

Meds Do More Harm than Good?

Robert Whitaker Makes His Case To Marriage & Family Therapists

In his keynote presentation to the Louisiana Marriage and Family Therapist Association on February 20, Robert Whitaker pointed to fallacies behind the rampant use of pharmaceuticals as first-line treatment for psychological problems,

drawing on long-term studies, population statistics, and a lack of scientific theory behind the \$70 billion global psychiatric drug market.

Whitaker, an investigative journalist, is the author of *Mad in America* and *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*.

He laid out three hours of research showing that while short-term benefits give the impression of benefit, the long-term outcomes portray a very different and disturbing picture. In a review of research, experts, critiques of theory, and epidemiological data, Whitaker puts forth a compelling argument that antidepressants do more harm than good, that schizophrenics do better off medication than on, and that children taking stimulants are more likely to progress to chronic illness than if they go without medication.

Whitaker built on his *Anatomy of an Epidemic*, the first book to lay

Cont'd pg 9

Grassroots Asks Ethics for Opinion

Grassroots Initiative, a group composed of psychologists and retired psychologists, has asked the state Ethics Board if certain decisions made by the state psychology board, with a majority of medical psychologists serving, constitute a conflict of interest. Grassroots has opposed a

Cont'd pg 3

Governor Jindal Walks Tightrope in Exec Budget

With oil prices at record lows, Governor published his Executive Budget for 2015-2016 on February 27 with some tight squeezes between rocks and hard places, including a 4.7 percent reduction overall and 727 fewer agency positions.

Cont'd pg 3

Researchers to Present at SEPA

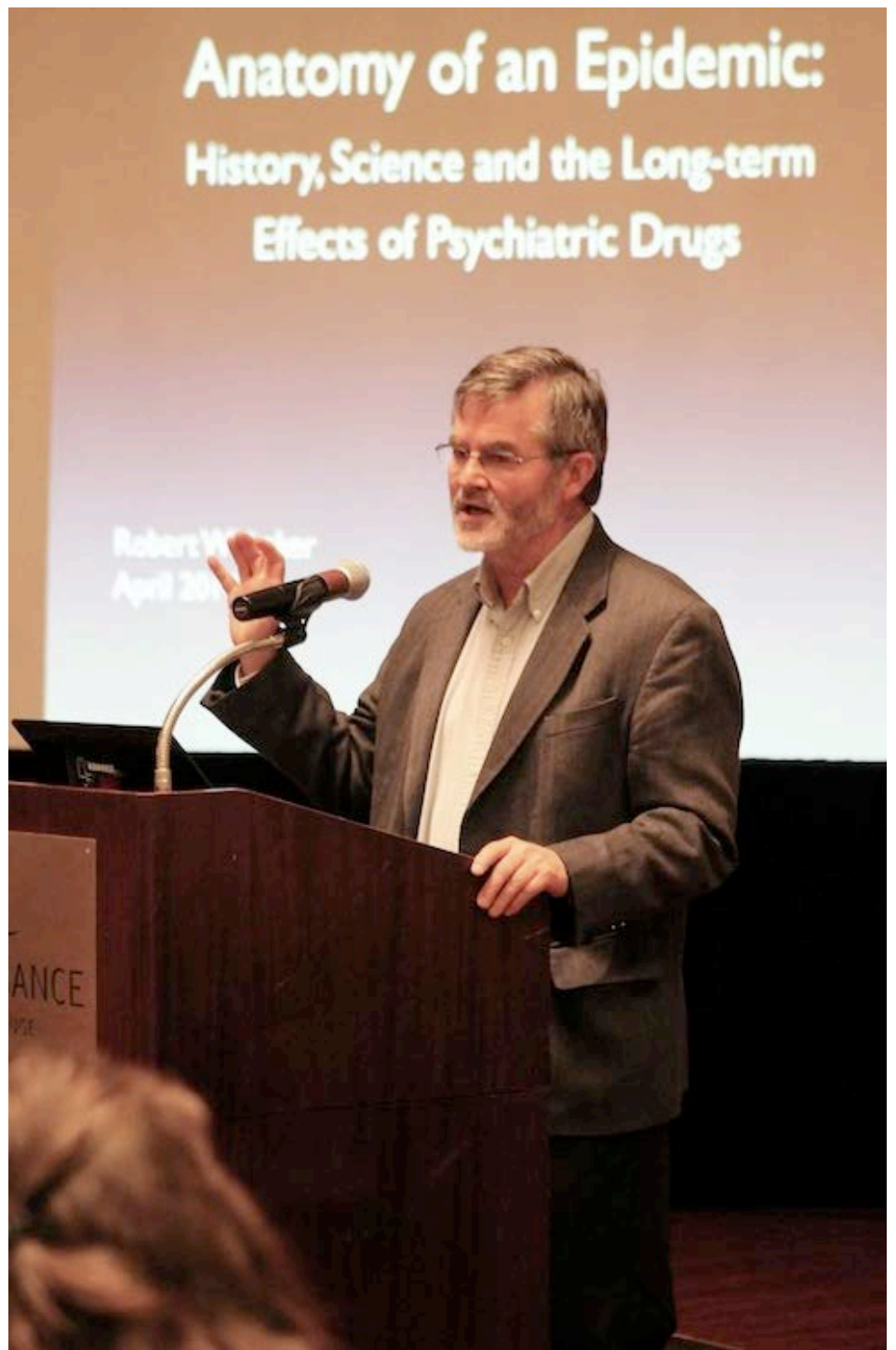
Psychological researchers from Louisiana State University, Southeastern Louisiana University, University of Louisiana–Lafayette, and Xavier University will present research at the 61st Annual Meeting

of the Southeastern Psychological Association (SEPA) this month at Hilton Head, South Carolina. The conference is March 18 to 21 at the Westin Hilton Head Island Resort.

Cont'd pg 12



Above: Tim Schroeder, administrative coordinator at the LSU Psychology Department, and Dr. Megan Papesh. Dr. Papesh and her students will present work at SEPA.



Robert Whitaker, author and investigative journalist, reviewed the evidence that medications for mental health do more harm than good, speaking at the recent Louisiana Marriage and Family Therapists Association convention.

Never Say Never: IO Returns to LSU

After a two-year shutdown, the Louisiana State University Psychology Department plans on restarting its Industrial-Organizational Psychology Program.

According to Search Committee Chair, Dr. Janet McDonald, the department is currently interviewing for two Industrial-Organizational Psychology faculty positions one at the associate professor level and one at the assistant professor level. The *Times* spoke with Dr. McDonald last month who said that the reinstating of the program was a decision supported by the department and the university.

According to the university job information, the tenured Associate Professor will direct the Industrial-Organization Ph.D. program and guide its

Cont'd pg 10



Dr. Susan Tucker
(photo by B. Waters)

Harvard Honors Dr. Tucker's Work

The Ash Center for Democratic Governance and Innovation of the John F. Kennedy School of Government at Harvard University has named Dr. Susan Tucker and her treatment programs as one of this year's recipients of the prestigious Bright Ideas awards for innovation.

Cont'd pg 5

Editorial Page – Opinions

A Time Machine Would Help *by J. Nelson*

“No doctors,” rasped the character Stephen Hawking in *The Theory of Everything*. The movie reminds us that Hawking, now age 72, was diagnosed at 21 with ALS and given only two years to live. There is no biological treatment for ALS so medical experts can’t explain it. Some are willing to claim the null and say it’s *not* due to his psychology (mind-body), demonstrating that they haven’t read *A Brief History of Time* or an introductory statistics text.

Hawking may have been spared iatrogenic problems but there is ample evidence that they abound for the rest of us. A recent study showing that heart patients died significantly less when their cardiologists were off at conventions adds to the picture. There’s even a slogan, “First, do no harm.” When you have a slogan, you know you have a real problem.

Robert Whitakers’ presentation last month at the Louisiana Marriage & Family Therapists Association convention brings the iatrogenic theme into focus when it comes to psychiatric drugs. If Whitaker is right, and he makes a compelling case, then not only antidepressants, but anti-psychotics, and stimulants might well be doing more harm than good.

It is of some comfort that Whitaker, an investigative journalist, leans on the work of psychologists, including Irving Kirsch who was hosted by the Louisiana Psychological Association and Tulane in 2013. Whitaker also leans on research by Martin Harrow, a psychologist who has been doing longitudinal research with schizophrenics for decades. Once at Yale, Harrow is also a chess master. So who are you going to believe—Big Pharma or someone who tied Bobby Fischer twice?

Kirsch’s and Whitaker’s mass market books are beginning to move the beliefs of the large social system—no easy feat. It took the medical profession 25 years to stop x-raying pregnant women after the evidence showed that it harmed the baby.

Last year researchers in a JAMA article took up Kirsch’s ideas and spurred debate picked up in news outlets such as *The New Yorker*, *Newsweek*, and *New York Times*. Even Dr. Oz got into it with his “Truth about Antidepressants,” episode, demonstrating the problem by pouring blue liquid into a plexiglass head with holes drilled in it so the blue stuff splashed out everywhere.

Whitaker casts serious doubt on these drugs, but his perspective also shows deficiencies in the problem-solving function of the healthcare social system. Science works by successive approximations to a goal of pure truth that we can never reach. But are we to expect consumers to wait 30 years for medical science to figure things out and be harmed in the meantime?



Do we opt for a symptom treatment, with volume sales potential, and stop searching for real causes of disease? Some recent findings in nutritional mental health tell us we’re better off popping a probiotic than a Prozac. If Whitaker is right about psychiatric drugs, what are we to think about the validity behind the rest of the almost \$1 trillion drug market, like those for treating cancer and immune disorders?

Psychologist Philip Tetlock concludes in his book on human judgment that we don’t have to fully accept George Bernard Shaw’s definition of professions—conspiracies to defraud the public—in order for us to recognize our problems.

“... there is a strong desire among mass-public consumers to believe that they live in a predictable world and an equally strong desire among more elite consumers in the media, business, and government to appear to be doing the right thing by ritualistically consulting the usual suspects from widely recognized interest groups,” Tetlock writes.

Some feel the “...tight symbiotic embrace between self-confident suppliers of dubious products and their cling-on customers,” is inevitable, Tetlock says. But he believes that with the analytical tools we have in science, and journalism, and with *thoughtful* application, we can build self-correcting epistemic systems.

Or, we could get a time machine.

In the 1960 classic movie, *Time Machine*, the underworld trolls, the Morlocks, fatten up and feed off the Eloi, the above ground, complacent, and woefully out-of-touch Agreeables. It isn’t until Rod Taylor comes sailing in from the long ago past that the Eloi wake up to the fact that there’s a big problem.

We can’t always count on someone to put the self-interest of others above his or her own interests. It is not how we are wired. We can’t even always depend on ourselves.

But we can count on an open, self-correcting system to help discover the truth, or some approximation of it, hopefully sooner rather than later. We’re wired for self-interest but we’re also wired to do the right thing.



Photos are from H.G. Wells’ 1960 movie, *The Time Machine* production and Yvette Mimieux’s photo archives.

The Psychology Times

Member, Louisiana Press Association

Published monthly
by Nelson News, LLC.
psychologytimes@drjulienelson.com

Publisher: Julie Nelson, PhD

Journalism Consultant:
Robert Holeman,
Editor (Ret.), The Coushatta Citizen,
Winn Parish Enterprise.

Columnists/Reporters:
Shane Lowery, MS, Intern
Natasha Jordan, Correspondent
Dr. Yael Banai

Cartoonist: Jake Nelson-Dooley

Photography: Suzi Andrews, Yael Banai, M. Dooley, Tom Stigall,
Britney Waters

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

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

*All materials copyrighted by J. Nelson
unless otherwise noted.*

Subscriptions are free. To subscribe go to the *Times* at
<http://thepsychologytimes.com/>

State & National News

Grassroots Asks for Opinion, continued

number of decisions made by the psychology board and believe that those actions or lack of actions have harmed independently practicing psychologists, say sources.

Spokesman for the group, retired clinical and forensic psychologist Dr. Tom Hannie, said, “It is apparent that since the LSBEP [Louisiana State Board of Examiners of Psychologists] always has 60 percent of the votes from medical psychologists that it has been a problem. In a number of decisions they should have, in my opinion, recused themselves from voting.”

In the “Request for Advisory Opinion” submitted to the Ethics Administration this January, Grassroots asked for a review of how decisions have been made by the LSBEP. Sources at Grassroots say the request should be reviewed this month or perhaps in April.

A number of examples were listed in the Request, where Grassroots members felt that medical psychologists (MPs) may have had an obligation to disqualify themselves from either discussion or voting or both on decisions that harmed licensed psychologists.

The Request for Advisory Opinion included a description of the LSBEP 2009 discussion about Act 251 during the period that it was being lobbied by Louisiana Academy of Medical Psychologists (LAMP). At that time all five members of the psychology board were affiliated with LAMP but none of the five disqualified themselves from the discussion of Act 251.

Grassroots also wrote in the Request that the state Attorney General suggested the psychology board seek an Advisory Opinion from Ethics about the possibility of conflict of interests for Medical Psychologists serving on the psychology board but the board did not appear to have complied with that suggestion.



The psychology board at a 2010 meeting. The then board Chair, Dr. Jillandra Rovaris, listens to Dr. Joe Comaty. Dr. Comaty is also now serving on the psychology board for a second term.

Dr. Hannie told the *Times*, “They have refused to request an Opinion from the Ethics Board about a conflict of interest even after the Attorney General recommended it twice.”

Last year the LSBEP asked state Ethics if the top candidate, a non-MP, Tulane professor Dr. Constance Patterson had a conflict.

Hannie said, “I think that what we did is a result of them [LSBEP] going to the Ethics Board on the absurd and ridiculous issue that Conni Patterson had a conflict. That they did that let us know where we should go.”

“I also wanted to do it because they [LSBEP] refused to explain their actions,” said Hannie. “They

would not explain their view that the governor couldn't appoint a replacement, as the law indicates. They wouldn't tell me what they based their decision on, saying that it was attorney-client privilege,” he said.

“They are operating in the dark and I think somebody has to cast some light on it,” Hannie said.

The Request for Advisory Opinion also noted that the term “psychologist” was of economic and market value to licensed psychologists, and LAMP’s legislation misappropriated the term when they used it to create a new profession.

Grassroots asked the Ethics Board if those serving on the psychology board at the time had a duty to act in some way to protect the title and the practice of psychology, which appears to be one of their duties, or at least to recuse themselves from the discussions, because of their professional association and membership in LAMP and support for its business goals.

The Request also outlined the decisions made by the LSBEP regarding the supervision of psychology interns when the board, with a majority of medical psychologists serving, voted to qualify medical psychologists (MPs) as supervisors of psychology interns even when the MP no longer held a state psychology license.

Also included were several other examples where MPs serving did not recuse themselves from decisions that would benefit MPs, including decisions about continuing education, negotiating of Rules with the Medical Board, and reinstatement fee reductions for MPs. The Request discussed that, while benefitting MPs, the decisions diminished psychologists and constituted unfair competition.

[Editor’s Note: The publisher of the *Times*, Dr. Julie Nelson, is a member of Grassroots. She has actively opposed parts of Act 251. She signed the Request described in this story and has helped gather information about the psychology board’s actions.]

Governor Jindal Publishes Budget continued

The Budget proposes total funding of \$24.6 billion, a decrease of \$1.2 billion, compared to last year’s budget of \$25.8 billion.

“The loss of oil revenue accounts for nearly one-third of the shortfall once growth, inflation and non-recurring expenses are removed,” noted the report, pointing to a projected \$376.2 million in loss revenue and \$1.6 billion shortfall.

The Governor proposes solving the shortfall by tax reform of 34 percent, continuing expenses for 10 percent, efficiencies of 7 percent, replacement revenue of 19 percent, and reductions of 30 percent.

Tax credit reforms include doing away with such tax credits as inventory tax credits, wind and solar, research and development, musical and theatrical, and others. Agency reductions are set at 727, “resulting in the smallest number of state government

employees in 25 years,” noted the authors of the report.

In healthcare, the Budget calls for no Medicaid rate reductions, no cuts to medical schools, and no cuts to Bayou Health plans. Current funding levels for LSU public-private partnerships hospitals and clinics are to be protected and also those receiving home and community-based waiver services are also protected, according to the report.

Looking for a net reduction of \$15 million in healthcare includes plans to eliminate legacy costs, eliminate in-patient major teaching hospital program, non-recurring funding for LSU Shreveport, for High Medicaid DSH Pool, and elimination of the LaHipp program. Also the Governor plans to eliminate hospital outlier pool, the Greater New Orleans Community Health Connection Program, the Developmental Neuro-

psychiatric Program, and the state general fund in the LSU-Physician UPL Program.

Children and Family Services are to be reduced by \$101 million, mostly related to transfer of the Child Care Grant program to DOE. Reductions in the Department of Corrections are set to include restructure of offender healthcare, at \$12 million.

Higher Education funding will decrease by \$141 million, not including hospitals, LOSFA, or non-recurring adjustments/ However, there are Legislative options that could help to further reduce the impact of budget reductions to higher education in the final, enacted budget, noted the report.

The Governor lists revenue-raising options including advanced degree tuition, securitizing the tobacco settlement, and increasing fees collected by state agencies.

Legislature Warming Up; Bills Being Filed for Start on April 3

The state Legislature will convene Monday, April 13 this year and adjourn on Thursday June 11. Bills are being prefiled now.

Some of the bills prefiled so far include a bill by Representative Honore to authorize the use of medical marijuana in Louisiana.

There is a bill by Representative Hensgens, HB15, to require that schools allow parents to approve surveys that are given to their children at school.

HB32 by Richard would remove governor’s authority to veto line items in a appropriations bill.

HB38 by Representative T. Burns would prohibit drivers from using certain wireless telecommunications devices while traveling on the Lake Pontchartrain Causeway Bridge

HB55 by Representative Ritchie and a similar Senate Bill (SB15) by Senator Nevers would authorizes the levy of a tax of 4% on hydrocarbon processing facilities in the state and direct the proceeds to be used for the Board of Regents (\$300 million) for public post-secondary education. Another \$250 million would be used for the maintenance of and in an effort to improve health outcomes in certain areas.

Also, the SB15 would direct \$80 million is go to Department of Education and \$250 million to the state employees and teachers’ retirement systems. \$150 million goes into the Transportation Trust Fund.

A Senate Bill by Senator Long would make it a crime for a pregnant woman to behave in a manner that harms her unborn child, such as drug use that leads to birth defects or death.

A measure, SB10 by Senator Peterson, directs DHH to offer health insurance to all legal residents whose income is at or below 138% of the federal poverty level.

What Did the PACs Do in 2014?

LA Academy of Medical Psychologist PAC

Money Collected: \$42,500
Money Paid to Politicians: \$33,150

LAMP contributes to legislators throughout the year, maybe as they receive contributions. They give to a wide range of legislators but focus on Health & Welfare, names like Simon and Stokes. Checks are mostly \$250, \$500. Courson & Nickel are no longer paid from the PAC.

LA Psychological Association PAC

Money Collected: \$2,395
Money Paid to Politicians: 0

The LPA PAC did not list any money going to candidates or legislators. But, they did pay \$6,951 for administration costs.

LA State Medical PAC

Money Collected: \$56,660
Money Paid to Politicians: \$4,700

Few contributions to legislators listed for 2014. But going back to 2013, many more contributions were made, in the tens of thousands, most in \$1,000 or \$500 checks to candidates and legislators, names like Mills, Pope, and Nevers.

Licensed Professional Counselors PAC

Money Collected: \$3,061 plus about \$1,000 gifts
Money Paid to Politicians: \$1,000

These figures come from 2013 because we could not download the files for 2014. Most contributions are \$25, \$50 or \$100, or gifts. The PAC made two \$500 contributions in 2013.

Louisiana Political Action for Candidate Election

Money Collected: \$0
Money Paid to Politicians: 0

This is the PAC for social workers. No activity was reported.

DHH Tries Again to Develop Rules for Treatment Facilities, Some Providers

The Department of Health and Hospitals, Bureau of Health Services Financing, is trying again to develop the new Rules covering the licensing standards for substance abuse/addiction treatment facilities, and mental health clinics, and behavioral health service providers, to comply with Act 308, according to a Notice published in the February *Louisiana Register*.

The newest effort includes 42 pages of information after last year’s effort resulting in extensive comments from the public. So, the Department abandoned the Notice of Intent published in the March 20, 2014 edition of the *Louisiana Register*. The department now proposes to promulgate a revised Notice of Intent, pages 439 to 480 in the February Register.

A public hearing on this proposed Rule is scheduled for Tuesday, March 31, 2015 at 9:30 a.m. in Room 118, Bienville Building, 628 North Fourth Street, Baton Rouge, LA. At that time all interested persons will be given a chance to submit data, views or arguments either orally or in writing, wrote Secretary Kathy Kliebert. Written comments are due by 4:30 on the next business day following the public meeting.

The proposed Rules Include substance abuse/addiction treatment facilities; mental health clinics; and any other entity that meets the definition of a BHS provider. Licensed substance abuse/addiction treatment facilities and mental health clinics have one year from the date of promulgation of the final Rule to comply with all of the provisions herein.

Those exempt from the licensure requirements for “Behaviorial Health Service” providers include certain hospitals (licensed under certain conditios as described in the Rule) and similarly certain crisis receiving centers, nursing homes, psychiatric residential treatment facilities and therapeutic group homes, facilities or services operated by the federal government; federally qualified health care centers; community mental health centers, and others.

Also exemptions include any individual licensed mental health professional (LMHP), whether incorporated or unincorporated, or a group practice of LMHPs, providing services under the auspices of and pursuant to the scope of the individual’s license or group’s licenses, among others.

Corrections & Clarifications

Dr. Billy Seay pointed out to us that he was not the *first* Director of the LSU Honors College, he was one of the Directors. However, we got it right when we reported that he was the first Dean of the LSU Honor College. We corrected the item in later editions and are sorry for any confusion.

In discussions with readers, the publisher came to the conclusion that the base rate for disciplinary actions is much lower than estimated in last month’s editorial. Since it is the “situation” and not the psychologist (one error does not define an entire person). Therefore, the correct calculation would use “contacts with public” not the single psychologist in the denominator. The base rate then is (even more) astronomically low and the case stronger.

Please send corrections to the *Times* at psychologytimes@drjulienelson.com

LSBEP to Add Medical Psychologists to Supervision Rules for Psychologists

Louisiana State Board of Examiners of Psychologists (LSBEP) is proposing Rule changes to amend the Louisiana Administrative Code for psychologists, related to supervision of interns. The proposed changes, published in the February Louisiana Register, add the term “medical psychologist” to several areas of Chapter 1 and 7, “Supervised Practice Leading toward Licensure.”

The Louisiana Administrative Code, also known as the Rules, are the “Professional and Occupational Standards” for psychologists.

The changes come in part because of the new category of provisional license, created last year by Act 137 that established the new credential for new psychologists. Act 137 was put forth by the state psychology board but amended by the Louisiana Academy of Medical Psychologists in its final stages, to include medical psychologists as supervisors for those with provisional licenses.

However, the current changes appear to go beyond those with provisional licenses, and could relate to other years, and other areas of supervision, that would fall under the general guidelines.

The *Times* did not call the board for clarification, because the board has declined repeatedly to answer questions or take calls or emails from the *Times*.

The changes relate to an on-going controversy in the community about whether medical psychologists who do not have a state psychology license, should be qualified to supervise psychology interns. Act 137 provides they may supervise those with a provisional license.

The proposed Rule changes are included in the “Notice of Intent” which allows time for public comment. Comments are due to the psychology board by March 23.

The changes include the topic of section §102, which is new language for “Definition of Applicant for Provisional License.” The proposed

wording is “has completed a minimum of one year of experience practicing psychology under the supervision of a licensed psychologist or medical psychologist licensed in accordance with R.S. 37:1360.51 et seq.”

Under “Chapter 7. and “Supervised Practice Leading toward Licensure,” currently the wording is: “§701. Preface. A. This document details reasonable minimal standards for supervised practice and establishes the legal, administrative and professional responsibility of the licensed psychologist designated as supervisor.”

The proposed wording would be: “... establishes the legal, administrative and professional responsibility of the licensed psychologist or medical psychologist licensed in accordance with R.S. 27:1360.51 et seq., designated as supervisor.”

In the section, “§705. Qualifications of Supervisors,” the current law is: “A. Responsibility for the overall supervision of the supervisee's

professional growth resides in the licensed psychologist. Supervising psychologists shall have training in the specific area of practice...”

The proposed change is: “... supervisee's professional growth resides in the licensed psychologist or medical psychologist.”

In “§709. Conduct of Supervision,” the current law is, “... All written communication will clearly identify the licensed psychologist as responsible for all psychological services provided.”

The proposed new wording is, “The licensed psychologist or medical psychologist who provides supervision for the candidate for licensure must have legal functioning authority...”

And, “All written communication will clearly identify the licensed psychologist or medical psychologist as responsible ...” and “... shall be offered only by or in the name of the licensed psychologist or medical psychologist.”

Dr. Tucker’s Program Honored by Harvard’s Kennedy School

continued

“The Bright Ideas program demonstrates that often seemingly intractable problems can be creatively and capably tackled by small groups of dedicated, civic-minded individuals,” said Stephen Goldsmith, director of the Innovations in American Government Program at the Ash Center in a February announcement from the Center.

Dr. Tucker is the Assistant Warden, licensed psychologist, and program developer at the Bossier Parish Correctional Center and she designed the Steve Hoyle Intensive Substance Abuse Treatment Program. The program first began at the Forcht Wade Correction Center Keithville, Louisiana, and was relocated to the Medium Security Facility for the Bossier Sherriff located between Benton and Plain Dealing, LA.

Tucker’s programs have earned state and national recognition, including the Residential Substance Abuse Treatment grant and the governor’s grant for prevention. In 2010 the Vera Institute of Justice, an organization dedicated to improving justice systems through research and innovation, noted that the program, “...should be a model for the nation.”

Tucker has presented the work as an invited speaker at the American Correctional Association and American Correctional Association.

Tucker explained that the basis of the program’s success is in the comprehensive approach and the evidenced-based methods. Aspects of the program include Family Day, “Life Lessons for Families,” “Reading to our Children,” among other psycho-therapeutic elements.

In a press release from the Louisiana Department of Public Safety and Corrections, State Corrections Secretary James LeBlanc said Dr. Tucker and her staff have done an amazing job. “There are 38,000 DOC offenders incarcerated across Louisiana,” LeBlanc said. “As much as 80% of these individuals are incarcerated because of drugs – either through using, selling or criminal activity related to using or selling. Think of how many family members that affects – mothers, fathers, children, brothers, sisters, etc.,” he said.

“Establishing and growing this program has been one of the major accomplishments of this Department over the last seven years and we are grateful that organizations



Above: Dr. Susan Tucker speaking at graduation at the Steve Hoyle Intensive Substance Abuse Treatment Program at the Medium Security Facility for Bossier Sherriff Office. The award-winning program benefits the graduates, their families and the community. (Photo Courtesy of Bossier Sherriff and Dr. Tucker)

such as the Harvard Ash Center have recognized its value,” LeBlanc said. He also commended Bossier Parish Sheriff Julian Whittington for his support of the program.

“As law enforcement officers, we see all too often how drugs and alcohol impact the choices people

make that lead to their arrests,” said Sheriff Whittington. “Dr. Tucker and her team of psychologists and counselors work tirelessly to rehabilitate those incarcerated with substance abuse problems so they can learn to contribute to their community, not their criminality.”

State Task Force on ADHD Recommends Better Diagnosis, More Behavior Therapy

The Department of Health and Hospitals reported findings from its task force charged with looking into the unusually high rates of medications for ADHD in Louisiana. The group released its 32-page report in February and identified three major goals: increase the accuracy of ADHD diagnosis, increase access and linkage to behavioral therapies and parent support, and improve the alignment of pharmacological treatment with evidence-based guidelines.

The project was prompted by a 2014 report by Express Scripts, the largest pharmacy benefit manager in the U.S., who found that Louisiana had the second highest rate of ADHD medication in the country, following after South Carolina.

During the 2014 Regular Legislative Session, Senator David Heitmeier proposed Senate Concurrent Resolution No. 39 which charged DDH with studying the issue. In response, DHH convened a departmental task force to study this issue. The Task Force worked with pediatrics/psychiatry from Tulane University and technical assistance from the Centers for Disease Control and Prevention and held a symposium in December 2014.

Authors of the February report wrote, “A review of the data on ADHD diagnosis and treatment both nationally and in Louisiana and a wide-ranging exploration of the literature on ADHD instructed the Task Force that a key component in ensuring ADHD medications are used effectively is to ensure that ADHD is diagnosed accurately in the first place. High rates of ADHD diagnosis may result from misdiagnosis and overdiagnosis.”

“... ADHD medication is prescribed not because it is the best option, but because it is seen as the only or most logistically feasible option. When parents, doctors and teachers do not have access to or are unaware of a robust system of evidence-based behavioral therapies for children, they will be left with a prescription as their best or only treatment option. National best-practice standards strongly suggest that, to reduce unnecessary ADHD diagnosis and prescribing, expanding certain areas of behavioral health services for children will play a key role.

The group proposed an expanded Task Force will guide the formation and efforts of specific workgroups, to focus on crafting policy and solutions in areas such as health care and education, said the authors of the report, and to work with the Legislature “tackle this important issue for Louisiana and its residents.”

Supreme Courts Backs FTC In Case of NC Dental Board

The U.S. Supreme Court ruled that a North Carolina Dental Board violated competition laws by attempting to block non-dentists from performing teeth-whitening services. The dental board argued it was exempt from antitrust laws because it is a state actor, and its duty was to regulate the practice of dentistry in the state.

The justices ruled 6-3 and sided with the Federal Trade Commission (FTC) when they decided that the North Carolina state board, dominated by dentists, excluded non-dentists from the business of teeth-whitening. The case was brought by the FTC. A federal appeals court agreed that the board had acted as a group of private practitioners, rather than as a state agency.

Justice Kennedy, writing for the majority opinion, said that state boards that are composed of those actively engaged in the market can run the risk of self interest. He said, “If a state wants to rely on active market participants as regulators, it must provide active supervision,” and does not have the same immunity from antitrust law as states enjoy.

Justice Samuel Alito supported the board’s position. He and judges Antonin Scalia and Clarence Thomas said that the dental board was simply administering the proper licensing requirements.

“As a result of today's decision, states may find it necessary to change the composition of medical, dental and other boards, but it is not clear what sort of changes are needed to satisfy the test that the court now adopts,” Alito wrote.

“Is this party, this board of all dentists, is there a danger that it's acting to further its own interests rather than the governmental interests of the state?” Justice Elena Kagan asked. “And that seems almost self--evidently to be true.”

ASPPB Working to Streamline Interstate Telepsychology

The Association of State and Provincial Psychology Boards is working on a method so that psychologists licensed in one state can perform across state lines under certain conditions.

In a January newsletter, Association President, Martha Storie said, “An interstate compact for telepsychology would provide a formal structure to facilitate the implementation of legally binding requirements to regulate interjurisdictional telepsychology practice.” She explained that this would protect public and “promote consistency among jurisdictions.”

The effort is “intended to authorize State Psychology Regulatory Bodies to afford legal recognition, in a manner consistent with the terms of that they call the Compact, to psychologists licensed in another state; ...”

The effort is also to increase public access to professional psychological services by allowing for telepsychological practice across state lines, where the psychologist is not licensed to practice. Another goal is to help states conform to new laws that are requiring the approval of telehealth.

Last year the Louisiana legislature passed a law allowing telehealth practices and removing the physical location of either the healthcare provider or the client or patient, as a requirement of service.



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

Medical Psychologists are post doctorate trained and licensed psychologists with training in psychopharmacology, behavioral medicine, and health psychology. A medical psychologist is more than a psychopharmacologist and clinical psychologist and they are prepared for the mainstream healthcare system.

They have passed a national oral and written examination and have completed a preceptorship.

Join our interest society or present your credentials and training for examination and diplomat status at:

www.amphome.org

Comments due March 12

Rule Noticed: Specialist In School Psychology

The state psychology board published a Notice of Intent for Licensed Specialists in School Psychology, covering definitions, structure and function of the Advisory Committee, educational requirements, limits of practice, supervision and ethical standards.

Comments for the proposed Rule are due by noon on March 12, according to the Notice. However, it is unclear if this is correct since other comment deadlines are March 23.

The Notice is titled, “Provisional Licensure of Psychologists” but the body of the text outlines issues for school specialists.

The proposed Rule notes the section §501. “Limits of Practice: A. Licensed specialists in school psychology shall apply their knowledge of both psychology and education to render services that are germane to the current state educational bulletins, including but not limited to Louisiana Bulletins 1508 and 1706.”

And, it lists, “B. A licensed specialist in school psychology cannot diagnose mental disorders as defined by the Diagnostic and Statistical Manual of Mental Disorders or disease as defined by the International Classification of Diseases.”

Created by the 2014 Act 136, the law notes, “A licensed specialist in school psychology, [...] may practice independently as a contractor of a public, private, or charter school.”

Outside of the school system, the specialist is to be supervised by a licensed psychologist, or a medical psychologist.

Psychology Bd Meets Friday about Speech, “Professionalism”

The state psychology board will hold a public meeting to create a baseline framework for additions to the psychology practice act having to do with professionalism this week. The meeting will be on Friday, March 6, at 1 pm at the board’s office in Baton Rouge, and is open to the public.

Task force members include Marc Zimmermann, Ph.D., MP, from the psychology board, K. Chris Rachal, Ph.D., MP, from the Louisiana Academy of Medical Psychology, Kim Van Geffen, Ph.D. from the Louisiana Psychological Association and Amy Childress, Ph.D., from the Louisiana School Psychological Association.

“It only takes one bad apple, and the attitude and behavior of an individual psychologist reflects upon the profession as a whole that the LSBEP regulates,” writes the board in their recent newsletter, as part of the rationale for the need for changes in the law.

Currently the psychology law covers psychologists’ practice of psychology, and some general areas of misconduct and unethical behavior. There are currently 15 categories under the law for areas of discipline. New changes may cover behavior outside of a psychologists’ practice of psychology, including possibly free speech, said board members at last year’s long-range meeting.



Executive Director for the Louisiana State Board of Examiners of Psychologists, Ms. Kelly Parker, at the board’s long-range planning meeting last year. Parker handles the duties for the psychology board and the behavior analyst board, both of which have written and published a number of rules over the last year or two. Parker also testifies on matters for the board during the Legislature.

Continuing Education Rule Noticed for Behavior Analyst

The Behavior Analyst Board published a proposed Rule in the February *Louisiana Register* to establish requirements for licensed behavior analysts and state certified assistant behavior analyst to complete continuing education hours within the “biennial reporting periods beginning in December 2016.”

For the reporting periods that begins December 2016 and afterward, the Rule would require 32 credits of continuing professional development in the biennial reporting period for licensed behavior analysts.

Twenty credits are required for the state certified assistant behavior analysts.

Four of the required credits of continuing professional development must be in the area of ethics.

Licensees can accumulate continuing professional development credits in six categories including academic activities, traditional training, and publication.

Comments are due by 12 p.m. on March 23, 2015.

Rule for Emeritus Psychologists’ CEUs Proposed

After months of confusion following an October 2013 rule change that deleted the continuing education waiver for Emeritus Psychologists, the psychology board published a notice in the February *Louisiana Register*.

The proposed Rule notes, “This modification provides for an exemption for emeritus licenses until 2015 and 2016. Emeritus licensees who hold an odd license will begin accruing continuing education hours on July 1, 2015 and will report by June 30, 2017.

“Emeritus licensees who hold an even license will begin accruing continuing education hours on July 1, 2016 and will report by June 30, 2018.”

Psychologist Provisional License Rule Proposed

The psychology board published its proposed Rule for the new law on provisional licenses for psychologists, following Act 137 of the 2014 legislature that established the new credential for doctoral level psychology interns in their second year of supervision. The proposed Rule will modify the occupational and professional standards, the Louisiana Administrative Code (LAC) for psychologists.

Those doctoral level trainees who have completed a minimum of one year of experience practicing psychology under the supervision of a licensed psychologist are eligible to apply for the provisional license, according to Act 137. The proposed Rule covers requirements, application, supervision, and disciplinary actions. Also covered are ethical standards and other topics.

The proposed Rule includes those candidates who have completed their first year of supervision or who has “completed an approved predoctoral internship as defined in the rules and regulations of the board and required as part of the doctoral degree in psychology as defined by the board and all other experience being post-doctoral; ...”

The Rule includes medical psychologists as supervisors of the second year interns applying for the provisional license, following Act 137 as amended by the medical psychologist lobby in 2014. But the Rule also appears to modify supervision standards to include medical psychologists overall. (See related article this issue.)

Fee for application is set \$150 and the oral exam fee is \$250.

Written comments should go Kelly Parker, Executive Director, 8706 Jefferson Highway, Suite B, Baton Rouge, LA 70809. All comments must be submitted by 12 p.m. on March 23, 2015, this according to the announcement.

ASPPB Seeks Comments for New Guidelines on Supervising Psychologists

The Association of State and Provincial Psychology Boards (ASPPB) posted a draft set of Supervision Guidelines for Education and Training leading to Licensure as a Health Service Provider. They are seeking public comments until March 31 and can be submitted on ASPPB’s website.

The present Guidelines were revised in 2003. “Since that time much as been written about the process, methods and techniques of supervision thus leading us to once again review and revise the ASPPB Supervision Guidelines,” noted the authors.

The revision is for those psychologists in health service and other guidelines will be developed for general applied psychologists, and for supervision outside of the traditional realm, said the author.

The draft covers topics of ethics, supervisor competencies, supervision at different levels of training, supervision contracts, and specialty areas of supervision. The authors note that competence in supervision should include knowledge and skills, and also supervised experience, for providing supervision.



Dr. Michael Chafetz

No Word Yet From Institute of Medicine On Validity Tests

Last year the Institute of Medicine (IOM) reviewed testimony about the value of using symptom validity tests to measure malingering by claimants in Social Security Administration disability evaluations. The IOM has not published its findings yet.

The review came after a 2013 report by the Office of Inspector General saying that the Administration should update its policy. Louisiana neuropsychologists Dr. Michael Chafetz and Dr. Kevin Bianchini were among those providing information to the IOM.

Pew Finds 87 Percent of Scientists Agree with Taking Active Role in Public Debate about Science/Technology

In a survey of 3,748 American-based scientists connected with the American Association for the Advancement of Science (AAAS), Pew Research found that 87 percent agree with the statement “Scientists should take an active role in public policy debates about issues related to science and technology.”

Just 13 percent of these scientists back the opposite statement: “Scientists should focus on establishing sound scientific facts and stay out of public policy debates.”

Most scientists see an interested public according to Pew. As many as 71 percent of AAAS scientists believe the public has either some or a lot of interest in their specialty area. And, a fair number of scientists believe careers can be advanced by media coverage of their work and social media use, said Pew: 43 percent of AAAS scientists say it is important or very important for scientists in their specialty to get coverage of their work in news media. At the same time, most scientists believe that science news coverage can pose problems for science.

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

Algiers Neurobehavioral Resource, LLC

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

Announcing that Melissa Dufrene, PsyD will be
joining the practice, offering evidence-based
therapy services for psychological disorders.

Dr. Dufrene trained at one of the two inpatient
OCD treatment centers, and will offer focused specific treatments
for anxiety based disorders.

Feel free to call or visit us.

Michael Chafetz, PhD, LLC and
Melissa Dufrene, PsyD
Algiers Neurobehavioral Resource, LLC
3520 General DeGaulle Dr., #3044
New Orleans, LA 70114
work: 504-636-6120
fax: 504-208-3138

Whitaker Makes His Case To Marriage & Family Therapists

Continued

out an investigation of the long-term outcomes for those taking psychiatric drugs, and to place in a cultural and historical context, and call into question conclusions built primarily on short-term perspectives.

No “Chemical Imbalance” that Drugs Fix

Whitaker told the audience that that psychiatric drugs were designed around a model of “chemical imbalance” in the brain that arose in the 1970s based on the dopamine theory of schizophrenia and serotonin theory of depression. However, evidence never confirmed these theories. As early as 1984, he explained, the National Institute for Mental Health (NIMH) wrote, “Elevations or decrements in the functioning of serotonergic systems per se are not likely to be associated with depression.” By 2011 Ronald Pies wrote for a *Psychiatric Times* review, “In truth, the chemical imbalance notion was always a kind of urban legend, never a theory seriously propounded by well-informed psychiatrists.”

Despite this prescribing increased over time, said Whitaker. At the same time, the drugs cause long-standing changes in the brain, something that has been known for almost 20 years. In 1996 the former director of HIMH, Stephen Hyman, said that psychiatric medications “create perturbations in neurotransmitter functions” and cause “substantial and long-lasting alterations in neural function.”

Illusion of Benefit

Whitaker outlined for the attendees how the illusion of benefit happens. One example is that antipsychotics reduce the “target symptoms” by disrupting the way the brain works. And this same effect causes a relapse when the drug is stopped. Physicians see in the short run that symptoms are reduced



Director at the Red River Institute, Tom Moore (L), LAMFT board member Howie Brownell (C), and Jerry Franklin discuss the Institute’s upcoming spring conference featuring Dr. Patch Adams. The three were attending the recent Marriage & Family Therapists convention in Baton Rouge.

and that patients relapse if they go off the drug. But the drug creates a new set of problems for the patient compared to the long-term and to those not on the medications.

Looking at population statistics over time, Whitaker showed that in the 1920s, 30s, and 40s, the recovery from depression was high. The majority of those with depression experienced only a single episode. And only 13 percent fell into the chronic area. But by the 1960s and early years of antidepressant use, researchers were seeing a “shortening the intervals” between episodes, and a “change to a more chronic course.” By the 1980s both the National Institute of Mental Health and the American Psychiatric Association had a new view—that depression was recurrent and chronic. By 1997 researchers reported that 50 percent relapsed and only 3 percent went into remission. The longer the patient had been on antidepressant

the higher the relapse rate, Whitaker told the audience. By comparing studies for national and international sources, he showed that those not mediated fared as well or better than those receiving the medications. He found much the same pattern with other illnesses, including bipolar illness.

Long-term research on medications with children, such as stimulants for ADHD, are consistent. In the 1990s NIMH looked at long-term improvements for the use of stimulants and found none. William Pelham, from the State University of New York at Buffalo and one of the principal investigators in that study, said, “We need to confess to parents that we’ve found no benefit. None. And we think that with drugs, the benefits should outweigh the risks.”

Making Waves

The routine use of psychotropics has been coming under fire and gaining notice in the psychological and behavioral health communities.

In 2013 the Louisiana Psychological Association hosted Dr. Irving Kirsch, author of another line of books on the small clinical benefit of medications. Kirsch stunned the audience at a Tulane conference with facts on science, politics, and the antidepressant drug industry. He showed strong evidence that antidepressants are 75 percent placebo and that FDA approvals are skewed to favor drug companies. Kirsch’s exhaustive research is included in his 2011 book, *The Emperor’s New Drugs: Exploding the Anti-depressant Myth*.

Coverage of the work of Whitaker and Kirsch and others have stimulated more research and debate, and been picked up by major news outlets.

In a 2010 article in Journal of the American Medical Association (JAMA), researchers followed Kirsch and concluded that antidepressants have minimal use for mild or moderate depression.

The theme went to *Newsweek*, “Why Antidepressants Are No Better Than Placebos,” and to *The New Yorker*, “Head Case: Can psychiatry be a science?” The author, Louis Menand, pointed to Kirsch’s book, and also Gary Greenberg’s *Manufacturing Depression*, to highlight problems in the psychiatric industry. But Richard Friedman, M.D., criticized the research and warned, “Before You Quit Antidepressants...” in the *New York Times*.

Last year, Mehmet Oz (Dr. Oz) took the antidepressant issue to task on his popular daytime television show, with a hard-hitting special, “The Truth About Antidepressants,” where he said, “Antidepressants don’t work for most patients. They can even make your problems worse.”

Discussion at the February Louisiana Marriage and Family Therapists conference included a straight-forward dialogue about

Science & Education

Whitaker Makes His Case
Continued

the rights of patients and in particular of parents, to obtain a fully informed understanding of the limitations of these medications and a list of the harm.

Dr. Judith G. Miranti, Director of Counseling programs at Xavier University of Louisiana and a Clinical Fellow of the American Association for Marriage and Family Therapy, told the *Times* that the presentation was enlightening. But, "... morally perplexing to me as a mental health practitioner," she said.

"Much to my disappointment, I learned from Mr. Whitaker's research, that there was no evidence to support the long-term positive outcome regarding academic achievement. Instead, the results showed that the conditioned worsened with longer use of the stimulants. This presents for me a moral and ethical dilemma," she said. "Now I realize before I would ever recommend psychotropic medications to treat certain symptoms/conditions that I would disclose to my clients the short and long terms effects of the medications."

Tom Moore, marriage and family therapist and Director of the Red River Institute noted the importance for informed consumers.

"Medical practitioners who treat their patients with psychotropic medications run the greatest risk for doing their patients harm," Moore said, "but are among all mental health providers least likely to inform their patients of the potential ineffectiveness—and harmfulness-- of the form of treatment they employ. In light of the wide spread use of drug therapy in this country by so large a number of licensed medical practitioners, this certainly represents a major public health concern that must be addressed by the state regulatory bodies that oversee medical practice."

Dr. Matt Morris, President of the Louisiana Marriage and Family Therapists Association and Associate Professor of Counseling at Our Lady of Holy Cross College, told the *Times* that the theme of "therapeutic alternatives to psychotropic medications particularly as a first-line intervention," was very well received by attendees. "Robert Whitaker and Dr. Jackie Sparks," Morris said, "were extremely competent presenters who enriched our conference greatly."



Journalist and author of *Anatomy of an Epidemic*, Robert Whitaker, speaking at the Louisiana Marriage and Family Therapist convention last month in Baton Rouge.

Never Say Never, I-O Back at LSU
Psychology, continued

future growth in collaboration with the Department Chair, Dr. Jason Hicks. The ideal candidate will have a highly visible research program. The Assistant Professor will include graduate and undergraduate teaching and a strong line of research.

Dr. Courtland Chaney, I-O psychologist and retired professor from the LSU, is helping with the search. "In the 1970s and 1980s the industrial-organizational (I-O) psychology program at LSU was well-established and successful in its use of a scientist-practitioner model, preparing graduates for both university and business careers," Chaney explained to the *Times*.

In a memo to the department Chaney recommended that the I-O program include the "three historically relevant areas of 'industrial,' 'organizational,' and 'social' psychology," and noted areas such as job analysis, test validation, job performance measurement and prediction for industrial, and areas such as individual, interpersonal, group behavior and organization development for organizational.

He also noted that he saw some overlap with present department strengths to be beneficial. "New I-O faculty potentially could work with school faculty on topics such as teacher evaluation procedures, teacher morale, school safety and violence mitigation, impact of school privatization, and other efforts at improving school management. I-O faculty also could work with cognitive faculty in researching decision-making processes among business and government leaders under different circumstances (e.g., strategic

planning, making decisions during crises or under duress). [...]"

In 2013 the *Times* reported the end of the LSU IO program. At that time the Chair Dr. Bob Mathews said that due to resources the program was "Gone for good."

The LSU Industrial-Organizational Psychology Program was one of the oldest, continuously running I-O programs in the US, with a long, distinguished legacy. It marked its 60th anniversary in 2012, beginning in 1952 with Dr. Bernard Bass, an early expert in I-O who gained national acclaim for his work in transformational leadership. The combination of Dr. Larry Siegel and Dr. Irv Lane, both who served as Chair, marked for many a profound influence through the 60s, 70s, and 80s. Greg Dobbins and Dirk Steiner took the reins into the next decade, and to a program led by Dr. Tracey Rizzuto and Dr. Russell Matthews until 2013.

Dr. Matthews is now at Bowling Green State University and Director of the Institute for Psychological Research and Application.

Dr. Rizzuto is currently Associate Director of the Human Resource & Leadership Development program with the School of Human Resource Education & Workforce in the LSU College of Human Sciences & Education. She is the Mary Ethel Baxter Lipscomb Memorial Endowed Professor.



Dr. Matt Morris, President of LAFMA (back left) and Tom Moore listen to questions at recent conference.

Office of Behavioral Health Lists Training for Suicide Prevention

The Office of Behavioral Health (OBH) has developed and posted a list of training resources for suicide prevention following the 2014 passage of Act 582.

Danita LeBlanc, Licensed Clinical Social Worker and Program Manager for OBH Prevention Services noted to the *Times* that the resources are drawn from the Best Practices Registry for suicide prevention at the Suicide Prevention Resource Center and the National Registry of Evidence-based Programs and Practices at the Substance Abuse and Mental Health Services Administration (SAMHSA).

The Best Practices Registry uses three levels of quality. The top level is evidenced-based programs that have been scientifically validated for positive outcomes. The second level is expert consensus, and the third level is conforming to standards set out by experts in suicide prevention.

Courses selected for inclusion on this list focus on the “assessment, intervention, treatment and management” of suicide following requirements of Act 582, explained LeBlanc. She also noted that courses from the Best Practices Registry were selected for inclusion on this list because they have been vetted through the Suicide Prevention Resource Center.

Examples of Face-to-Face training include Applied Suicide Intervention Skills Training, Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals, and CALM: Counseling on Access to Lethal Means.

Other examples are Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians, which is also available for Primary Care professionals. Both are offered by the American Association of Suicidology.

The OBH resources also include Online Training. Examples are Counseling on Assess to Lethal Means (CALM), a free, two-hour workshop for mental health providers; At-Risk in Primary Care, a hour-long training to learn how to identify signs and understand best practice follow-up; and Plan, Prepare, Prevent: The SOS Signs of Suicide® Online Gatekeeper Program.

The complete list can be found at <http://new.dhh.louisiana.gov/index.cfm/page/2082>

Baton Rouge psychologist and suicide prevention expert, Dr. April Foreman, helped craft the idea, calling suicide a public health issue. “Suicide is the 10th leading cause of deaths for all people in Louisiana,” she told the *Times* for a previous article. “Only 9 to 10 percent of mental health professionals can pass a competency exam,” in this topic, said Foreman. “This is a big training deficit.”

Dr. William “Bill” Schmitz, Jr., a licensed clinical psychologist in Baton Rouge, working primarily with the nation’s veterans, is current President of the American Association for Suicidology. Dr. Schmitz told the *Times*. “It is the number one emergency in mental health and the most lethal situation a professional will encounter. But, no one is required to have training,” he said.

Schmitz is the first author of a 2012 white paper, “Preventing Suicide through Improved Training in Suicide Risk Assessment and Care,” a report of the American Association of Suicidology Task Force, which Schmitz chaired.

Stress Solutions

by Susan Andrews, PhD

Children Suffer from Stress, Too

Just like all adults, children suffer from stress, too. Often it happens that the stresses experienced by children seem insignificant to adults. Or, worse, the parent may completely miss the fact that the child is stressed. Childhood stress can be caused by any situation that requires the child to adapt or change to a new situation. Change often produces anxiety because we don’t always know what to expect in the changed situation. You don’t have to be grown up to fear the unknown.

Stress can even be caused by positive changes, such as starting a new activity, but it is most commonly linked with negative changes such as divorce, illness or death in the family. But, because children have few previous experiences from which to learn, even situations that require small changes can have an enormous impact on a child’s feelings of safety and security.

Some parenting styles and parent expectations can be very stressful. Children want to please their parents. I know that seems like a “no-brainer.” However, those among you who treat children might now think that that everyone knows that. I have heard parents complain about their children in terms that make it sound like they believe the child is going out of his or her way to upset or defy them. And, before you object, of course some children can reach a point where they become oppositional. Usually that happens only after the child becomes resistant to being over-controlled.

Children with learning problems are often seriously stressed. They know they are not meeting their parents’ or teachers’ expectations for school success. They feel stupid and like a failure. Unfortunately, the main “job” that our children have is to succeed in school. Children learn how to respond to stress by what they have seen and experienced in the past. If the adults in their social environment are not good at dealing with stress, they are not likely to be either. Another major factor to consider is that a poor ability to deal with stress can be passed from the mother to the child during the prenatal months if the mother is very anxious or chronically stressed (Andrews, 2012).

Children probably will not recognize that they are stressed. Parents may suspect stress if the child has experienced a stressful situation and begins to have physical or emotional symptoms, or both. Some behaviors or symptoms to look for can include, changes in eating habits, new onset of headaches, changes in sleep pattern (nightmares, bedwetting, middle of the night awakening, resistance to going to sleep), upset stomach or vague stomach symptoms, anxiety, worries, inability to relax, fears that are either new or return (of being alone, of the dark, of strangers or new situations), clinging to you, and easy tears. Aggressive, stubborn or oppositional behaviors are also possible signs of stress in children.

Next month we will discuss good ways to help children cope with their stress.



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

Researchers to Present at Southeastern Psychological Assn., continued

Of note are Stinne Soendergaard's Second Place Overall in Student Research from SEPA's Committee on Equality of Professional Opportunity, and semi-finalists Laura Heisick, Juan Guevara Pino, and a group from Xavier University composed of Amanda Trice, Rebecca Gillespie, Sehra Polad, Jenny Qin, Madeleine Thompson, Andrea Winchester, and W. M. Nelson III.

In a SEPA continuing education workshop, Dr. Michelle Moore, Dr. Kristin Callahan, and Dr. Tonya Hansel will present training, "The Impact of Hurricane Katrina on Young Children." The presenters are affiliated with Louisiana State University and will show how traumatic events such as Hurricane Katrina can impact families. Using a case review approach, they will examine the stress levels in those families where children were born in the months following Katrina.

Also from Louisiana State University, Dr. Megan Papesh, Laura Heisick, and Juan Guevara Pinto will present their work. Laura Heisick and Dr. Papesh will present "The Perceptual and Cognitive Challenges of Unfamiliar Face Matching" in the Learning division. The work is a semi-finalist graduate student award winning poster presentation.

In the Cognitive Neuroscience division, Juan Guevara Pinto and Papesh will present "Retrieval Dynamics in Memory: The Mind-Hand Connection," a semi-finalist graduate student poster presentation.

Stinne Soendergaard and Dr. Amy Brown from the University of Louisiana, Lafayette, will present, "Effects of Communicator Gender and Status in Sexual Violence Prevention." This work has won Second Place Overall in Student Research Awards by SEPA's Committee on Equality of Professional Opportunity.

Researchers from Xavier University will present papers in Clinical and General Psychology, and W.M. Nelson, III, will preside over the 45 poster presentations in the Education/Ethnic Minority/ Neuroscience division.

Khalil Thompson, Armond Collins, Kwame Jackson, Taylor Smith, and Jeremy Cohen, from Xavier will present, "Insular Cortex Morphometry in Alzheimer's Disease and Mild Cognitive Impairment."

In the Clinical division, Amanda Trice, Rebecca Gillespie, Sehra Polad, Jenny Qin, Madeleine Thompson, Andrea Winchester, and W. M. Nelson III, all from Xavier will present, "A Compilation of Mobile-Health Applications for Treatment with Couples." The work is a semi-finalist in the graduate student research awards.

Also in Clinical, Laura Srivorakiat, from Cincinnati Children's Hospital and W. M. Nelson III, from Xavier, will present "Readmission in an Institutional Setting for People with Intellectual Disabilities."

In the General Psychology division, W. M. Nelson III, Mark Dallas, Lisa Gallagher, and Jennifer Thomas, from Xavier will present, "Risk

Factors and Correlates of Courtship Violence."

Dr. Marsha Redden, previously in the Louisiana community and now with the University of South Carolina Upstate, will present with Daniel Chadborn from Southeastern Louisiana University, and colleagues Patrick Edwards, Jan Griffin from South Carolina Upstate, on the cultural phenomenon known as fandoms and "Bronies."

In the division on Social Personality the group will present, "A Validation of the Brony Fan Typology." And in the Clinical division, the group will present, "Can Fandoms Promote Mental Health?"

The Brony fan community (called a fandom) is an unexpected group of primarily adolescent and young adult males who have a strong interest in the latest version of the cartoon program *My Little Pony*.

The *Times* spoke with Dr. Redden who explained, "To our knowledge, this is the first time psychologists have studied a fandom from the beginning, compared fans and non-fans, and studied the evolution of the fans as they grew and matured." Redden's data base is up to 50,000 people at this point.

Invited speakers for this year's SEPA convention include Dr. Scott Lilienfeld from Emory University who will deliver the Rosecrans Invited Address II, "Lies My Psychology Teacher Told Me: The Myths of Popular

and Academic Psychology." Lilienfeld has published a number of papers on psychology's public image.

Dr. Steven Kass, Chair of Psychology at the University of West Florida and Industrial-Organization psychologist will deliver the Seigel-Wallston Invited Address, "Driver Attention: Findings and Future Directions."

Kass has been a resource in Florida during the state's efforts to develop laws to promote driver safety. He conducted training for legislators for the Florida House of Representatives subcommittee on Transportation and Highway Safety and in 2013 Florida passed a bill to ban texting. His research includes "Effects of Distraction on SA and Simulated Driving" and "Engrossed in Conversation."

Dr. Kass told the *Times* that his research addresses what happens when a person's mind is not on their driving. Texting, he explained, is a "no-brainer—eyes off the road, hands off the road, mind off the road, equals poor driving."

His work is on aspects that are more complicated, he said. "Most laypeople don't understand that it only takes mind off the road—as in hands-free cell phone use—to seriously impact driving. So, that's been my point throughout this line of research."

SEPA will meet in New Orleans next year.



Dr. Michelle Moore demonstrates a technique to use to reduce stress with youngsters, at last year's Louisiana Psychological Association conference. Moore is one of the presenters at the upcoming Southeastern Psychological Association meeting.

A Shrink at the Flicks

American Sniper: Celebrating a Hero by Alvin G. Burstein

As the American general, Curtis LeMay, reminded us, “War is about killing people. When you have killed enough, the other side gives up.” In the context of war, killing is a virtue. Thus it is that wars produce, not just fatalities, but heroes. And from a psychological point of view, having heroes is important, helping to define our self-concept and to shape our behavior. Jung tells us of the hero archetype, the warrior slayer of dragons; the self psychologist Heinz Kohut describes the important role of the idealized parent imago, omnipotent and omniscient, in structuring the self.

The first World War produced a hero, Sgt. Alvin York; the second World War produced Audie Murphy; in the Iraq war, a third hero, the American sniper, Chris Kyle, emerged. The biopic *American Sniper* is a celebration adding Kyle to the pantheon of American military heroes.

Early in the film flash backs about young Kyle and his father occur. In the first the boy is praised for killing his first deer; in the second, the father tells his children that there are three kinds of people: sheep, wolves that prey on them and sheep dogs that protect them. He enjoins them to be sheep dogs, laying the foundation for Kyle’s devotion to a career of slaying the wolves of al Qaeda during his four tours of duty in Iraq—over 160 confirmed kills.

The film is engaging on many levels. The acting is convincing, Kyle’s skills are literally awesome, the action provides a sobering look at the hell of war, there is an attempt to contextualize Kyle’s killings, “I don’t think about the people I’ve killed, but about my boys’ lives I’ve saved.”

Although *American Sniper* is a moving celebration of Kyle as a hero, it glosses over any sense of conflict in him, not over killing



those threatening his boys, but his failure to respond to his wife Taya’s entreaties to come home. She repeatedly entreats him to come home to help her and be a father to their children; he chooses more sniping. He is unconflicted in choosing dragon slaying over being a husband and father.

This theme, Kyle’s views of the soldiers he is guarding as his children, and his role as their protector is emphasized by his post-discharge efforts to help crippled veterans to recover—by taking them to a shooting range. This depiction hints at a powerful issue, little developed in the film. There is a focus on injured veterans as amputees, a gesture of their feeling impotent, castrated by their injuries, and the role of gunplay in reducing the shame of lost potency. One of them says, in the course of his firing on the range, “I feel like I got my balls back.”

The link between gun play and male potency comes up at another point in the film. Kyle is out of the service and playing with his two young children. The play consists of his brandishing a revolver, happily unloaded. His wife, Taya is in the kitchen, and Kyle, holding the gun, turns toward her. She asks, “What can I do for you?”

“Drop your drawers, ma’am,” he replies, and they laugh as he leaves to take another veteran to a session on the shooting range.

In a tragic irony, Kyle will be shot to death in that session.

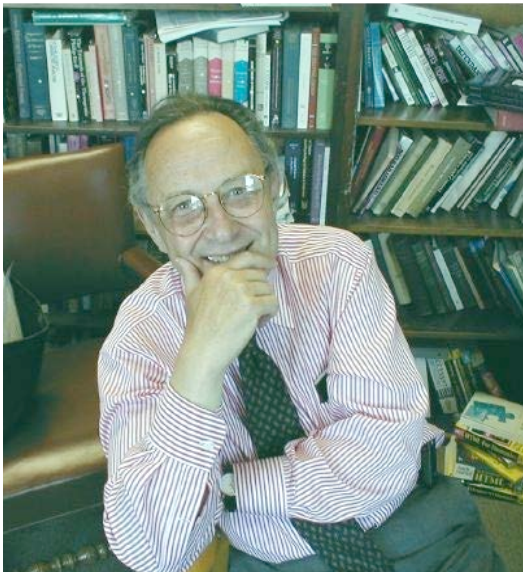
That irony is unexplored in the film. To me it hints at a connection between the manner of his death and the implicit cultural links between masculinity, sexual potency and gun usage that constrain our society’s response to gun violence. I found myself wondering how that omission might relate to director Clint Eastwood’s acting career: *Rawhide*’s Rowdy Yates, Dirty Harry and a spate of spaghetti westerns.

Chris Kyle may endure as a symbolic hero figure. The biopic celebrates him. Although it gave me a lot to think about, its dramatic superficialities leave it short of greatness.

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

Up-Coming Events

Tulane’s Chester B. Scrignar Lecture April 11-13

Tulane’s Center for Continuing Education will hold the 15th Chester B. Scrignar, MD Lecture on April 11 to 13, at Westin Canal Place in New Orleans. The conference is presented by the Tulane University School of Medicine and the Department of Psychiatry and Behavioral Sciences and the Center for Continuing Education.

Dr. Richard C. W. Hall will give the Chester B. Scrignar Lecture, “Hostage Taking: National and International Aspects.”

Psychologist Dr. Rose Manguso, ABPP, will present “Language and Learning Disabilities in Criminal Defense, with Drs. Richard Martinez, Ashley Wheeler, and attorney Iris Eytan.

Other theme for this year’s conference is “From Sexual Sadism to Maternal/Fetal Rights: The Wide World of Forensic Mental Health.”

Topics include, “Love and Death Behind Bars: The Manson Family at 50,” presented by Dr. Alan Newman; “Torture Porn and the History of What Scares Us,” by Dr. Timothy Allen, and “Neurological Causes of Incompetence to Stand Trial,” presented by Dr. Jeffrey Nicholl.

A Day of Mindfulness for Mental Health Professionals Set for April 18 in Baton Rouge at Tam Bao Buddhist Temple

The 6th Annual Mindfulness Day for Mental Health Professionals will be held on Saturday April 18 at the Tam Bao Temple, 975 Monterrey Blvd., in Baton Rouge.

This year’s presenters will include Sherry Desselle, Ph.D., a staff psychologist at Louisiana State University’s Mental Health Services. She is the owner of Baton Rouge Center for Anxiety Treatment.

Also presenting is Nicole Falgoust, Ph.D., L.C.S.W., is a licensed clinical social worker with a Ph.D. in psychological anthropology. She has a private practice in Baton Rouge. Thay Dao Quang, M.Ed., is the abbot of Tam Bao Buddhist Temple in Baton Rouge.

David Weibel, Ph.D., a clinical psychologist in private practice in Baton Rouge will also present.

April 24-25 in Shreveport Red River Institute Hosts Dr. Patch Adams for Spring Conference

The Red River Institute will host Dr. Patch Adams at its 2015 Spring Conference, to be held April 24 and 25 in Shreveport. The theme for the conference is “Healing the World, One Relationship at a Time. The location is the First Methodist Church on 500 Common Street in Shreveport.

The program notes, “Patch Adams, internationally recognized activist, speaker, and author, is best known for the way he has brought healing to the world by ‘clowning’ his way into the hearts of his patients. Patch is the founder of The Gesundheit Institute, a non-profit healthcare organization that offers holistic medical care based on the belief that one cannot separate the health of the individual from the health of the family, the community, the society, and the world. The mission of the Gesundheit Institute is to reframe and reclaim the concept of ‘hospital’.”

The theme “focuses on human connectedness as a healing tool fundamental to all contemporary healing disciplines, medical and nonmedical.” Presentations will address the politics, ethics, and practice in using the human relationship systems as a necessary element in healing, note the organizers.

 LOUISIANA PRIMARY CARE ASSOCIATION'S

2nd Annual

Clinical Summit



CLINICIANS, DENTISTS, PSYCHOLOGISTS, SOCIAL WORKERS, & NURSES
CEUS AVAILABLE

MAY 29 - 30, 2015

HYATT FRENCH QUARTER | NEW ORLEANS, LA

REGISTER AT WWW.LPCA.NET

OR CALL (225) 927-7662

Up-Coming Events

Wichita, KS

Southwestern Psychological Association April 10 to 12

The Southwestern Psychological Association (SWPA) will hold its Annual Conference at the Hyatt Regency in Wichita Kansas. from April 10 to 12, Friday to Sunday. The theme of this year's conference is "Myths Meet Science."

The Louisiana representative for SWPA is Dr. Kilian Garvey, Assistant Professor in the School of Behavioral & Social Sciences at the University of Louisiana at Monroe.

According to the program, one of the keynote speakers is APA Distinguished Scientist Lecturer Norbert Schwarz, Provost Professor in the Department of Psychology and Marshall School of Business University of Southern California. He will speak on "The Challenge of Debunking Myths: When Weird Ideas Feel True."

Schwarz will discuss, how from "politics to the market place and work place, people often endorse beliefs that lack factual support. Worse, misinformation is notoriously difficult to correct and correction efforts may even backfire."

In most cases, he says, "people rely on a subset of five criteria in evaluating truth: Is it compatible with other things I

believe? Is it internally consistent? Does it tell a plausible story? Does it come from a credible source? Are there many supporting arguments?"

Other presenters include the Saul Sells Lecturer, Regan Gurung, Professor, University of Wisconsin - Green Bay from the Society for the Teaching of Psychology Master Teacher. His talk is, "Wearing Our Personalities? Examining Clothing Myths, Impression Formation, & Objectification."

Other highlights include a Forensics Psychology Lecture that will be presented by Dr. Heather Berlin, Assistant Professor of Psychiatry and Neuroscience at Mount Sinai School of Medicine, titled, "The Neuroscience of Free Will: Legal Implications."

Dr. Travis Langley, Professor of Psychology at Henderson State University will discuss, "The Filter of Fiction: How Batman, Buffy, Breaking Bad, and More Teach Real Psychology." Langley (*Batman and Psychology: A Dark and Stormy Knight*) explores "how the filter of fiction lets us face the best and worst events in life."

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

Your community newspaper

Winner of 28 Louisiana Press Association Awards

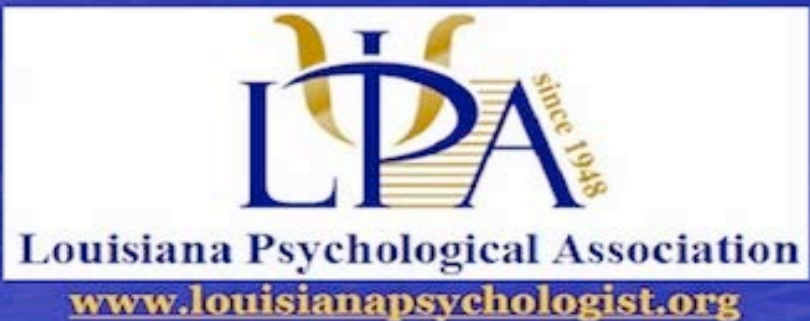
The *Times* is a free, community newspaper.

Subscribe at thepsychologytimes.com

We along with all journalists, grieve and say
Je Pense Donc Je Suis Charlie

June 12 & 13, 2015
SHERATON HOTEL METAIRIE-NEW ORLEANS

Louisiana Psychological Association
2015 Annual Convention
"Psychology Across the Lifespan"



Up-Coming Events

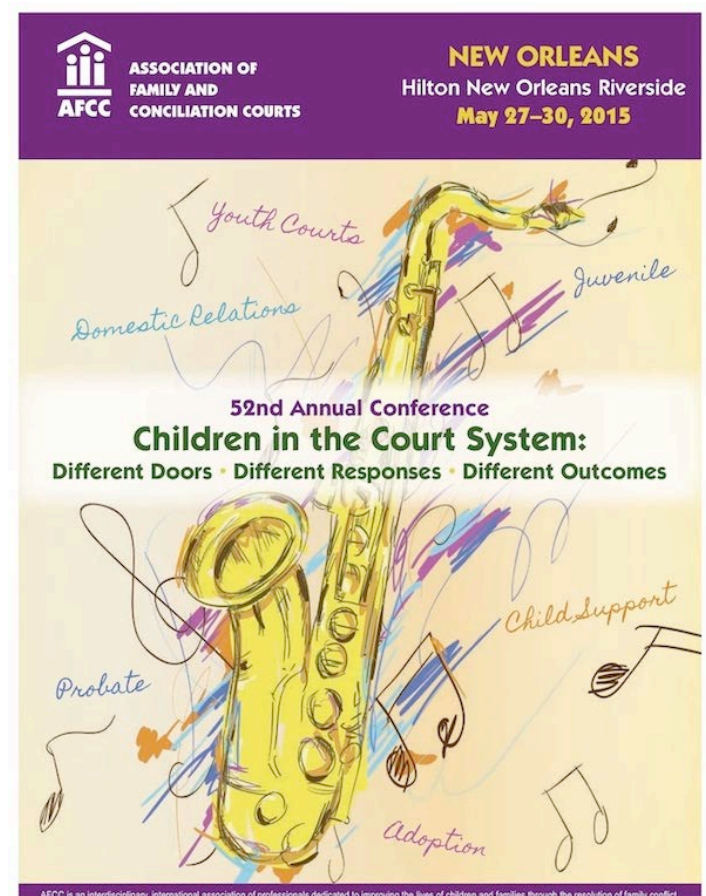
Dr. Joan Borysenko Presents March 6-7 On Psychology, Health & Spirituality

Joan Borysenko, PhD, will be hosted by The Red Shoes and its Center for Personal & Spiritual Growth, on March 7 for a presentation, “The Wisdom of the Heart: Where Psychology, Health and Spirituality Meet.” Borysenko is a pioneer in integrative medicine and well-known expert in mind-body connections. She has authored or co-authored 14 books on mind-body wellness, including *Plant Plus Diet Solution: Personalized Nutrition for Life*; *The Power of the Mind to Heal*; *Fried: Why You Burn Out and How to Revive*; and *Inner Peace for Busy Women*. Borysenko is known for her

pioneering efforts in integrative medicine and the recognition of the role that meaning and spiritual dimensions have in health and healing.

Borysenko will also present Friday, March 6, for a talk at the Unitarian Church in Baton Rouge, on the topic of “The Art and Science of Resilience.”

The Saturday workshop is available for CE for clinical social workers, noted Celia Vine, LCSW, for the Red Shoes Circle of Leadership. More information can be found at TheRedShoes.org.



Association for Psychological Science Convention in New York City, May 21 to 24

The Association for Psychological Science will hold its convention in New York City, May 21 through 24, at the New York Marriott Marquis, at 1535 Broadway, New York City. Early bird registration is available until March 31.

Fred Kavli will deliver a keynote address, “Fostering ATTENTION for Human Needs,” and will review the connection of the brain’s attention networks to early development of self-regulation in children, including understanding the issue in psychopathology, learning and self-control.

Frans de Waal will deliver the Bring the Family Address: “Humans as nimals: Politics, Culture and Morality.”

Professor de Waal is the author of number books including Chimpanzee Politics. he will address research and his team have conducted at the Yerkes National Primate Research Center at Emory University in Atlanta, looking at the well-defined behavioral mechanisms that permit complex social organization and cooperation.

See website for registration.

The Psychology Times

The *Psychology Times* is provided as a **community service** for those in the practice, teaching, and science of psychology and the behavioral sciences in Louisiana, and related individuals and groups.

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

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

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

Position: Assistant/Associate Professor or Full Professor – tenure track: Earned doctorate in Psychology (Preferred Clinical Psychology) **Salary:** \$54,000 to \$57,000. Experience the culture and relaxed living in Louisiana’s oldest city.

Responsibilities: Responsibilities include teaching courses at the undergraduate and graduate levels, graduate thesis research and paper-in-lieu, advising, university and department service, and research/publication endeavors.

Start Date: Open until filled

Application: Send vita, transcripts, and 3 letters of recommendation: Northwestern State University Department of Psychology Dr. Susan Thorson-Barnett, Chairperson, Attention: Search Committee 311 Bienvenu Hall Natchitoches, LA 71497. Review of application will continue until position is filled.