

LSBEP Election

Drs. Crouch, Henke to Run

Two psychologists, Dr. Leah Crouch and Dr. Amy Henke, have qualified to run for the Louisiana State Board of Examiners of Psychologists for a position beginning next year. Voting is currently open online and will remain open until December 31, for licensed psychologists.

Cont'd pg 3

Behavioral Health Moves to Integrated Care

More Cuts for Public Health, Higher Ed

Just about the same time that behavioral health for Medicaid finishes a full transition to integrated care, the state is looking at even more cuts, some which will have to come from public health.

State officials are looking at a \$370 million shortfall from what they expected, which is the same tune as every year — deep cuts to health care and higher education are unavoidable, say experts.

Cont'd pg 3

School Psychologists Honor Seven, Dr. Duhe for Lifetime Achievement

The school psychologists honored members' contributions while at their 35th Annual Convention held last month, November 11–13, at the Hilton in Lafayette. According to LSPA Secretary, Dr. Katherine Wickstrom, the group honored seven Louisiana School Psychological Association members with awards for their service and achievements.

Cont'd pg 7



Dr. Constance Patterson (L) and Dr. Debra Duhe prepare for presentations at the recent convention of school psychologists. Dr. Duhe was honored for lifetime achievements.

Close-Up — Dr. Addison Sandel

She started school at age four, because she could already read, and her mother felt that anyone who could read should go to school. Today, she's 89 and going strong. In our special *Close-Up* feature we review the fascinating life of Dr. Addison Sandel.

And yes, that's her, at age 15, on top of that sign at her father's store. They dropped the extra "L" in Sandel—a "waste of ink."

Page 10



Psychologists in Family Court- Worth a Second Look – Page 8



Dr. Alan Taylor is our guest author for this important topic. He is in his 32nd year of independent private practice in clinical psychology and his practice areas have been broad and diverse in terms of populations and settings. But family court work has been a major focus for the last 20 years. He is currently president of the Louisiana chapter of the Association of Family and Conciliation Courts.

The Secret Life of Board Complaints Part II – Disciplined for What? –

by J. Nelson

In our October issue we looked at the process of complaint investigations at the state psychology board, and interviewed some of those who had gone through either an investigation or a prosecution. While most complaints are dismissed, some result in a disciplinary action. For Part II of our review, we looked at actual disciplinary outcomes for the psychology, counseling, and social work boards.

We found that all three boards have very low rates of disciplinary acts, between .001 and .003 for discipline relative to numbers of licensees. We found also that the main way complaints are resolved is with a Consent Order, and that the boards had their own style for handling these issues, the social workers being the most thorough and cogent. While the general pattern of violations was similar for

Cont'd pg 5

Movie Review:
It's a Wonderful
Life Page 13

Christmas
Bookshelf Page 14

Editorial Page – Opinions

Christmas Present from Our Backyard Chickens *by J. Nelson*

Archimedes brought home two backyard chickens and while at first highly skeptical, I've become a believer and fully support his comment that there are two things he's found that are "a lot more fun and a lot less work than expected — our grandchildren and backyard chickens."

On the other hand, for an untreated over-functioner like myself, the power dynamics between our two chickens pose an emotional challenge.

"Red," our unimaginatively named Rhode Island Red hen is a sweet, calm, friendly bird. Hawk, also named with the least amount of effort, is more neurotic, a little paranoid, and termed "skittish" by bird people.

But Hawk is not timid when it comes to cheating—stealing to be precise. If Red obtains a bug (a chicken's idea of rib-eye steak) Hawk immediately zooms in, snatches the delicacy right out of Red's beak, and dashes away.

Red (and Archimedes) appear generally unperturbed by this, while I, a rigid moralist with Irish-Catholic upbringing, find it nearly intolerable.

So, I work to help the down-trodden, and to "protect the public," so to speak. One solution I've found is to feed the two together, a food source of dried mealworms. While expensive and not as good as a nearly alive bug—I'm pretty sure these worms are dead—they are too numerous and too small to motivate robbery.

However, invariably a bug enters my environment and I feel obligated to recycle. Since I've decided that Hawk is "unfair," I'm now reliably intervening to level out our backyard social system.

Having discovered a very large Palmetto bug (I call it that so I don't have to call it a roach because if it were a roach, it would be the biggest, most disgusting creature ever and I wouldn't be able to come any where near it), I plan an intervention to deliver it to Red.

I review the terrain, knowing that Red will come closer to me. I also take a broom handle to wave at Hawk in an emergency. I toss the bug at Red, but it snags on the paper towel I have it wrapped in, and falls short. Hawk lunges. I quickly wave the broom, which has the unintended consequence of frightening both birds. To compensate, I wave my hands, which seems to keep Hawk back. Red steps forward and grasps the bug in her beak.

Seeing Red in possession of the bug apparently triggers neural pathways in Hawk and she launches a renewed attack to Red's right side, then left, then right—Red is barely able to dodge Hawk and hold on to the bug.

I see the thing falling apart before my eyes and shout, "Hawk! Stop it!" Both birds freeze and look at me, and Red drops the bug. Hawk grabs the bug and speeds away.

Having surely co-evolved with humans, Red looks at me wide-eyed, as if to ask, "Do you have another bug for me?"

I'm subject, like most of us, to develop finer and finer interventions, some probably quite innovative, maybe some even effective, which could make life seem more fair, more perfect, more moral. I could spend time micromanaging our backyard chickens.

Or, for this Christmas and New Year, I could just let things be.

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Merry Christmas from the Staff at the
Psychology Times

Crouch, Henke Run for LSBEP

Continued

Dr. Leah Crouch is a clinical psychologist and Assistant Professor at Tulane University, Department of Psychiatry & Behavioral Sciences. She resides in New Orleans.

Dr. Crouch earned her PsyD from the University of Denver in 2006 and was licensed in Louisiana in March, 2010, according to her nomination forms. She is a member of Division 42 – Psychologists in Independent Practice, of the American Psychological Association (APA), and also APA Division 56 – Trauma Psychology. Dr. Crouch is also a member of the Society of Personality Assessment, and the National Register of Health Service Psychologists.

Dr. Amy Henke is a clinical psychologist with the Louisiana State University Health Sciences Center and Children’s Hospital in New Orleans. She earned her PsyD from Nova Southeastern University in June 2008. She is a member of APA Division 54 – Pediatric Psychology, and APA Division 38 – Health Psychology.

Dr. Henke is also a member and Director for the Louisiana Psychological Association.

Dr. Henke notes on her application: “My goal, if elected, would be to assist in improving the relationship between LSBEP and psychologists across the state through increased transparency, communication, and collaboration.”

Dr. Crouch notes that her goals are: “Aid in provisional licensure process; Uphold integrity of practice of psychology; Ensure psychologists practice within their scope; Ensure psychologists practice ethically; Preserve psychology’s scope of practice; Promote practice of psychology.”

The board position will begin July 1, 2016 and continue to June 30, 2012. The opening that will be left as current Chair Dr. Marc Zimmermann completes his term next June 2016.

Federal Judge Sides With John Roseman In Lawsuit Against Kentucky Psych Bd

U.S. District Judge Gregory Van Tatenhove found that the Kentucky Board of Examiners of Psychology was “unconstitutional” when they issued a restraining order against newspaper columnist, John Roseman, because he was not licensed in Kentucky. Roseman has a master’s degree in psychology and is licensed as a psychological associate in North Carolina. Roseman writes a national column on parenting.

The *Lexington Herald Leader* reported that Rosemond filed a federal lawsuit against the Kentucky Psychology board after the board tried to block his publications with a restraining order. According to the *Leader*, Rosemond and his attorneys said that the psychology board violated Rosemond’s First Amendment right to free speech.

"Rosemond is entitled to express his views, and the fact that he is not a Kentucky-licensed psychologist does not change that fact," Van Tatenhove wrote in his ruling. "If the facts were different, had Rosemond represented himself to be a Kentucky-licensed psychologist or had he actually entered into a client-patient relationship in Kentucky, the outcome might be different," said the judge, according to the report in the *Herald Leader*.

“To permit the state to halt this lawful expression would result in a harm far more concrete and damaging to society than the speculative harm which the state purportedly seeks to avoid, and perhaps that is the ‘wake up’ call best drawn from the facts of this case,” said Van Tatenhove, as quoted in the *Herald Leader*.



Dr. Jesse Lambert, one of the newest board members on the Louisiana State Board of Examiners of Psychologists (LSBEP), listens along with Ms. Jaime Monic, Executive Director, at the recent Long Range Planning Meeting held in Baton Rouge.

LSBEP Discusses Concerns at Nov Meeting

The Louisiana State Board of Examiners of Psychologists met on November 19 for their annual Long Range Planning Meeting, held this year at the Louisiana Municipal Association Building on N. 10th Street in Baton Rouge.

Attending the meeting were board members Dr. Koren Boggs, Dr. Phillip Griffin, Dr. Marc Zimmermann, Dr. Darla Burnett, Dr. Jesse Lambert, and Executive Director Ms. Jaime Monic.

Members of the public attending were Dr. Lacy Seymour, Dr. Kim VanGeffen, Dr. Greg Gormanous, and *Times* publisher Dr. Julie Nelson.

Discussion included general matters such as finances, examinations, elections, and legal matters

Dr. Burnett led a lengthy review of the current rules for “Continuing Professional Development,” pointing out corrections and clarifications that will need to be made in these rules in the next few months.

Self-nominations for the upcoming election were opened and read, and two qualified, Dr. Leah Crouch and Dr. Amy Henke.

Also, applicants for the Complaints Coordinator position were noted: Drs. Erica Meyers, Chris Gardner, and Jill Hayes.

The board also discussed the board’s need for a legislative affairs attorney. Led by Chair Dr. Zimmermann, the members said they needed a legislative consultant to monitor bills. Nelson asked if the board had any plans for submitting legislation for 2016 and the Chair indicated that while there may be a need, there was no specific plan at this time.

Dr. Zimmermann led a discussion about possible changes that would differentiate the health care service psychologists

from the non-health care service psychologists. The idea of a task team to look into this was suggested.

The disciplinary process, including the time limit issue that appears to have been being incorrectly applied by the investigations group at the board, was discussed.

Dr. Van Geffen, representative for professional affairs for the Louisiana Psychological Assn, told the *Times*, “I think that they will probably set up a Task Force to address this issue.”

The board discussed extending the present time frame from one-year to five years. Van Geffen noted that she voiced opposition to a five-year period, which she said seemed excessive. Members also discussed how the time frame is measured, and when the time is viewed to begin.

“Because there appears to be a lot of confusion about the process of what the Board does when it receives a complaint, LSBEP and LPA are looking at holding a workshop at the spring convention on the Complaints process,” VanGeffen said.

Later in the afternoon, the representatives from Louisiana Psychological Association (LPA), President Dr. Lacy Seymour and Director, Dr. VanGeffen, asked if the Board had made a decision regarding LPA's request to have a joint task force to discuss the LSBEP election procedures.

The board members said that no decision had been made and appeared inclined to leave it at that, according to VanGeffen. However, Seymour asked when they would be making the decision and this opened up further discussion. Finally, Dr. Griffin, who is the LSBEP liaison to Professional Organizations agreed to meet with LPA representatives to discuss the issue of elections.

State & National News

More on Torture

ACLU Files Against Mitchell, Jessen

The American Civil Liberties Union (ACLU) of Washington brought a lawsuit against the two Air Force psychologists, James Mitchell and Bruce Jessen, who helped design “enhanced interrogation techniques” for the CIA during the aftermath of 9/11. The suit was filed October 13.

The suit was filed by the ACLU on behalf of three individuals where were interrogated by the CIA in Afghanistan, and one who died by in custody, reportedly of hypothermia.

The ACLU complaint states that the two psychologists, “... conspired with the CIA in violating these international law norms, or committed those violations as part of a joint criminal enterprise with the Agency, and aided and abetted the CIA in their commission.”

The ACLU authors claim that Mitchell and Jessen were “experimenting” on prisoners because the interrogation methods were not proven to be effective. Mitchell and Jessen designed methods based on their survival training for U.S. military personnel who might themselves be interrogated.

Aggressive interrogation techniques such as sleep deprivation were added and justified by “The Torture Memos” that said that terrorists were not protected under the Geneva Convention because they hid among and targeted civilians.

The two Air Force members and military psychologists have been at the center of a storm of issues for the American Psychological Association that prompted a study to be commissioned called the Hoffman Report. Chicago attorney David Hoffman found what he believed to be “collusion” between APA staff and the Department of Defense.

On August 14, 2015, the APA Council of Representatives voted to ban psychologists from participating in national security interrogations. Votes were reported in the APA Monitor. Several Louisiana psychologists participated in that vote.

Dr. Darlyne Nemeth, APA Council Representative and member of the Louisiana Psychological Association, voted yes to the ban.

Dr. Charles Figley, representing Division 56 (Trauma Psychology) voted yes.

And Dr. Corwin Boake, representing Division 40 (Clinical Neuropsychology) voted yes.

Dr. Larry James, who is a military psychologist and who remains licensed in Louisiana, and who represented Division 19 (Military Psychology) for this matter, voted No. He was the only no vote.

Specifically the resolution directed: “psychologists shall not conduct, supervise, be in the presence of, or otherwise assist any national security interrogations for any military or intelligence entities, including private contractors working on their behalf, nor advise on conditions of confinement insofar as these might facilitate such an interrogation.”

The primary finding of Hoffman Report centered around a 2005 task force that Hoffman and others felt was top-heavy with military psychologists and biased. The report led to the ethics director, Stephen Behnke, being fired.

A report by James Bradshaw in *The National Psychologist* said that the report may trigger lawsuits. Bradshaw cited a comment by Louis Freeh, in *The Guardian*, that Freeh, an associate of Behnke, has threatened some type of legal response on Behnke’s behalf.



Ms. Beverly Hunter (L), Network Manager, and Ms. Pamela Cobb (C), MBA, Director of Network Operations for Louisiana Healthcare Connections speak with Dr. Susan Andrews at a recent conference for psychologists in Baton Rouge. Public health has transitioned to new programs amid continuing budget cuts.

More Cuts to Health, Higher Ed cont'd

In a *Times–Picayune* article by Julia O’Donoghue, administrative officer Stafford Palmieri said, “We’re going to solve the problem. Whatever it takes, we’re going to solve the problem.”

Louisiana’s public colleges and universities typically take on the burden of budget shortfalls, because their funding is not protected by law. There have already been cuts that have fallen on higher education, and this next push will likely track exactly the same places in the state. Higher education and health have been cut every year for almost a decade.

The new in-coming Governor will also have to contend with another \$117 deficit remaining from last year’s budget cycle.

According to O’Donoghue, the state’s health care budget is also facing a more than \$500 million deficit. Some of this comes from lost federal funding, but there are also other issues fueling healthcare’s problems, she wrote.

At the same time, some professionals are concerned about the reimbursement rates in the new healthcare plans. Sources indicate that the Medicaid rates for psychologists for one hour of therapy is less than \$80 and for psychological assessment, less than \$50.

Representatives from Louisiana Healthcare Connections, Beverly Hunter and Pamela Cobb, worked to help clinicians sort out the new systems, meeting with those interested at a recent conference in Baton Rouge.

At the center of the financial woes, many believe, are falling oil prices, but others say the Legislature is also too blame. A run on tax credits seems to have created lower revenues, created by legislators. Some are questioning whether the state will have the cash flow to pay it bills, suggested O’Donoghue.

ASPPB’s Dr. Judy Hall Mourned by Colleagues

Dr. Judy Hall, a key member of the national psychology community who had long involvement in the Association of State and Provincial Psychology Boards, passed away November 24. Hall served as president of ASPPB, among other duties. Dr. Stephen DeMers of ASPPB said that her contributions will be long remembered. Dr. Greg Gormanous, who also served as ASPPB president, said, “Judy was a good friend and powerful voice for public protection. The greater world-wide psychology community has lost a forceful advocate.” Dr. Gormanous is Professor Emeritus of Psychology at LSU Alexandria.

PEW Finds Trust in Government at 19%

Currently, just 19% say they can trust the government always or most of the time, said the Pew Research Center for U.S. Politics & Policy. This is one of the lowest levels in the last 50 years. “Only 20% would describe government programs as being well-run. And elected officials are held in such low regard that 55% of the public says ‘ordinary Americans’ would do a better job of solving national problems.” The report, published November 23, noted that the public finds the government frustrating and badly managed, with only 20% saying that the federal government runs its programs well.

Corrections & Clarifications

Other than typos, no corrections or clarifications were received for the November issue. Please send your corrections, comments, or letters to the *Times* at psychologytimes@drjulienselson.com

The Secret Life of Board Complaints

Part II – Disciplined for What? –

by J. Nelson

the counseling and social work boards, it was quite different for psychology, with 75 percent of the total eight actions originating from child custody evaluations.

We also found some issues that concerned us: the lack of transparency, especially in the psychology board; the fact that licensees are required to waive their legal rights in Consent Orders; and what seems to be a lack of scientific design in these programs.

Investigative Processes are Not Transparent or Clear

While regulatory boards are empowered to discipline those who do not meet standards, the procedures for investigations are not always clear.

The Louisiana State Board of Examiners of Psychologists (LSBEP) has some “rules” for the process. (Rules are the administrative regulations as part of the “Louisiana Administrative Code” or LAC.)

While some of these rules are fairly clear, many are not, and give a good deal of latitude to investigators. For example, the psychology board may “delegate its authority and responsibility under these rules to a committee of one or more board members, to a hearing officer, or to other persons.” Or, “The board may conduct such other investigations as it deems appropriate.” These statements give wide latitude and no specifics. Additionally, when we asked for internal policies and procedures, we were told that there were none.

The LPC board also has some rules that seem clear and some that are more vague. For example, “The complaint is sufficiently serious,” is needed for a formal charge but a definition of “serious” is not explained in their rules. The LPC board declined to release their internal procedures, saying that these policies were not public records, but they did provide a narrative description of their process and who serves on their “Ad Hoc Committee for Disciplinary Affairs.”

The Louisiana State Board of Social Work Examiners (LABSWE) has by far the most extensive and specific procedures and these are in their rules. As an example, their rules specify that a board member will “... review the complaint, the complete investigative materials of the CIO [Complaint Investigations Office] or the board’s administrative staff, and any investigative reports and recommendations. This review

shall include an assessment of the quality and thoroughness of the investigation and the legal and/or factual basis for the recommended dismissal.”

The LPC and Social Work boards post many of their public records on discipline while the psychology board does not, posting only a summary. Comparing the actual documents from the psychology board, we found that the summaries could be misleading, suggesting that the psychologist had more than one offense when there was only one. Additionally, the clarity and thoroughness of the disciplinary records, varied. The Social Work board seemed to have the most cogent, well-written cases.

Consent Order is Most Common Informal Disposition

The Louisiana Administrative Law, R.S.49.9555 (D). indicates that boards may resolve problems in informal ways, rather than a formal hearing. “Unless precluded by law, informal disposition may be made of any case of adjudication by stipulation, agreed settlement, consent order, or default.”

We found few actual hearings and that the vast majority of discipline resolutions were Consent Orders (CO). The only other type of resolution we discovered was the “admonitions” type used by the LPC board, which is a non-public record, informal resolution.

For a Consent Order the individual does not admit to any error or wrong-doing, but agrees to comply with the board’s directions. Of particular note however, we found that individuals must waive their legal rights when they sign a CO: “... acknowledges that he hereby waives any rights to which he may be entitled pursuant to the Louisiana Administrative Procedure Act, La. Rev. Stat. §49:951. et seq., or which he otherwise may be afforded by any law to contest his agreement to, or the force and effect of the LSBEP’s investigation or this Consent Order in any court or other forum.”

Statistics and Observations from Three Boards

We compared disciplinary actions from three boards. We estimated the average numbers of licensees in order to compare the rates of disciplinary actions. And we reviewed the kinds of complaints and possible mistakes that professionals made that got them into trouble with the boards.

• Psychology Board

There were nine disciplinary actions posted by summary on the psychology website from 2010 to 2014. One of these was a follow-up to a previous action, and so is the same case. This gives a total of eight cases over five years, or 1.6 disciplinary actions per year.

With about 700 licensed psychologists, this gives a base rate of around .002.

The *Times* obtained these reports. We found that six of the eight, or 75 percent of cases, originated from or were related in some way to forensic child custody evaluations.

Of the two other cases, one was because of a sexual/dual relationship. The psychologist admitted his mistake and agreed to a Consent Order (CO). The discipline was to be two years indirect supervision and one year of psychotherapy, 15 CEs (continuing education) and ethics classes. Also, the psychologist’s practice was to be restricted to males only. He was to pay the costs of the investigation, which came to \$1,033.25.

However, later the psychologist was discovered to have conducted an evaluation on a female client in violation of the CO restriction, and he did not self-report. The board conducted a formal hearing and suspended his license for six months. This was to be followed by 18 months of probation and direct supervision. He was directed to pay for board attorneys (\$4,075) and other hearing costs (\$624).

The only other non-forensic case was initiated by the board. A member of the board became aware of impairments of a licensed psychologist and the board believed that the psychologist was not able to practice safely. Some efforts were made to engage the psychologist in the impaired professionals program but this effort failed. The board suspended the psychologist’s license, then revoked it. The individual was charged proceedings, \$4,343.25.

The other six disciplinary actions related to forensic child custody matters. Of particularly note is that three of these six involved issues over child abuse reporting procedures.

In one of these, a psychologist wrote the board for an advisory opinion after the fact and in a court-ordered custody case. The board then brought a complaint against the psychologist who had asked for advice, for failing to report potential child abuse to the state authorities during the case. The psychologist was reprimanded and directed to



Fotilia

take six hours of CEs on child abuse reporting.

In another of these a psychologist, also performing a court-ordered child custody evaluation, was found to have not reported potential child abuse correctly. The psychologist disagreed with the board’s conclusion but agreed to a CO, was reprimanded and required to take three hours of CE.

In another, complaints were levied against a psychologist for his/her work in a court-ordered child custody matter. However, these complaints were determined to be unfounded and were dismissed. Following this, investigators asked to review matters further, and then found what they believed was a problem in the way that potential child abuse had been reported. While the psychologist disagreed with their conclusion, a CO was agreed on. The discipline was a three-hour CE course.

In another case, the board judged that a psychologist was not acting within the scope of his or her competencies. The psychologist was restricted from offering forensic services unless or until building competencies in forensics. A CO was negotiated.

In a similar case, the psychologist was reprimanded and a CO was agreed on for problems in a child custody case. The person was instructed to obtain 30 hours of CE related to forensic evaluations, and fined \$500.

In the last disciplinary action case, a psychologist was reprimanded for allowing an intern to be involved in a deposition for a child custody case. The psychologist was required to take 16 hours of CE, engage in six months of practice monitoring, and was restricted in his/her supervisory activities.

• Licensed Professional Counselors (LPC)

We reviewed all public records of disciplinary actions listed for those under the Licensed Professional Counselor Board, a total of 29 from October 2005 to November 2015. These included discipline for interns. The rate is about 2.9 disciplinary actions per year. With about 2,950 individuals licensed under the LPC board, which gives a rate of about .001.

Disciplined for What? The Secret Life of Board Complaints Part II continued

Of these 29 disciplinary actions, 15 appeared to involve non-interns. Of these 15, five had to do with social/sexual misconduct or dual relationship, three were for poor managing or handling of practice notes or confidential documents, and two were for misrepresentation of credential and/or lapsed credentials.

There was one case each for problems concerning: DWI, felony, incompetence in an area practiced, falsifying insurance claims, and employing an unlicensed person or supervising an unregistered intern.

The most serious discipline was related to the felony, practicing incompetently, falsification of claims, and sexual misconduct. In these cases the counselors' licenses were suspended or revoked.

For an individual who was considered to have engaged in a dual relationship, the discipline included six months of supervision, a fine of \$500, and paying for the investigation, which came to \$1,250.

In another case, the person had maintained inadequate records and this included records presented for court. The discipline was six months suspension but this was deferred in exchange for two years supervision.

For a counselor who practiced without a valid license, the individual was fined \$500, required to take six CEs, and pay the \$360 investigation cost.

An LPC hired an unlicensed individual to provide mental health counseling, and discipline was a \$300 fine and a charge of \$692 for the investigation.

Another example was a counselor who transferred a case file without proper methods. Discipline included the reprimand and five hours CEs.

The LPC board has a category of actions called "admonitions" which are private and not reported to national agencies. In this category the board lists that 25 individuals were "admonished" in the period from 2007 to 2010.

The issues for which people have been admonished are: using appraisal instruments outside the scope of practice (a total of 5); attempting to practice without a license (4); misleading advertisements (2); unprofessional behavior with or in front of a client (8); failing to obtain written permission from a legal guardian before counseling (2); and one each for the following a dual relationship, failing to meet standards in custody evaluation, not holding to the duty to warn, and supervising an unauthorized person.

• Social Work Board

We calculated the number of disciplinary actions over a representative five-year period, finding 108 actions by the board, or a rate of 21 per year. With an estimated 7,000 licenses during that time, which gives a rate of about .003.

We gathered a group of 15 cases

using random numbers during this representative five-year period.

Of these 15 disciplinary cases, five were for drug/alcohol problems, four were for personal/dual or inappropriate relationships, and another three were for documentation and general competence.

Two were for lapsed credentials and one was for misrepresentation or working outside areas of competence.

The most serious discipline in the group was a person who violated their Consent Order, which directed the individual to work with the impaired professional program. Violating the Order triggered a one-year suspension of the license.

In another case, a social worker had actively sought out a relationship with an inmate at a facility where the social worker was employed. In response the board required two months suspension of license, two years of supervision and probation, five hours of CEs, a test on ethics, and \$1,335 for the investigation costs.

For an individual who tested positive for drugs while working, and who was also involved in a dual relationship, the board required two years of supervision and probation, participating in the impaired professional program, six hours CEs, and investigation costs of \$1,440.

When an individual gave gifts to a client and accompanied that client to their court appearance, the discipline was one year of monthly supervision and five hours of CEs. The payment for the investigation was \$1,440.

For a person who had a drug problem, the discipline was referral to the impaired professional program. Tampering with service records and files, was disciplined with one year supervision, and 20 hours of continuing education. The investigation fee was \$3,489.

A person who worked one month in their job, while the paperwork lapsed on their license, was required to take three hours CEs, pass a test on ethics, and pay \$756 for the investigation.

A final example was a person who transported clients to their home-held AA meeting. The social worker was placed on probation for two years, required to take 12 hours continuing education, and pay \$2,342 for the investigation.

Conclusions

While readers may draw several of their own conclusions from this review, we suggest these main

issues as areas for improvements:

- Transparency – Boards should make all procedures for complaints and discipline totally clear, with terms defined and the logic for decisions spelled out in detail. It may be significant that the state medical board is currently being pushed to develop transparent processes for its investigations (see story in November issue) and that this is a general concern. The psychology board had procedures for investigations in 2000 and made them public. It is perplexing as to why that policy, or one like it, is not in place currently.

- Consistent and Well-Defined Categories – The boards had their own styles, but sometimes discipline appeared lenient and sometimes harsh, suggesting some degree of subjective judgment. Consistent definitions, and categories across the boards, regarding levels of seriousness, might help both the public and licensees. The "admonishments" category provides that idea, as did a 2000 policy of the psychology board.

- Evidence-Based – Statistically, the very low rates should bring concern about the validity and the cost-effectiveness of these programs, and suggests a search for better ways to protect the public, that can be scientifically valid and so avoid unnecessary legal, adversarial services and expenses.

- Third Variable? – The psychology board's statistics are unusual, when compared to the other boards, or to national data. We expect that complaint rates for child custody to be high, but discipline to be no higher than for sexual/dual relationship or a composite with other "negligent" practices. So, this data is puzzling and could suggest the presence of another effect, or third variable. Perhaps the fact that three of these discipline actions were not for forensic practice, per se, but rather for child abuse reporting, during a child custody evaluation, is important. Still, a 37% discipline rate for child abuse reporting errors is puzzling and we did not see evidence for this trend from the other boards. Since numbers are very low, it all may be random chance, but it should still be reviewed.

- Rights – Lastly, we wonder about rights. We were surprised and concerned to find that individuals are waiving their rights, and wondered if people had signed away their rights without the presence of an attorney. It also concerned us that a request for advice triggered an action.



Psychology board attorney Mr. Lloyd Lunceford (L) and Dr. Greg Gormanous following a review of some matters about investigations.



Louisiana State University clinical psychology graduate students from Dr. Julia Buckner’s Anxiety and Addictive Behaviors Laboratory and Clinic presented their research at this year’s Annual Convention of the Association of Behavioral and Cognitive Therapies. Tony Ecker (L) with poster research . Photo on right, Tony Ecker with Sonia Shah (C) and Kim Dean. The convention was held in Chicago in November. (Courtesy photos.)

Dr. Buckner’s Team Presents at Assn of Behavioral and Cognitive Therapies

Dr. Julia Buckner’s team of graduate researchers presented their work at the Annual Convention of the Association of Behavioral and Cognitive Therapies held in Chicago, November 12-15. The convention theme was, "Improving Dissemination by Promoting Empirically Supported Principles of Psychopathology and Change."

Louisiana State University graduate students from Dr. Buckner’s Anxiety and Addictive Behaviors Laboratory & Clinic who presented work were Tony Ecker, a 5th year graduate student who is currently completing his clinical internship at the West Haven VA Healthcare System, a Yale University School of Medicine affiliated education and training institution.

Also presenting at this year’s convention were Sonia Shah, a 4th year graduate student, and Kim Dean, a 2nd year student.

Mr. Ecker presented, along with Shah and Buckner, for the Symposium, “Targets of Integrated Treatment Approaches for Comorbid Mental Health and Substance Use Problems in Teens and Adults: Findings from Four NIH-Funded Clinical Trials.”

The group presented, “Integrated Cognitive Behavioral Therapy for Comorbid Cannabis Use and Anxiety Disorders.”

Ecker and Buckner, along with co-authors, were presenters for the Symposium, “Anxiety and Substance Use Disorder Comorbidity across the

Translational Model: From Laboratory Discoveries to Clinical Outcomes to Treatment Delivery.” Their work was titled, “Event-specific Personalized Normative Feedback Intervention: The Impact of Social Anxiety.”

Ecker also presented research co-authored with Dr. Buckner, “Cannabis craving during an anxiety-induction challenge among racially diverse cannabis users: The impacts of anxiety sensitivity and coping motives.”

Sonia Shah presented work she co-authored with Buckner, titled “Social Anxiety and Suicide: Tests of the Utility of the Interpersonal-Psychological Theory of Suicide,” for the Anxiety Disorders Special Interest Group.

Kim Dean, along with co-authors Tony Ecker and Buckner presented, “Frequent Solitary Cannabis Use Mediates the Relationship between Social Anxiety and Cannabis-Related Impairment,” for the poster research of the Addictive Behaviors Special Interest Group, and its session at the convention.

Keynote speakers for the national conference included psychologist Dr. Scott Lilienfeld, who spoke on premature applications of neuroscience.

Another keynote speaker was journalist/author Robert Whitaker who spoke on evidence for a failed system of care in psychiatry.



Tulane’s Dr. Jeffery Lockman looks on as baby hammers. Lockman is a leading researcher in “perception action skills.” He co-chaired the conference for the National Society for Research in Child Development and is being showcased by APA on their website. (Courtesy photo)

Tulane’s Dr. Lockman Showcased in APA “Psychology: Science in Action”

The American Psychological Association (APA) is showcasing the work of Tulane professor Dr. Jeffery Lockman at the new blog “Psychology: Science in Action.” The webpage highlights psychologists and psychological scientists and their careers.

Dr. Jeffery Lockman is a developmental psychologist who have been studying tool use in children. He and his research team look at how the development of tool use might be related to object manipulation skills in infants. Lockman also researches spatial cognition in children, with emphasis on how children code the location of objects and object features. He looks at this and other mental abilities and what he calls, “perception action skills.”

“I became interested in babies because they present a very interesting challenge,” he said to APA. “They clearly are capable of thinking but they can’t quite tell us through language what they are thinking or what their thought processes are.”

To see this feature go to <http://www.apa.org/action/careers/improve-lives/jeffrey-lockman.aspx>

Dr. Lockman has published research with students and colleagues in *Experimental Brain Research*, *Enfance*, *Infancy*, and *Child Development*.

Dr. Lockman co-chaired the biennial conference of the National Society for Research in Child Development, held in March in Philadelphia, Pennsylvania.

School Psychologists Honor Seven continued

The Will Bergeron Memorial Scholarship Recipient was awarded to Sean Duncan, from Nicholls State.

Jackie Landry of St. Tammany Parish was named School Psychologist of the Year.

Dr. Carmen Broussard, Professor of Psychology at Nicholls State was honored with the Presidential Distinguished Service Award. And, Candice Dozier of St. Tammany Parish of also honored with the Presidential Distinguished Service Award.

Regional awards were named to Geri Futch, at Jefferson Davis School Board, and Kayla LaFosse, from Acadia Parish School Board.

Dr. Debra Duhe was honored for Lifetime Achievement.

And, Keever Hoffman, for Plaquemines Parish, was named Member of the Year.

The Convention, theme “Promoting Accessible and Sustainable School Mental Health Services,” was well attended by 181 people. Keynote speaker, Dr. Jermone Sattler’s workshop was one of the many high points of the conference, said Nancy Alleman, organizer and Treasurer for the association.

Other high points of the convention included Dr. Howie Knoff and Jeanne Carriere’s workshop and also the annual favorite, the presentation by Dr. Wayne Steward.

Two workshops, one Prepare II, with Dr. Stacy Overstreet, and the Autism Diagnostic Observation Sechedule-2, Toddler Video Training Program Upgrade, presented by Dr. Debra Duhe, were particularly appreciated by attendees, said Alleman.



Dr. Chavez Phelps (L), president of the Louisiana School Psychological Association, helps Dr. Jerome Sattler with his audio-visual equipment for a presentation at the association's conference last month.

Special Feature on Practice

Psychologists in Family Court- Worth a Second Look

by Dr. Alan Taylor, President of Louisiana Chapter of Association of Family and Conciliation Courts

Why are mental health professionals so badly needed to work with family courts and why are so few willing to do so?

The majority of couples settle custody without court involvement, but litigants tend to be either: 1.) People who at one time had a relationship with shared goals and dreams but have arrived at a point where these are bankrupt and emotions are highly charged or; 2.) Incomplete, unready, immature individuals who produced a child when they have no real and lasting emotional bonds and mental foundation. They are often overly dependent on their own families.

The first group of people has to complete the task of emotional separation from each other and try to regain some individual identity, while keeping a respectful relationship for their children’s sake. High levels of conflict usually mean that these parents do not have the ability, whether temporarily or permanently, to manage their situations in a way that protects their children from emotional damage. The inability of the parents to take care of themselves and their relationship leads to poorer resources and greater struggles for their children, and this tends to require outside involvement.

The second group, who are primarily self-focused, have to open up and make room for the idea that they will need to be partners to some degree in promoting their child’s development; i.e., they have to construct a relationship where there was none.

With both of these groups, high conflict custody cases often involve at least one parent with a personality disorder or developmental lag, which means they are ill equipped to function independently and take on a full range of adult responsibility (i.e., parenting)

In high conflict cases, goals for both mental health professionals and family court are:

- 1. To stop or reduce the conflict,
- 2. Protect the rights of parents and children,
- 3. Provide resources to strengthen the individuals and their parental cooperation so that the family may move on,
- 4. While doing these things, the primary consideration should be the best interest of the child

Who steps up to help achieve these goals in the family court system?

Judges provide authority, set limits, and enforce compliance. They also try to maintain objectivity and are supposed to consider the best interests of the child. In the process, they combine compassion, understanding, and wisdom with the application of legal principles.

Attorneys zealously advocate for their clients. They are often trained to prepare for an adversarial approach, then settle if possible. However, their focus through training and philosophy is often to seek the best outcome for their particular client (one parent). In this process, they tend to compare/contrast parents and highlight differences between them that favor their own client. To some degree, they are expected to be biased on behalf of their clients, including making presumptions that their client is as capable or more capable than the other parent. Their focus may be on tactics and negotiations within an atmosphere of competition.

Mental health professionals are charged to keep the best interests of the child (and to a degree the parent’s) paramount. They are expected to promote the welfare of all

Science, Education & Practice

Psychologists in Family Court- Worth a Second Look, continued

by Dr. Alan Taylor

family members based on the assumption that this will be in the best interests of the child. Their approach is also to avoid conflict and adversarial approaches. The focus involves looking at parties and understanding them in depth as individuals and members of an ongoing relationship rather than setting up a contract and then disengaging.

In terms of time focus, what is important to the judge and attorneys is what is going on now. Attorneys focus on protecting and gaining the best outcome for their client and judges are referees to keep the process “fair.” Once their role is completed, attorneys and judges do not expect to be involved again unless there is a renewal of conflict (“rematch”).

Mental health professionals spend a considerable amount of time on individual and family history to determine how the present circumstances came about and what influences molded the parents. There is also a need to focus on the future since there will be many changes as children develop, grow older, and family recombinations occur.

Me do Court Work? NO WAY!

Due to differences in philosophy and training, mental health professionals have major fears/concerns about involvement in family court.

1. Confidentiality: client trust is essential for therapy to work – having to testify or provide information to attorneys jeopardizes and may destroy the therapeutic relationship, and it often pours fuel on the fires of conflict.

2. Control issues: therapists are ethically bound not to let their information be misused by others, but the adversary process allows exactly this potential.

3. Professional respect/collegiality: mental health professionals believe in mutual respect and often feel attacked, discredited, or bullied and are sometimes asked to behave this way towards other mental health professionals.

4. Stress: high conflict divorces often involve individuals with severe personality disorders, who are a very difficult population to work with, and hostilities are common as are impossible expectations.

5. The legal process is concerned with the facts, but custody conflict is feelings-driven. (It is hard to teach fire prevention while a fire is in progress.) People tend to behave according to their feelings when these are intense. Success in resolving this type of conflict is more about perceptions and attitudes, which takes time.

Family court work tends to draw the “softer” attorneys and the “harder” mental health professionals (which is why psychologists are generally better suited for it than other disciplines). Psychologists are scientifically trained and can serve as expert witnesses to educate and assist the court, in contrast to clinicians (therapists) who are trained on a very different model.

Psychologists are recognized as having distinct advantages in forensic work, which is no longer the case in other areas (witness, managed care, and the flood of competing master’s level therapists).

What You Need

1. A solid general clinical background for assessing adults and children.
2. An understanding of family systems theory and child development.
3. An understanding of the laws pertaining to family court.
4. Good communication skills (speaking and writing).
5. A clear understanding of clinical and forensic ethics.
6. A commitment to children’s welfare, compassion for parents, and a strong backbone.
7. Experience, training, more experience and more training.

Clinical vs. Forensic Work - Important Differences

1. The “client” is the court or the attorney, not the individual parties.
2. The professional is not there to “help” or counsel the client.
3. The court owns the case record, not the individuals.
4. Verbal or written reports from individuals are neither believed or disbelieved – the focus is objective and all information is “checked out” against other sources of information.

5. Court-appointed clients cannot “consent”, they can only agree to cooperate.

6. The professional does not present “conclusions” or make legal decisions – he/she considers both sides of disputes and presents strengths and weaknesses regarding alternative ways to resolve conflict.

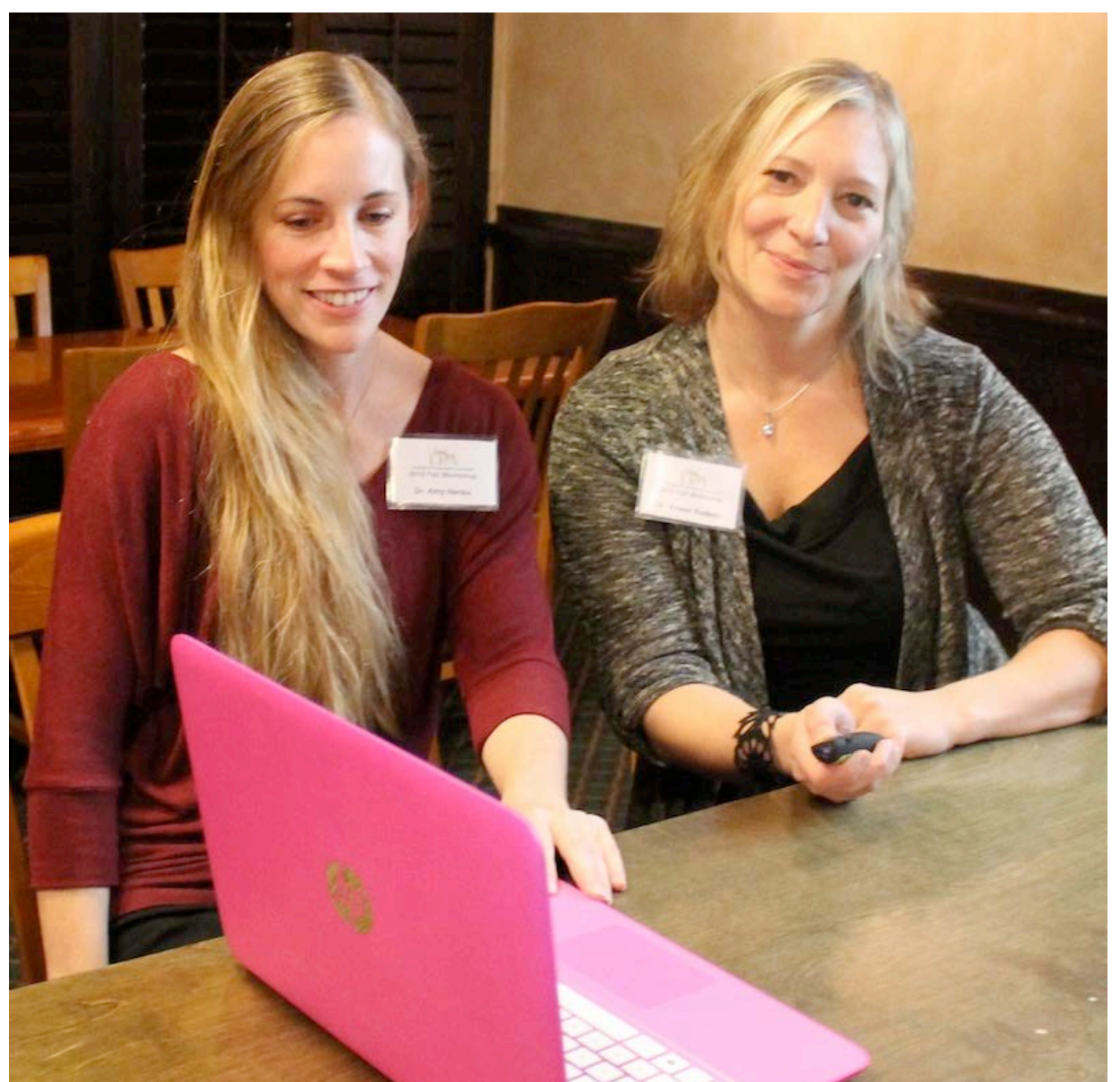
7. Court appointed therapy may include providing a report to the court but not access to the therapist’s file.

Rewards of the Work

1. It is NOT insurance based and not subject to managed care. (Most insurers refuse to cover forensic services.)
2. It is lucrative compared to managed care/regular private pay.
3. You have a valuable role by helping children and families in crisis.
4. This work demands the best from you - you will be challenged.
5. You will work with some of your best and brightest peers.
6. You will increase your skill set and expand your practice.

Resources

- Association of Family and Conciliation Courts (AFCC) - the premier professional organization for training, education, research, and resources for family court. www.afccnet.org
 - AFCC-LA state chapter, local networking and peer support. www.afccla.org
 - Mentors currently in the field
- Contact these above organizations for more information.



Dr. Amy Henke (L) and Dr. Arwen Podesta prepare for their presentation to psychologists last month. The two spoke about Bipolar Disorder and Over-Diagnosis. Dr. Podesta is a psychiatrist and, along with Dr. Henke, spoke about behavioral, nutritional, and other natural interventions.

People

Close-Up — Dr. Addison Sandel

[Editor's Note: I had the honor of meeting Dr. Addison Sandel the way I meet most psychologists these days, through the Times. She wrote in to thank us for bringing her the news and during our brief back and forth, some of the fascinating story of this Emeritus psychologist's life began to emerge. Sharp as a tack, Dr. Sandel just celebrated her 89th birthday. I asked if she would allow me to interview her for our "Close-Up" feature, and share some photos, and she graciously agreed.]

Dr. Addison Sandel, who currently resides in Natchitoches, Louisiana, was born October 9, 1926, in the little town of Sandel, just south of Many on highway 171. Born Ella Addison Sandel, she goes by "Addie."

"... we lived in a very rural area that had once been a thriving little village," she told a reporter for an oral history program a few years ago. "In fact," she said, "it's still on the map and it's named Sandel, for my father."

Sandel started as a sawmill town, branched from the railroad. But by the time Addie was born not much of the town remained, she explained. "... we still had the post office where my father was postmaster and we had a store and a service station," she said. "And the church was also still standing."

Like most children of that time, Addie and her four sisters worked in whatever ways they could. Each sister took on the post office duties "... as soon as we could see over the counter to make change and sell stamps," Addie said. "So we got somewhat of an education that way I guess."

Addie started out in first grade when she was age four. Perhaps not so strangely we'll find, little Addie could already read by that time. "Now, don't ask me how I learned to read," she said, "I don't know, but my mother thought anybody that could read should be in school."

She claims to have been a poor student. "I did have one claim to fame," Addie said. "I was known as having read everything in the school library," she said. "It didn't matter either the subject matter or the difficulty. I remember reading *Wuthering Heights* and *Lorna Doone* in the 5th grade. But, I liked reading history and books about science and art or anything else just as well."

Addie graduated from high school at 16 and attempted to enlist in the Army. It was 1943 and the middle of World War II. "Of course, I told them I was 18," she said, "but the recruiting officer didn't buy it. Apparently, I didn't even look 16 because he told me to come back in about four years."

Failing to talk her way into the Army, Addie enrolled in business school. But, having learned from her father — "Don't let school get in the way of your education" — she felt that she had learned enough after only a few months and applied for a job at Fort Polk (called Camp Polk at that time) and was hired on the spot.

"This time I didn't lie about my age," Addie said. "But they hired me immediately because they needed typists so desperately. And mostly because I could type 80 words a minute on a manual typewriter."

Addie remembers her exact salary. "It was thirteen-o-two-thirty-four annually — \$1,302.34 a year," she said. Addie worked in the Quartermaster's Office and soon, because of her work ethic and effectiveness, she was given supervisory responsibilities and placed in charge of the typing pool. She was also given Officer Clothing Sales, which included accounting for money—hundreds of dollars daily. Addie was still only 17.

In 1943, the country was consumed with the war efforts and so it was not long before Addie decided to transfer to the Quartermaster General's office in Washington D.C. She became a "Government Girl," the name given to the over one million young women who went to Washington and took over the government jobs that had been vacated by men deployed overseas, jobs that had previously been reserved exclusively for men.

In D.C. Addie found she had more experience in quartermaster duties than other young women and more than many of the officers. "I remember that when they took me to my boss, the man



Addison Sandel in Washington D.C. during the war years. She was a "Government Girl" and took one of the jobs vacated by men deployed overseas. She was 17 when she first started with the Quartermasters Office in Washington.

who was going to supervise me, he was so happy to see me. I thought he was going to kiss me." They were all happy to have someone who knew the procedures and routines, Addie explained. When she typed a letter without mistakes she thought they would go down on their knees, Addie said.

For a young woman from the rural South, Washington, D.C., offered a variety of new experiences. Addie rode the streetcars, attended the President's birthday gala at the Capitol Theater, saw actors Allan Ladd and Gale Storm, played softball on the women's league, watched newsreels about the war, paddled a canoe down the Potomac, and along with others, cheered Roosevelt. She stated that until years later, she knew nothing of the wild parties that were said to be occurring in D.C. at the time.

And she worked— even moonlighted. She was still only 17, and allowed to work only eight of the nine-hour workday, and so had time after her day job. Having seen a fur coat in a shop window, Addie decided she had to have it and took a second job as "soda jerk" in a drugstore. She worked the second job and eventually, paid the astounding price of \$167 for the coat.

Addie worked in D.C. until both the war in Europe and the war in the Pacific were over. "I stayed until after the surrender ..." she said. "I was there for the celebrations and all the excitement. It was really exciting to be there ..." she said.

Then she returned to Fort Polk and went to work for the American Red Cross, and then took a position as secretary to the Post Exchange and General Manager. Shortly after that she was promoted to secretary to General Kreber, the Commanding General of Camp Polk, still with barely a high school education.

This was a fun time in her life. "As a single female in a prestigious position on an army post full of lonely men," Addie wrote, "I often found myself at the center of attention." On two occasions, without her knowledge, she was even entered into the Post beauty contest, with one contest being sponsored by Ralph Edward's *Truth or Consequences Radio Program* and Republic Pictures.

"I did not know they were taking my picture to enter into a beauty contest until I saw the Post newspaper," Addie said. "Thank goodness, I didn't win! Mary Ruth won and she was sent to

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Close-Up — Dr. Addison Sandel continued

Hollywood to make a movie with Forrest Tucker and Rod Cameron. I would have been terrified! Acting is one of the few things I never tried," Addie said.

The experiences may have been a little odd at times. Once, when Addie was sent on an assignment to Ft. Hood, Texas, she was "unceremoniously banished" back to Fort Polk, she explained. A statement was made that she was "a distraction to junior officers and even the Deputy Commanding General [..] has become affected." This was all news to Addie, who noted that she was dating only one junior officer at the time. She never learned who the others were that had become so "distracted."

After a year with General Kreber, Addie decided to visit her sister who lived in Bogota, Colombia. On the flight down, she was seated by an executive for the Madigan-Hyland Corporation that was building a railroad through the jungle. When he learned she was a secretary, he hired her before the plane landed. Since she was on a tourist visa, the company managed somehow to get her a worker's permit and she remained with the company for a year. She spent that year being flown around to construction sites in the jungle

in a two-seater Cessna and experiencing many cultural events as an unchaperoned "bella Americana."

After returning from Colombia, Addie married Captain August "Gus" Baxter and became a military wife, mother of two boys, and a dedicated supporter of her husband and family. Gus served in Saudi Arabia, Washington D.C., Germany (where the family accompanied him), came back to Kansas, then was sent to Vietnam, and after he retired as a Lt. Col., accepted a job in Thailand.

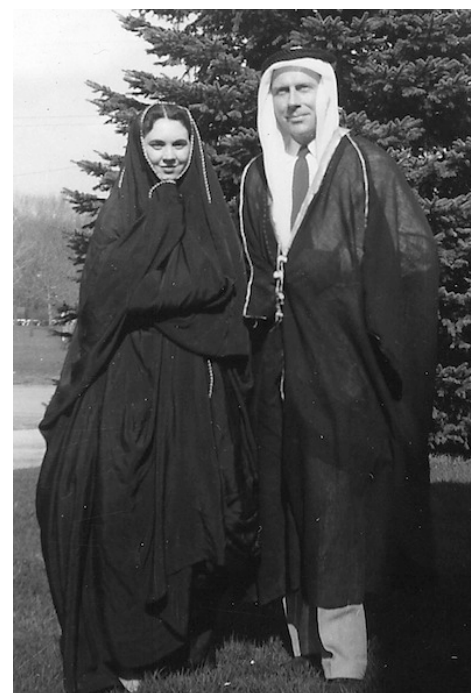
Addie always worked. When she and Gus first married, he was ordered to the Army Language School to study Arabic. She was employed in the Slovenian language department at the school to type the textbooks being developed for the students studying Slovene. She could type as fast in Slovene as in English although, at first, she had no idea of the meaning. Six months later, she still couldn't understand the spoken word, she said, but could read it so well her boss tried to get her promoted to a translator. "Personnel wouldn't buy it", Addie said, but she earned a Commendation from the school commandant.

The only time Addie was without a job was in Germany. "At the time, there were no jobs with the Army for dependent wives," she said. "So for the first time in my adult life, I was out of a job. I did manage to do some part-time work teaching ball room dancing for a German dance studio and substitute as a typing teacher for some classes on post."

"Since I wasn't obligated to a full-time job, I was expected to participate in all the activities of the officer's wives," Addie said. She recalls dancing a hula at a luau for the commanding general of the U.S. troops in Europe and presenting him with a lei flown in from Hawaii. And she was presented with a Fasching medal, the only American woman ever having received one at that time, for entertaining the crowd with an impromptu Cha Cha danced with the Augsburg Prince of Fasching.

But, Addie said, "This was when I found out that having a college degree had some social significance, in addition to finding out that there really were things I did not know about, in the arts, particularly, and I became curious to learn more."

After Germany, Gus was assigned to the Kansas National Guard, and Addie



Addie and Gus wearing robes that were gifts from one of the two Saudi Princes, either Faisal or Khalid. Gus worked with both.

decided to enroll at Wichita State. But after one semester, Gus was sent to Vietnam and Addie decided to take the boys to live in Natchitoches to be near her parents for more stability. She entered Northwestern State University, and in 1970, Addie graduated 3rd in her class with a major in psychology. In 1971 she applied to Louisiana State University in New Orleans for graduate school and was accepted.

"However, I probably would never have followed up on satisfying my curiosity," Addie said, "except for my other reason for the decision to enter college."

Addie's older son had been having trouble in school since kindergarten and while never a behavior problem, his inclination to be inattentive was a problem. One of his teachers asked Addie to have him evaluated, "because she thought he was retarded," Addie said. "I didn't think so as the pediatricians had always told me he was very advanced for his age, but I had him evaluated anyway."

The psychologist's evaluation placed the youngster at the 99.9th percentile, saying to Addie, "There is no place for him in public school because the teachers would always be trying to get him to act like the other children."

Addie decided to have her younger son tested and he also scored at the 99.9th percentile. "You think you have problems with that one [the older son], just wait until this one hits the school system!" the psychologist told Addie.



A photo of Addie that wound up in the Fort Polk (called Camp Polk at that time) newspaper. "I did not know they were taking my picture to enter into a beauty contest until I saw the Post newspaper," Addie said. She was entered into the Camp Beauty Contest twice without her knowledge. "Thank goodness I didn't win," she said.

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Close-Up — Dr. Addison Sandel continued

"I asked him where I could get some guidance on raising kids who were so much brighter than either me or their father," Addie explained, "but he wasn't very helpful. That's when I really started thinking about college."

While juggling school, part-time jobs, a military husband's career, and caring for the boys, the marriage faltered and eventually ended after Addie went away to graduate school. She had underestimated Gus' ability to withstand the demands of her absences, she said, even though she had weathered his so often.

But Addie went on to obtain her doctorate in Counseling Psychology from the University of Southern Mississippi in 1979, completing her internship at the Veterans Administration Medical Center in New Orleans. And so at the age of 53, Addie became Dr. Addison Sandel, and a person who wanted to know everything she could about the gifted and talented who were not reaching their potential.

She began her career in psychology serving as psychologist at the Mental Health Center in Shreveport. Between 1980 and 1998 she worked in various positions providing evaluations, including Pupil Appraisal Services for multiple parishes in north Louisiana.

Dr. Sandel served as Assistant Professor in the Department of Special Education at Northwestern State University and as Director of Gifted Education and Supervising School Psychologist for ten parish school systems in the northern part of the state.

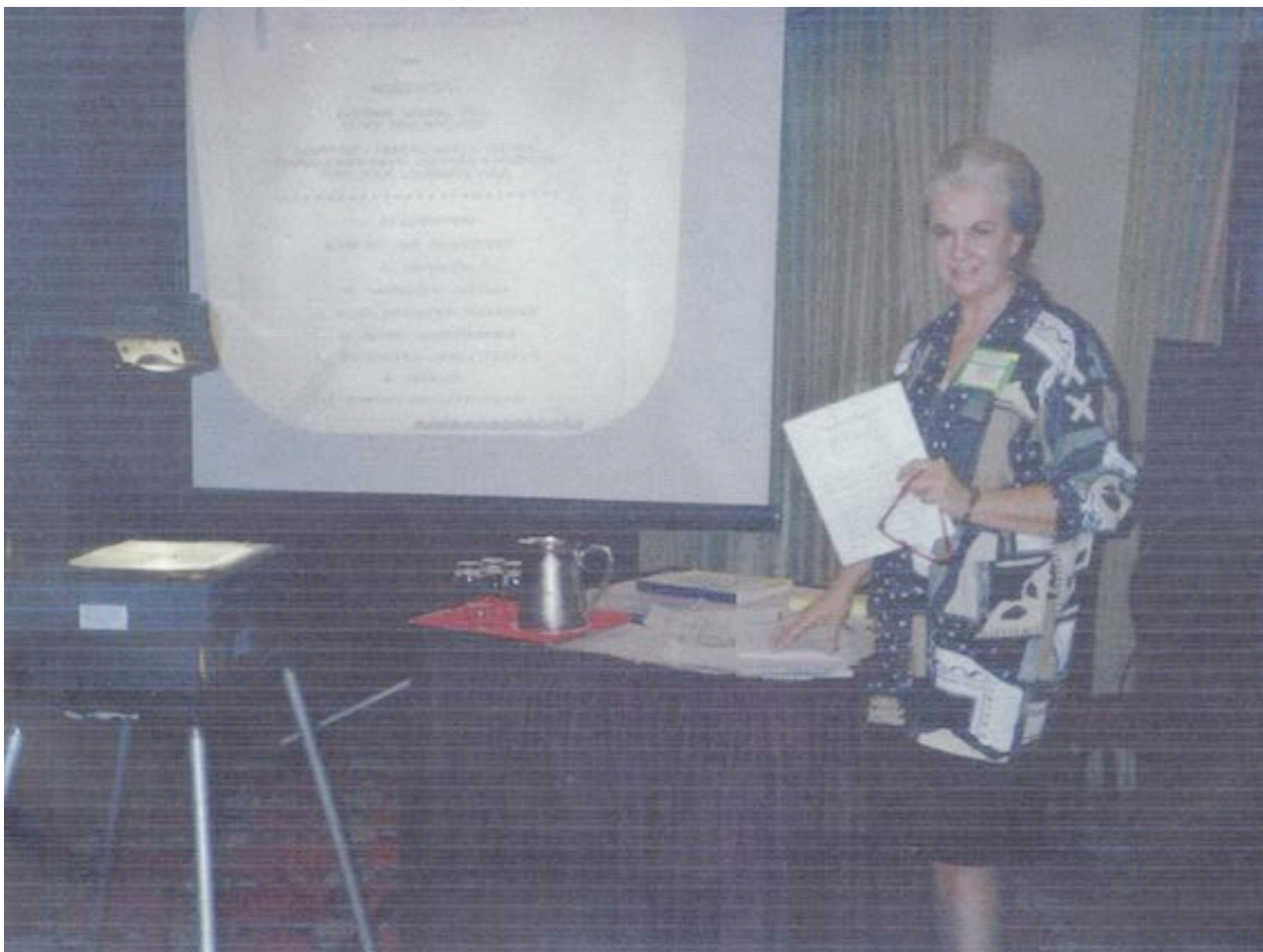
In the late 80s, Dr. Sandel was the consulting/supervising psychologist to the Association for Gifted and Talented Students in New Orleans and to the school boards for Sabine, DeSoto, Red River, LaSalle, Grant, and Washington parishes.

She published regularly in the *Gifted/Talented Digest*, and co-authored a program designed for gifted youngsters. She presented at the Louisiana Psychological Association, at the National Council for Exceptional Children, at the Louisiana Special Education Conference, and at the Gifted and Talented Institute of Texas. She earned the Leadership Award from the Association of Gifted and Talented Students in 1987 and the Professional Advocacy Award in 1991 from the Advocacy Center for the Elderly and Disabled for her work on behalf of children with disabilities.

Dr. Sandel presented her work internationally. In 1985 she presented "Accelerated laboratory for pupils of high ability (ALPHA)," at the Sixth World Conference on Gifted and Talented Children, in Hamburg, Germany.

In 1991 she presented at the World Conference on Gifted and Talented Children, at The Hague in the Netherlands, on "Modeling the social competency of gifted children."

She also presented "Toward a theory of creativity," with co-authors, at the World



Dr. Sandel at her final international presentation: "Symptom Patterns of Attention-deficit Disorder in Underachieving Gifted Children." She presented at the Tenth World Conference on Gifted and Talented Children, held in Toronto, Canada, August 1993.

Conference in the Netherlands. And in 1993 she presented her work at the World Conference on Gifted and Talented Children, Canada, on "Symptom patterns of attention-deficit disorder in underachieving gifted children."

But years working to move things along took its toll. "I was also on the Board of the National Association for Gifted Children for years before I gave up," Addie said. "I guess you could say the main reason I got out was because of the heartbreak involved."

"I had fought so long and so hard for the rights of gifted kids, had so many battles with school people, and felt there had been very little or any improvement. In fact, in many cases things seemed worse," she said. "The state kept reducing funding and the schools kept watering down the programs to the point where most did not begin to resemble what they really needed. Maybe things have improved since I left," she said. "I certainly hope so."

Dr. Sandel worked in private practice at her clinic, RiverNorth Psychological Services, in Leesville, Louisiana, until 1993 when she returned to Fort Polk where she served as psychologist for the Department of Psychiatry, Bayne-Jones Army Community Hospital before retiring from Federal Civil Service in 1998. During these five years she received eight Exceptional Performance awards.

Currently, she contracts with the Louisiana Rehabilitation Services for Leesville, Alexandria, and Natchitoches offices, and also with Central Louisiana Intertribal Vocational Rehabilitation Programs for

Vernon and Sabine parishes. (She is of Choctaw Indian ancestry.) She also currently contracts with the Disability Determination services to provide evaluations for those in Sabine, Natchitoches, DeSoto, Winn and Vernon parishes.

"... It is hard to believe I'm in my 90th year and still working for the State part time!" she said.

After getting to know her, even just a little, it is not hard to believe at all.

It easy to see how Dr. Addison Sandel could be doing most anything she sets her mind to – at four, at 17, or at 105.



Dr. Sandel at age 65 when working on Gifted and Talented issues for the psychology community.

A Shrink at the Flicks

A Wing and a Prayer: Too Big to Fail? Review of *It's A Wonderful Life*

by Alvin G. Burstein

With Christmas approaching, I found myself wanting to re-view the 1946 film, *It's A Wonderful Life*. It is said to be director Frank Capra's favorite film, one that he screened for his family each Christmas season. Not just Capra's favorite, it is listed as the most inspirational American film of all time, one that you will almost certainly have a chance to view this season.

I found it on Amazon, happily still in black and white, the format reinforcing the film's evocation of an earlier time in our county. Or maybe more accurately, no time, a perennial moment.

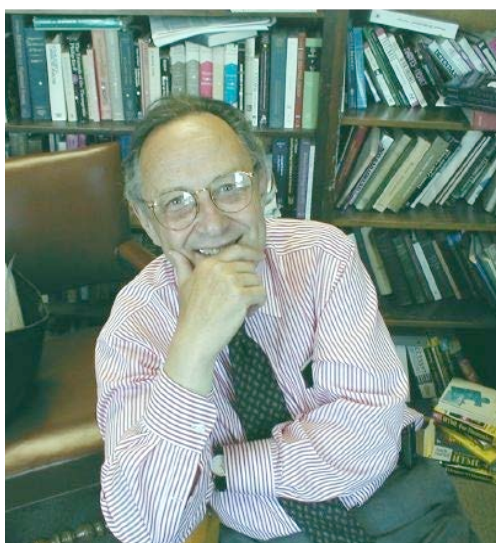
The film begins oddly, with a celestial conversation. Angels represented as cartoonish stars are discussing the immanent suicide of the protagonist George Bailey. An intern angel, Clarence, one still lacking wings, is assigned to save Bailey, thus earning his wings. The frank irreality of this introduction contrasts with the black and white everydayness of what follows. Like the formulaic "once upon a time," it is an effective invocation to suspend disbelief, an announcement that what follows is a parable rather than a history.

To prepare Clarence, he is shown flashbacks of George's life, which we share as the opening movement of the story. George's *leit motif* is altruism, what in Freudian terms would be called moral masochism. He saves his younger brother from drowning at the cost of losing his hearing in one ear. He forestalls a fatal mistake by a local pharmacist and is wrongfully punished. Most poignantly, he relinquishes his dreams of leaving the dusty little town of Bedford Falls for travel and education so that his younger brother can so indulge while George takes the place of their father in the family savings and loan business.

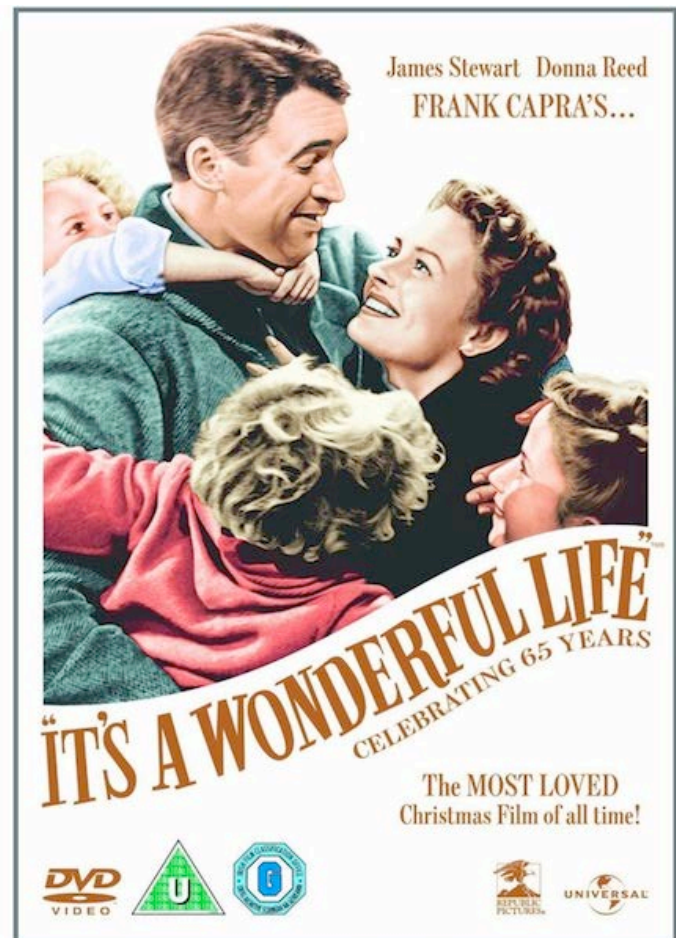
Guest Columnist,
Dr. Alvin Burstein

Burstein, a psychologist and psychoanalyst, is a professor emeritus at the University of Tennessee and a former faculty member of the New Orleans-Birmingham Psychoanalytic Center with numerous scholarly works to his credit. He is also a member of Inklings, a Mandeville critique group that meets weekly to review its members' imaginative writings.

Burstein has published flash fiction and autobiographical pieces in e-zines; *The Owl*, his first novelette, is available at Amazon. He is, in addition to being a movie fan, a committed Francophile, unsurprisingly a lover of fine cheese and wine, and an unrepentant cruciverbalist.



courtesy photo



This last sacrifice is the crux of the tale. In Bedford Falls, George's father has dedicated himself to a communitarian effort to help people own their own homes. His opposite number is Henry Potter, grasping, devious and selfish, who seeks control of the town and his own enrichment. When George's father dies, George deliberately abandons his dreams, successfully replacing his father as the town's bulwark against Potter's schemes.

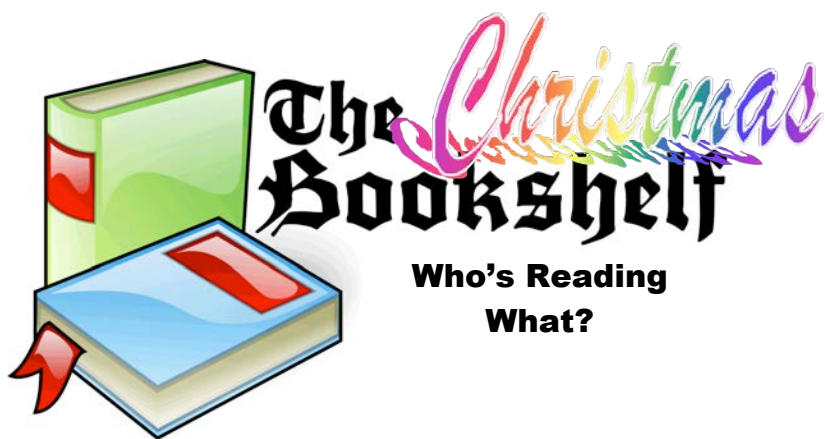
Two events trigger a catastrophic eruption: George's dotty uncle, employed at the family savings and loan, misplaces eight thousand dollars needed to avoid bankruptcy and one of George's children becomes ill. Hitherto generous and loving George explodes in rageful recriminations and abuse, terrifying his family and friends. Raddled with anger, shame and guilt, George prays fruitlessly for help and is on the verge of throwing himself to his death in the town's wintry waters.

The prayers George thought fruitless were those that occasioned intern angel Clarence's assignment. Clarence forestalls the suicide and undertakes to persuade George that his life was worth living by creating an alternate reality, one in which George had never been born. George learns what Bedford Falls would have been without him: a trashy Pottersville unhappily peopled.

George begs for a second chance and is transported back to a reality where he joyfully finds his wife, family and friends working to fend off the impending bankruptcy. An outpouring of grateful financial contributions from the beneficiaries of his caring life saves him and the family business. Surrounded by a laudatory crowd his friendships make him the richest man in Bedford Falls—and Clarence earns his angelic wings. The film is a moral parable, a psychoanalytic one and an existential one. Morally, it affirms the value of communitarianism over unbridled capitalism.

Psychoanalytically, it highlights the potential for disruptions in a false self, one that disowns a vital personal agenda thus generating a disavowed part of the self and a consequent potential for eruption.

Its existential message is that we are not alone in an uncaring world—or so we hope.



ValaRay Irvin, PhD
Psychologist,
Director of Counseling Center
Southern University, Baton Rouge

A Simple Act of Gratitude
by John Kralik

“A Simple Act of Gratitude,” emphasized that when one focuses on giving thanks, even for the ‘smallest’ things, over time positive changes will occur internally, which then makes for external transformation of how you see your life, and the world around you.

Another one I had forgotten is “Acts of Faith,” by Eboo Patel. It’s the story of an American Muslim, his struggles to integrate both his home culture and beliefs, with being raised in the U.S. There’s a lot on tolerance, faith, and trying to live one’s truth in a pluralistic society. Happy T’Giving!

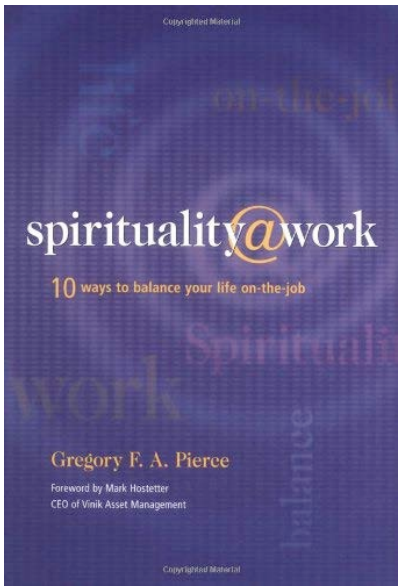
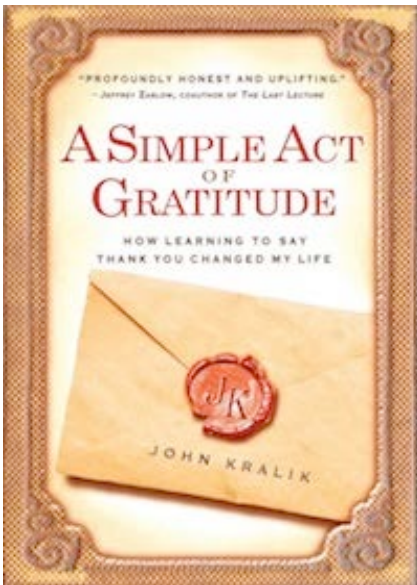
Judith Miranti, PhD
Director of Counseling at Xavier
Past President of National Association for
Spirituality, Ethics, and Religious Values in
Counseling

Spirituality at Work: 10 Ways to Balance your Life on the Job
by Gregory F.A. Pierce

Pierce has done a great job of defining ten disciplines needed to nourish our spiritual lives as we attempt to balance work, family, relationships, etc. It is not your typical pious treatise on spirituality but rather a laymen’s attempt to find meaning and purpose in our everyday lives in the workplace.

The disciplines are not esoteric or monastic but down-to-earth practical activities and behaviors that serve to nourish and enhance our spirit. He talks about finding sacred objects, (which can be a family portrait, a piece of art work, a souvenir, etc.), living with imperfection, assuring quality, giving thanks and congratulations, building support and community, dealing with others as you would have them deal with you, deciding what is enough-and sticking to it, balancing work, personal, family, church and community responsibilities, working to make “the system” work and engaging in ongoing personal and professional development.

The book begins with a saying that was carved in a plaque that hung over the door to the office of psychoanalyst Carl Jung “Bidden or not bidden, God is present”. The divine reality can be encountered in tangible ways in the workplace. Studies have shown that increased productivity and a spirit of collaboration are evident when employers, managers, white collar workers, professionals, CEOs recognize the importance of the universal search for something greater than ourselves. You will find this book inspiring and life-enhancing. It is a recommended read which offers a provocative and unusual guide for developing our spirituality on the job.



Lacey L Seymour, PhD
Psychologist, Behavior Analyst
President, LA Psychological Assn

Search Inside Yourself:
The unexpected path to achieving success, happiness (and world peace)
by Chade-Meng Tan

This is a wonderful, informative and humorous book written by a Google engineer. Based off a series of tech talks, Meng focuses on emotional intelligence, mindfulness, and how to achieve personal happiness (and therefore world peace). I've found it extremely useful and enlightening. Meng does a wonderful job breaking down psychological concepts into "everyday" black and white language that even engineers can understand.

Chapter titles include topics such as "Breathing as if your life depends on it," "All natural, organic self-confidence," "Making profits, rowing across oceans, and saving the world," and "Being effective and loved at the same time." The book includes detailed descriptions of practice exercises for implementing the concepts into your own life. Great read!

Leslie Todd, LCSW
Licensed Clinical Social Worker
Founding President of Louisiana
Chapter Association of Family and
Conciliation Courts

Familiar Evil
by Rannah Gray

In *Familiar Evil* Rannah Gray provides the incredible narrative of how she was contacted by a British stranger who led her to investigate the true identity of Baton Rouge's media celebrity Scott Rogers. He was actually a

child sex predator whose last act was to get one of his victims to participate in murder-suicide before the FBI caught him. Written in collaboration with Mary Jane Marcantel, the paralegal whose forensic acumen broke the case, and the English survivor known by the alias Ethan, this book describes the international search for a predator who was hiding in plain sight—and who had adopted two handicapped Baton Rouge boys before being exposed.

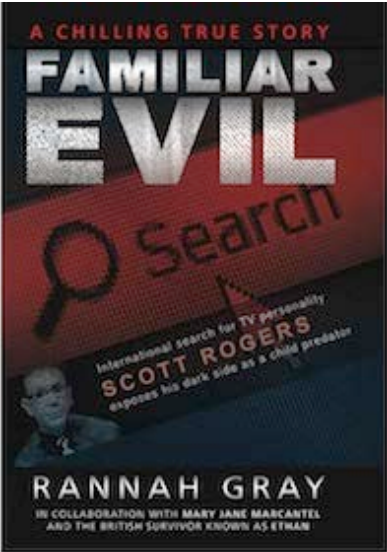
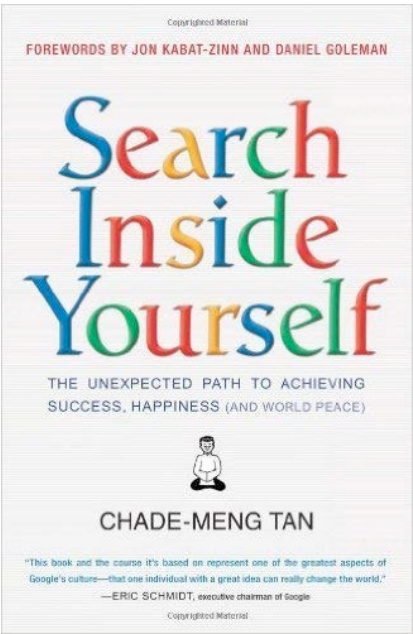
John Fanning, PhD
Neuropsychologist
Past President, LA Psych Assn

Strangers Drowning
by Larissa MacFarquhar

Imagine this: You’re an American woman who has for many years worked as a nurse. But, feeling that this wasn’t enough, you became a social activist, protesting poverty and nuclear weapons. After a number of years, however, you moved to Nicaragua following its bitter civil war, to train women in impoverished rural regions to become midwives. But in addition to the everyday hardships of life there, you had to move out of your house and into the village, because the Contras were going to rape or kill you. Even now, in your elder years, long after your husband left and went back to America, you’re still in Nicaragua, working for the disadvantaged. Things are better in that country now, and life is much more comfortable for most people. Which makes it feel to you oddly empty, much like life in the United States. You gave up your life in the U.S., and lost your husband and your once-strong religious faith, but you never abandoned your mission.

And is that a good thing?

This is the question Larissa MacFarquhar considers in this unorthodox book, which profiles people she calls “do-gooders,”



with all the ambivalence that term implies. The title refers to a dilemma posed by the utilitarian philosopher Peter Singer: If you walk past a shallow pond and see a child drowning, would you save the child? Most people would answer “yes”, of course. Singer’s response was that since children (and adults, and animals) are dying all the time, how is it morally defensible to not respond to them? How many mosquito nets could you buy with what you’d spend for a single meal at a fancy restaurant? And is there any reason to believe that your family members deserve preferential treatment over total strangers? MacFarquhar raises the question of just how far that line of reasoning can remove one from what most people think of as being human. As she puts it, “For do-gooders, it is always wartime.” The people she profiles have done a wide variety of things in their pursuit of extreme altruism, often with unanticipated results. One couple adopted twenty-two children, including many handicapped or troubled children. All of the girls eventually got pregnant, despite the couple’s efforts at sex education and contraception. Another man donated a kidney to a complete stranger, a woman a good deal older than himself. He didn’t want to meet her because he knew she might feel compelled to respond to him in a maternal manner afterwards. Which she did, in a far more positive way than his own drug-addicted mother ever had.

MacFarquhar discusses how these “extreme altruists” have been thought of—often pejoratively—in both mental health and literary fields. These side discussions are interesting but are a bit afiel from the subject profiles, some of which appeared in the New Yorker. I found these stories to be both gripping and deeply strange. A thought-provoking book, for certain.

Paul Ceasar, PhD
Past President, La Counseling Assn
Previously Director of Counseling,
Interim President at Holy Cross

The Tin Roof Blowdown
by James Lee Burke

This novel by James Lee Burke offered some pertinent reflections on such issues as resilience, addiction, impact of environment, psychological impairment, spirituality and religion. For those who are familiar with the books of James Lee Burke, you are aware of his gift of prose and human understanding which include the basic primal struggles of the human condition. His main character, Detective Robicheaux embodies all of the elements mentioned above. For those of us in south Louisiana, the setting of *The Tin Roof Blowdown* is very familiar. Written in 2007, the story takes place with the experiences of hurricanes Katrina and Rita. Being from New Iberia, Detective Robicheaux deals with the human and systemic situation in the wake of these storms and has some relevant reflections on the various characters and situations in New Orleans and the New Iberia area. It is a quick read which is packed with insights and understanding of people and societal factors.

Marilyn Medoza, PhD
Psychologist,
Author, *We Do Not Die Alone*

The Last Frontier
by Julia Assante, PhD

Julia Assante, PhD has written a book about transforming our fear of death titled *The Last Frontier*. It should have been titled *Everything You Would Want to Know about Death and the Afterlife*. Dr. Assante provides an interesting perspective to her work. She has a PhD from Columbia University and has studied the death traditions of the ancient world as well as being an internationally known medium. I found the book interesting and intriguing. I particularly enjoyed the section on the ancient death traditions. The information in the book is

all about stripping away the fear surrounding death: a goal both she and I share. I have seen the change in people when they find out about deathbed visions or near death experiences. It can be an amazing transformation for someone who is experiencing utter despair and hopelessness to having a sense of relief, peace and hopefulness about their death or a loved ones.

Kim E. VanGeffen, PhD
Neuropsychologist
LPA Director and Past President
2015 Distinguished Psychologist

The Gardener of Baghdad
by Ahmad Ardalan

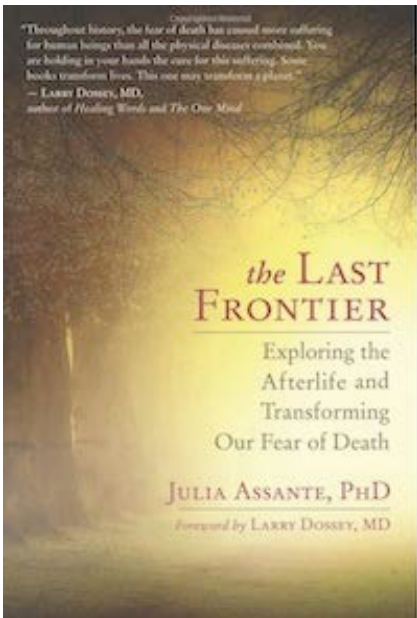
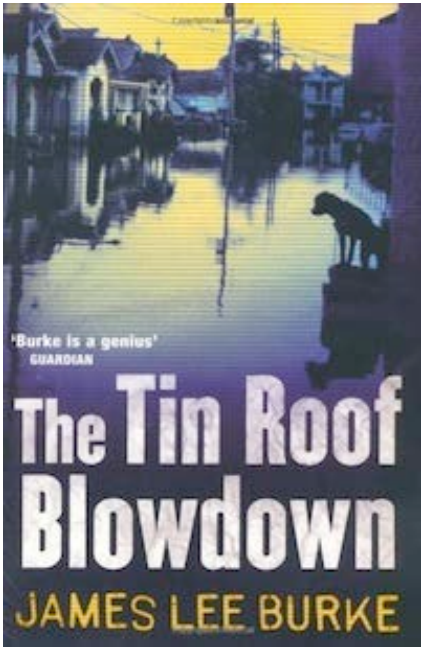
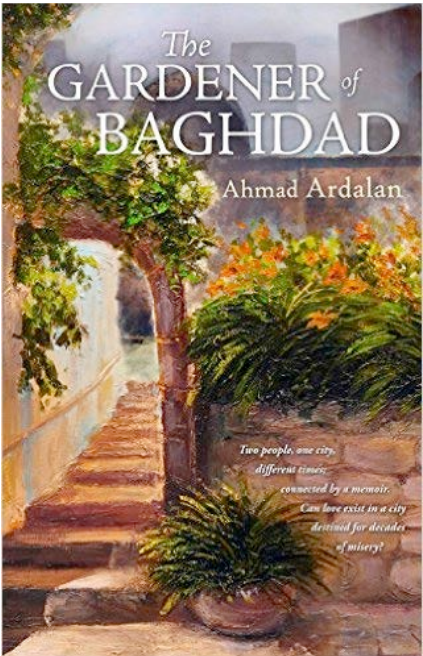
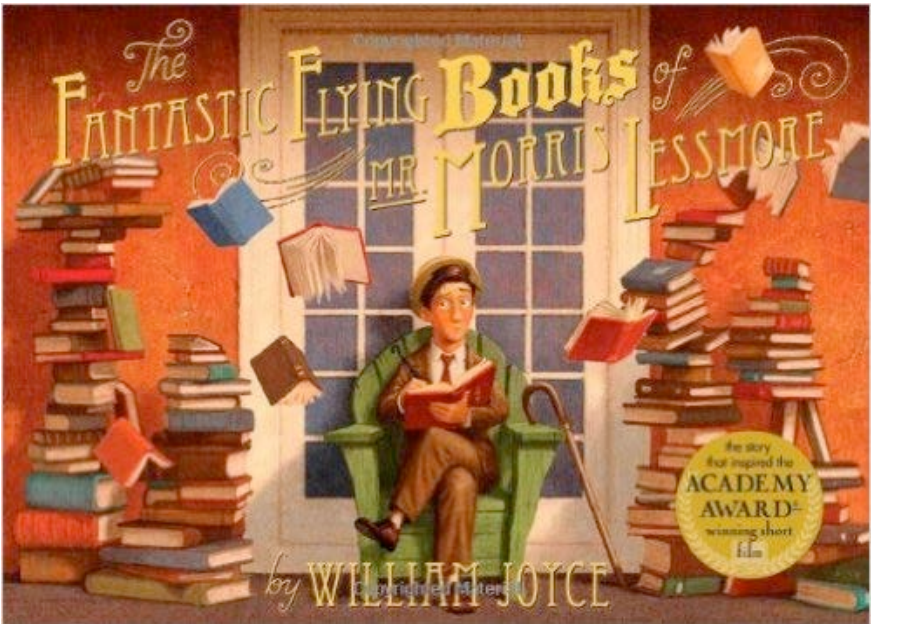
I am currently reading *The Gardener of Baghdad* which is by Ahmad Ardalan. This book tells the story of a man, Adnan, who owns a bookshop in war-torn Baghdad. Tired of the dangerous bombings and relentless political unrest in his city, he considers selling his shop to move to a different place. As Adnan is sorting through some of the

books in his shop, he comes across a book which contains a memoir which was written years before by a man known as Ali. Ali’s memoir tells a story of resiliency as Ali was orphaned in childhood but, through hard work and determination, he became the Gardener of Baghdad. Through Ali’s fame as a gardener, he meets a young British woman who is living in the city with her father, a British general. Much of Ali’s story centers around his relationship with Mary which is challenged by the fact that they come from different cultures and religions. As Adnan reads the story of Ali and Mary, he is deeply moved and can hardly put the book down as he is so captured by the story. I have had the same reaction when reading this lovely book. I am in the middle of the book and cannot wait to finish it. This book touches my love of books and a good story as well as my love of gardening.

Reading this book also brought to mind several other books which touch on the power of books and of story telling. As psychologists, we are drawn to the stories told by others as it is a part of our daily work. For those who love a good story, I can also recommend *84 Charing Cross Road* by Helene Hanff. This book has also been made into a movie with Ann Bankroft and Anthony Hopkins. *84 Charing Cross Road* tells the story of a friendship which builds over 20 years through a series of letters exchanged between a clerk in an antiquarian book store in London and a woman who has a passion for reading but cannot find the often obscure books she seeks in New York City where she lives. The two parties become long distance friends through their love of literature. The letters they exchange are charming and witty.

Finally, I would recommend *The Fantastic Flying Books of Morris Lessmore* by William Joyce. This book was also an Oscar winning short film made in Shreveport. It tells the tale of Morris Lessmore who loses his book collection to a storm reminiscent of Hurricane Katrina. This book has been described as a “book about books” but also as a “deeper story of love, loss and healing.”

The Fantastic Flying Books of Morris Lessmore
by William Joyce



Up-Coming Events

Dr. Lisa Settles to Speak Tulane's Brain and Behavior 2015: Neuropsychiatry Across the Lifespan on Dec 11 – 12 in N.O.

The Tulane University School of Medicine will hold its 2015 Brain & Behavior conference with this year's theme, "Neuropsychiatry Across the Lifespan." The two-day conference is on December 11 – 12 at Westin Canal Place in New Orleans.

Among this year's presenters is Dr. Lisa Settles, who will present on "The Complexities and Controversies of Autism" and also offer a workshop, "Autism through the Lifespan."

Dr. Settles is Clinical Psychologist, and Assistant Professor of Clinical Psychiatry at Tulane University School of Medicine. She is Director of the Tulane Center for Autism and Related Disorders (TCARD).

For her presentations, Dr. Settles will present on "Complexities and Controversies of Autism," focusing on the history of Autism and authors Steve Siberman, Leo Kanner and Hans Asperger. She will describe how different theorists may have affected our understanding of autism and contributed to many of the controversies that surround the diagnosis. Settles will look at some of the issues, "Refrigerator mothers, biological interventions, and vaccines," for example, that have impacted the course of understanding autism, and where we go from here.

In the afternoon session, she will present, "Autism Through the Lifespan." Examining Kanner's work with the first cases of autism in the 40s, Dr. Settles will review how diagnostic criteria have focused on early childhood, and only in recent times begun to address the behavioral characteristics of autism in infancy. She will review the new area of exploration, that of autism diagnosis in adulthood, and symptom expression across all major developmental levels.

The conference will also feature topics on "Concussion in Sports," "Spirituality and Hypnosis in Mind Medicine," with Dabney Ewin, MD, and "The STEP Program" by Vinod Srihari, MD.

Josepha Cheong, MD, will present, "Subcortical vs. Cortical Dementia: Clinical Diagnosis and Management."

Stacy Drury, MD, PhD, will present, "The Importance of Being a Monther: Transgenerational Effects of Early Life Adversity from Biology, to Behavior, to Policy."

And Heather Van Mater, MD, will present on "Autoimmune Encephalopathy: How an Antibody Changed It All."

Dr. Settles received her PsyD from the University of Indianapolis in 2003 and used her experiences of working in a multidisciplinary developmental clinic from her postdoctoral work at Tulane, to help guide the development of TCARD, linking the Tulane system, Greater New Orleans, Louisiana, and the Mississippi Gulf Coast areas. Dr. Settles has trained many of the state employed therapists in the Early Childhood Supports and Services program clinics on the Parent Child Interaction Therapy model.



Certified School Psychologists from Morgan City, Robin Cohenour, Pamela Smith, Rayne Adams, and Carey Day, attending the Louisiana School Psychological Association last month. The National School Psychology Association will hold its convention in New Orleans in 2016.

Dr. Overstreet, Colleagues to be Featured Speakers

National School Psychological Assn to Meet in New Orleans, Feb 2016

The National Association of School Psychologists will hold its Annual Convention in New Orleans, February 10 -13, 2016.

Dr. Stacy Overstreet and colleagues will be one of the featured sessions, and presenting on "Partnerships to Create Trauma-Informed Schools." Dr. Overstreet is the Chair of the Tulane Psychology Departments. Co-presenters are Chris Gunther, from the New Orleans Health Department, Laura Danna, for Project Fleur-de-lis, Paulette Carter, from the Children's Bureau of New Orleans, and Patrick

Bell, from KIPP Believe Primary School in New Orleans.

The group will share the "whys and hows of a city-led, multiagency partnership to advance trauma-informed approaches in schools." They will also examine why a universal approach is needed to help make evidence-based treatments more effective. They will focus also on collaborative methods.

Other featured speakers include Marc Brackett, speaking on Emotional Intelligence, and Susan Swearer speaking on Bullying.

Openings for Participants in Hyperbaric Oxygen Therapy Study

Mild Traumatic Brain Injury (TBI)
or Persistent Post-Concussion
Syndrome

Any person who has persistent
symptoms from one or more
concussions that have occurred
within the last six months to ten
years is eligible.

Referring practitioners and individuals
wanting to participate can contact the
research coordinator at 504-427-5632
for more information.

The Psychology Times

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