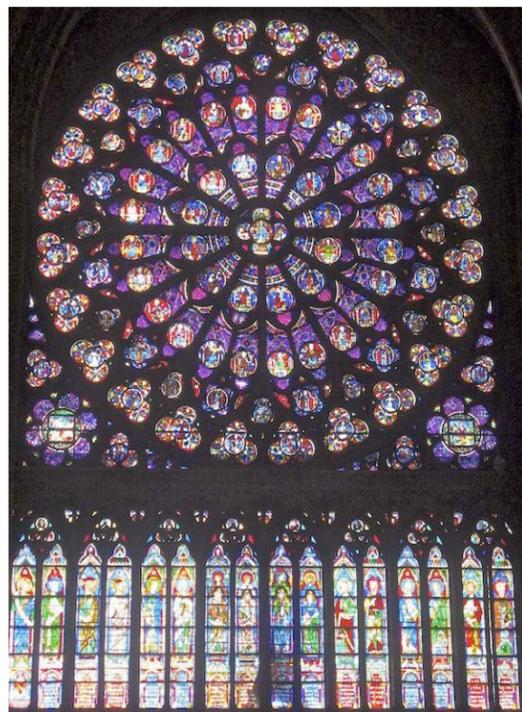


Except for St. Peter's Cathedral in Rome, the Cathedral of Notre Dame in Paris is perhaps the most well-known and important church in the world. The Cathedral is located on the Ile de la Cité in the middle of the Seine River. It dates from the 12th century and has been renovated and updated many times. (Above, the south elevation of the cathedral.)

Stained glass windows are some of the most beautiful features of churches in Europe.

The most famous window of the Cathedral of Notre Dame is the South Rose Window (below).

It is said to represent "Christ's triumphant reigning over Heaven, surrounded by all his witnesses on earth."



Photos and comment by Dr. Tom Stigall