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‘New Normal’ in Flood Recovery

Citizens and agencies are adjusting to the next phases as post disaster efforts continue, from the 1000 year rainfall event now known as the Flood of 2016.

Governor Edwards has increased his request to over \$4 billion for federal flood disaster aid, according to a letter to the White House sent October 21. His previous request was for \$2.8 billion, reported the *Insurance Journal*. The increased request coincides with the updated estimates of widespread damages.

“Our data on housing damages is getting more and more clear, impacts to small businesses are starting to come into view and we are just

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Dr. Susan Andrews Named Distinguished Psychologist for 2016

Dr. Susan Andrews has been named the Fall 2016 Distinguished Psychologist by the Louisiana Psychological Association (LPA). The honor was announced at the October conference of the association.

Dr. Andrews is a clinical neuropsychologist who has delved into the issues of stress and its

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Dr. Susan Andrews

Governor to Speak at LSPA Convention in Lafayette this Week

Governor John Bel Edwards will speak at the Louisiana School Psychological Association's Awards Luncheon at the group's Annual Conference, to be held this week in Lafayette, at the Double Tree Hilton.

In a press release, Keever Hoffmann, LSPA President-Elect, said that Governor Edwards is noted to be a strong supporter of strengthening “student learning and preparedness at every educational level”.

Hoffmann also noted that the vast majority of school psychologists in the state of Louisiana work in K – 12 public schools. School psychologists provide direct support and interventions to students,

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What's the Matter with the VA?

In the spring of 2014, enough reporters and whistleblowers came together to break through the national consciousness and spark an outrage in citizens and Congress. Schedules and waiting lists had been manipulated at the Phoenix VA. Veterans died while waiting for medical care while executives maintained their bonuses for performance.

“The VA has always been terrible,” said one source who worked in the New Orleans VA more than thirty years ago. “It was fantastic for training, but it was also hit and miss for the veterans. Some received great care, but others did not.”

For years the anecdotal view was that each VA facility had its own culture, some good and some not so good for the veterans. “If you've seen one VA, you've seen one VA,” is the phrase related by a source. But the Phoenix scandal turned the spotlight on system-wide problems.

The VA's “Veterans Health Administration” is massive. According to the Government Accounting Office (GAO). The VA system includes 167 VA medical centers and more than 1,000

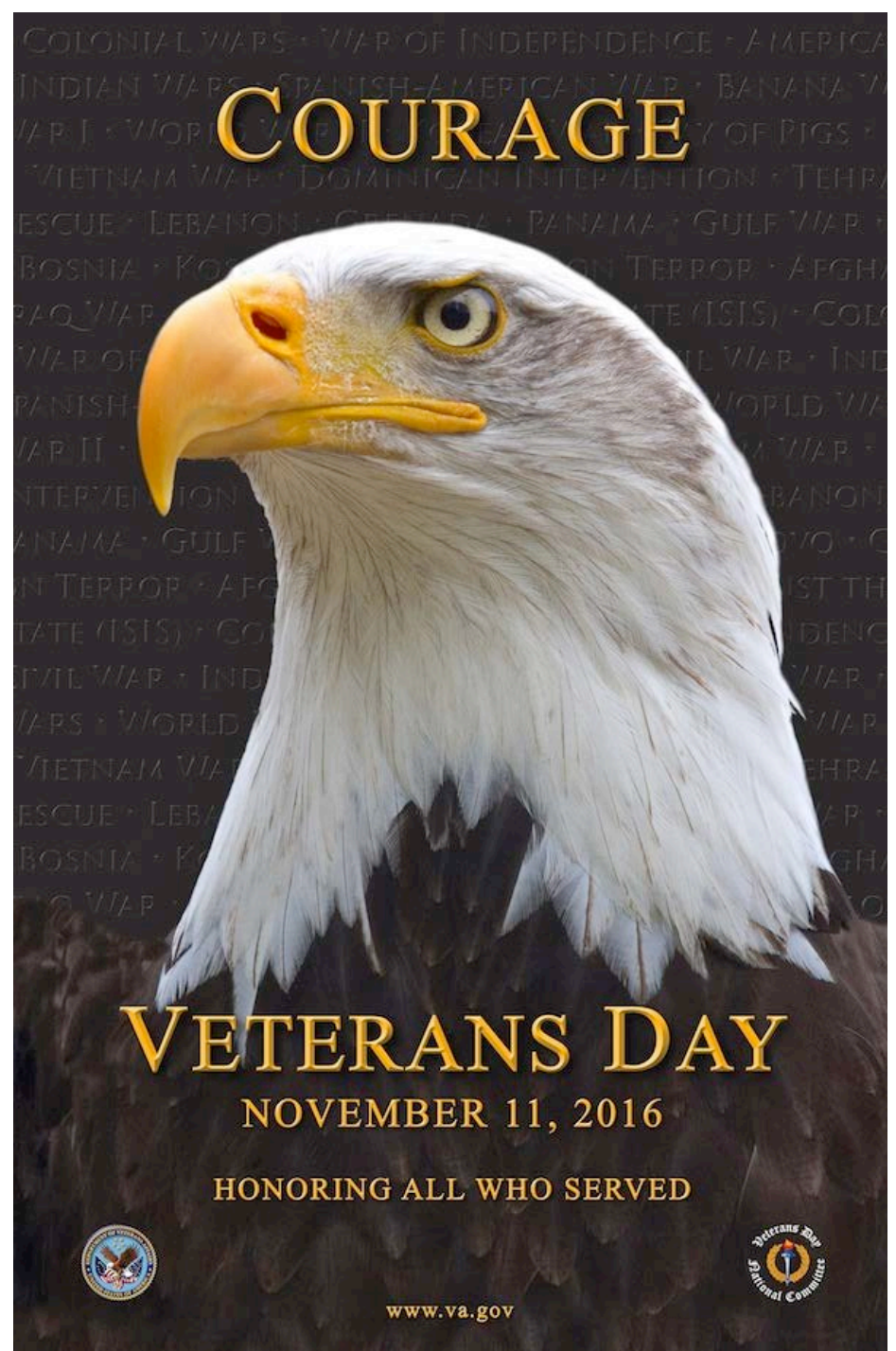
outpatient facilities that serve about 6.7 million veterans. The VA system is also the largest employer of psychologists, with 4,947 on the rolls for 2015.

According to the GAO, the health system has faced a growing demand by veterans for its health care services, a trend that is expected to continue. From 2011 to 2015, the total number of outpatient medical appointments increased by about 20 percent.

The mental health needs for veterans are serious. This July *Military Times* reported continuing high rates of suicide among veterans, an average 20 individuals a day. In 2014, the most recent year available data, 7,400 veterans took their own lives, said *Military Times*.

For this report, we looked into the scandal, examined some of the connections to Louisiana, and asked insiders from three regions of the state about their views. While some of those we talked to offered their names, we choose to protect all identities.

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Editorial Page – Opinions

To Polarize or Not to Polarize?

by J. Nelson

We may be having the strangest election and two of the strangest candidates for U.S. President ever. But what is interesting to me about the selection process is our large social system that created this situation.

Several lines of research indicate that the U.S. is more “polarized” now than in many decades. Last month in *Personality & Social Bulletin*, Jean Twenge and her team found that more Americans today express polarized political views. Pew Research has been following this same phenomenon.

“Republicans and Democrats are more divided along ideological lines – and partisan antipathy is deeper and more extensive – than at any point in the last two decades,” says Pew. Today, 92% of Republicans are to the right of the median Democrat, and 94% of Democrats are to the left of the median Republican.

The actual differences of opinion are not all that great actually, and there are lots of Independents, but most of us are firmly dug in to having our red or blue cool-aid.

The natural tendency for us to form into two political, attitude-based groups has been studied by William James, Eysenck, more recently Haidt, and many others. We’ve even found odd things like the finding that red states score higher on conscientiousness and blue states higher on openness. There are the bug theories—that it all has to do with parasites. I do suspect an evolutionary element, because the right-left, red-blue group characteristic is found across cultures and time.

Two things to consider about polarization. When a group pumps up through this process, the dynamics—called by some “over-boundaried”—reduce information flow, problem-solving and other factors. The group becomes less effective and so less productive. It can become more like a committee, and we know what means:

If you want to kill any idea in the world, get a committee working on it. –
Charles Kettering

A committee is a group that keeps minutes and loses hours. –
Milton Berle

If Columbus had an advisory committee he would probably still be at the dock. –*Arthur Goldberg*

If you see a snake, just kill it - don't appoint a committee on snakes. –*Ross Perot*

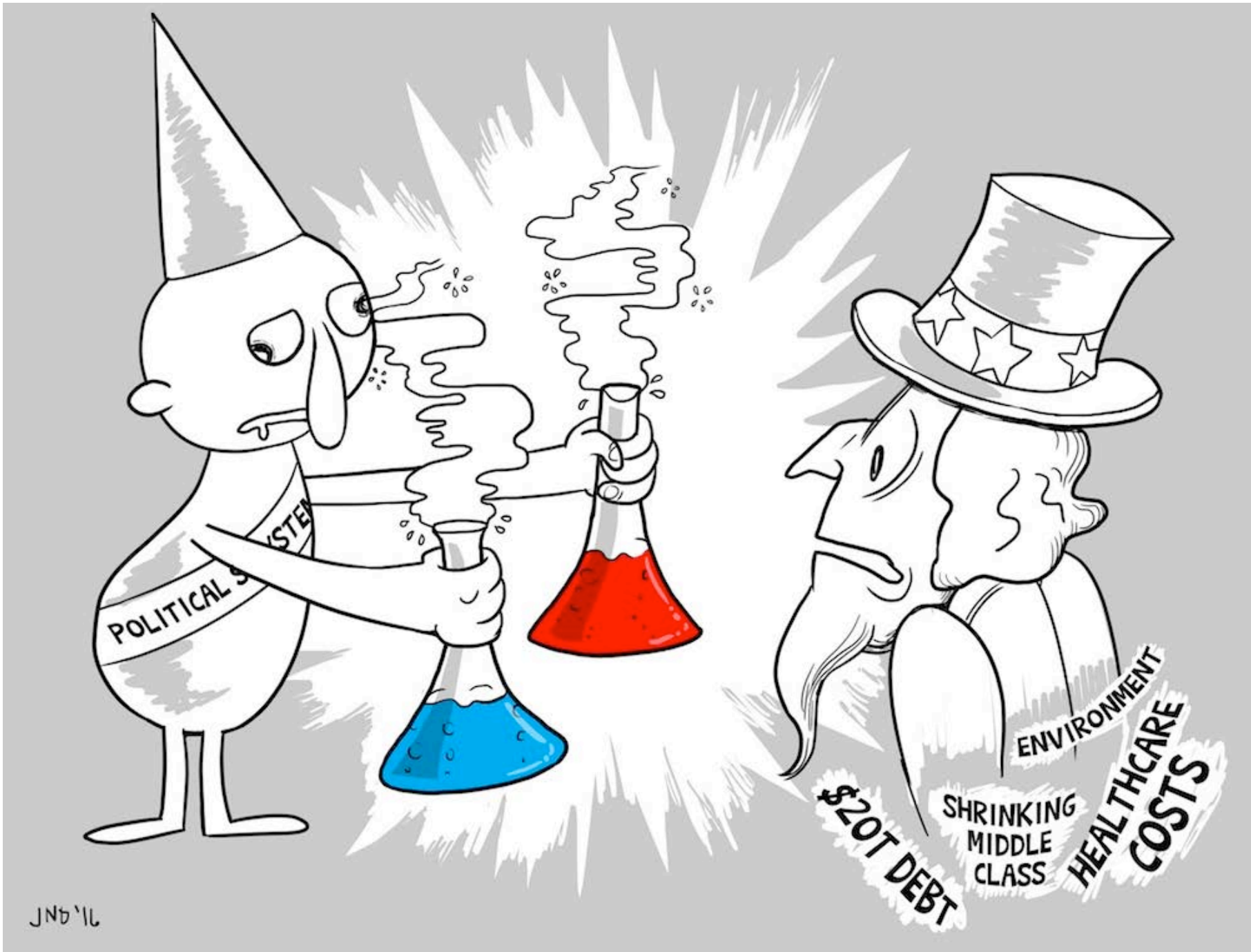
Another thing we might notice, suggested by embedded group theory, is that as subgroups become polarized, and thick-headed, the parent group becomes “under-boundaried” and so less effective.

I believe we are seeing that, with the breaking down of certain moral behavior in places that I would not have expected. We have problems in effectiveness in the SSA, VA, Congress, etc., and symptoms like \$20T in debt, failing healthcare system, and a toxic environment.

This is something psychology can help with—raising the level of insight about large group dynamics, taking on group amnesia and blind spots, finding ways to increase group level critical-thinking. We can help solve problems that continue to stump others.

Psychological science is home for this type of effort. Psychology has the most of any discipline to offer for making the unconscious, conscious, for connecting the dots, for using empirical methods. We can help with “mass psychology,” as Bertrand Russell called it over a half century ago, saying it was the next leap in civilization’s advancement, and critical to our survival.

And all we have to do is stay clear of politics, self-interest and self-deception. It might help also to tap our ruby slippers together and say, “There’s no place like home.”



New Normal for Some in Flood Recovery continued

beginning to gather critical data relative to infrastructure damages,” Edwards wrote to President Obama, reported the *Journal*.

The Governor’s Office of Homeland Security and Emergency Preparedness received word that the FEMA approved the state’s request to extend the Transitional Sheltering Assistance program for flood survivors, according to a press release in October. The program allows eligible Louisiana survivors of floods to stay in participating hotels temporarily if they cannot return home.

The national charity K.I.D.S./Fashion Delivers partnered with State Representative Ted James and the Urban League of Louisiana to help flood victims with a free, private shopping experience in October. The “Red Stick Retail Shop” was held at the Cortana Mall for FEMA eligible individuals and stocked with all new merchandise donated by manufacturers and retailers to help those in need.

Other recovery groups are still working to connect donations, volunteers and needs, on recovers.org, a website that offers software tools to communities in disasters. Recovery.org hosts four Louisiana websites, including batonrouge.recovers.org.

While the country and much of the state has shifted its attention to other things, those with the highest losses are just beginning to find a new normal, said Dr. Marc Crosby.

“The shock is over for most people, and now the ‘New Normal’ has entered with a vengeance,” said Dr. Crosby, Senior Pastor at Live Oak United Methodist Church in Watson.

Watson, a community of located just east of Denham Springs and Baton Rouge, was considered by most to have been ground zero in the August flood that is now called one of the worse disasters in Louisiana. Watson recorded almost three feet of rainfall and ninety percent of the homes and businesses flooded.

Another serious problem for flood victims, said Crosby, is “Depleting savings, as most had no insurance.” He noted that the community is dealing with lay offs and cutbacks because businesses are trying to rebuild.

Children are having to go to school in new locations and the community is working around “strange schedules as schools share space,” he explained. There is a lot of uncertainty about the basics in life, such as having some stability and structure, where to spend the holidays, he said.

“Having something that is not covered in dust, mold, mildew...” Crosby said, was also on the list of challenges.

There is “an undercurrent of survivors’ guilty, of envy, of disconnecting from everything until the ‘rebuilding is complete,” he said, “which means no ball games, no church, no travel, no recreation.” This ultimately leads to emotional fatigue, and puts stress on marriages and families, Crosby noted.

“For many this ‘New Normal’ will continue for months...maybe years,” he said. “On a positive note, many are grateful for the support, love, and generosity of so many. Many confess that without faith, hope and love this tragedy would almost be unbearable.”

Dr. Darlyne Nemeth and Dr. Charles Burchell, co-chairs of the Emergency Responses Committee of the Louisiana Psychological Association, will offer Emotional Resiliency Workshops this month and next, for those dealing with the stress of the flood impact.

The Committee coordinates with the resources at the American Psychological Association which are linked to the Red Cross Disaster Relief Network.

The Emotional Resiliency Workshops will be held November 5, 12, and 19 for adults, and December 3, 10, and 17 for kids/teens. The location is the Florida Boulevard Baptist Church, at 10915 Florida Blvd., in Baton Rouge.

The workshops are free and registration is available at resiliencyworkshops@gmail.com. Or, call 225-926-7799.

Nemeth has worked closely with the stages of recovery. After Katrina she and others developed a set of interventions called Wellness Workshops, aimed at supporting the emotional recovery of those dealing with loss and trauma.



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ASPPB Rolls Out EPPP2 Plan at Oct Annual Meeting

Members of the Association of State and Provincial Psychology Boards discussed plans for going forward with the additional skills test called the EPPP2, at their Annual Meeting held October 19-23 at the Royal Sonesta Hotel in Baltimore, Maryland.

The conference theme was “Sailing in Rough Waters: Promoting Public Protection in an Anti-Regulatory Climate,” and included numerous presentations on “Threats to the Autonomy of Regulatory Boards.”

The agenda and copies of presentation slides were obtained by *Modern Psychologist* and provided to the *Times*.

A review of the status for development and community involvement for the EPPP2 was presented by the EPPP2 Implementation Task Force. The team members are Bob Bohanske, Don Meck, Karen Messer-Engel, and Chair, Emil Rodolfa. The team spoke on “What have we done? Why have we done it? and What’s the Reaction?” according to the agenda and slides.

The EPPP Step 2 or EPPP2, is intended to be the second national examination for professional practice and is being developed by the ASPPB. The presentation said the EPPP Step 2 is a “Computer based exam assessing skills needed to practice,” and it augments the

EPPP, The Examination for Professional Practice in Psychology.

ASPPB noted that competencies related to this new exam are: 1) scientific orientation; 2) professional practice; 3) relational competence; 4) professionalism; 5) ethical practice; and 6) systems thinking. No more detail was listed in the document.

According to the documents, the task force has completed the task analysis and is developing the content outline for developing exam items.

The presentation notes listed, “Why are we doing this? or How did we get here?” and wrote “Surveyed members – supportive – there is a need!”

Some of the reasons listed in the document, were: the movement in competency, lack of standardization in graduate education, supervisor’s difficulty giving critical information in letters of evaluation, and new technology available. Also listed was how the effort “equalizes Psychology with other health professions.”

Karen Messer-Engel, from Saskatchewan College of Psychologists, presented 2014 survey data, where 79% of members responding, strongly agreed with the statement, “I support developing a competency exam,” 13% agreed and 8% were neutral.

None were listed as having disagreed.

In 2015, another poll of member jurisdictions resulted in 51% who strongly agree and 20% agree with support for competency exam. This was according to the agenda document.

In a 2015 mailing to member jurisdictions the results of the 64 respondents indicated that 37% would be interested in “utilizing a skills exam,” 54% were not sure, and 9% were not interested.

In another question asking would the board members be interested in a skills exam (EPPP 2) to replace some or part of the oral exam, 54% said they did not have an oral exam, 23% said no, and 23% said yes to some or all replacement of the oral exam.

There did not appear to be a review of selection research. And, presenters also said they believed that predictive validity studies were not possible in this area of selection testing.

Affordable Care Act Fees to Rise

Federal health officials at HealthCare.gov have confirmed that premiums for the controversial health plan will increase next year by an average of 25 percent, with some states looking at over a 100 percent increase. Additional problems with large insurers leaving the exchanges because of losses, so that some areas have limited plans for those in the exchanges. Louisiana will go to three insurers in the exchange, from a high of five in 2014.

Corrections & Clarifications

No corrections are clarifications were received for last month’s issue. Please send corrections or clarifications to the *Times* at psychologytimes@drjulienelson.com

Psychologist Opportunity

Dr. Amy Henke
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State & National News

National Speaker John Rosemond Blasts Psychology

“Psychology has caused more problems than it has solved for American parents,” said John Rosemond, the popular national columnist and talk show host, who spoke at a recent presentation at a Louisiana parochial school, according to several sources.

Delivering his opinions about parenting, children, parents and marriage, Mr. Rosemond made it clear that he viewed psychology as part of the problem and not to be trusted.

Sources reported that Rosemond told an audience that psychology is not a science and that there is no evidence that psychologists help anyone.

He also misquoted research, sources said, and one explained that his comments could have easily confused the public about aspects of evidence-based, psychological science. “It was disconcerting,” the undisclosed source said.

Blasting psychology is common pastime for the popular columnist, speaker, and talk show personality. On his radio show on the American Family Radio channel, he has remarked that there was no evidence that psychologists have a beneficial impact.

“I know from an insider’s perspective that psychology is a secular religion that one believes in by faith,” Rosemond said on his radio show.

“I also know from an insider’s perspective that psychology has caused more problems for the American child, the American family, school, marriage, parents, ...”

“Christians should not, and I mean not, be involved with psychologists period, end of statement. And I make no exceptions to that rule. Christian counseling or biblical counseling that’s an entirely different thing. But stay away from anyone who uses the word psychology or psychologist in their title or their promotional materials,” Mr. Rosemond told his listeners.

“And I am extremely disturbed, and I am not the only person in American who is, but I am, very disturbed, that churches and Christian universities have let psychology in through the backdoor and sometimes the front door.”

In 2015 Rosemond won an appeal against the Kentucky psychology board who said he was practicing psychology without a license in the state, based on his appearances and columns.

Nominations Now Closed for Next Board Position

Ms. Jaime Monic, Executive Director for the Louisiana State Board of Examiners, notified psychologists by email on October 24 that nominations were open but would be closing on October 30 for board position.

The next election will be held to fill the position of out-going board Chair, Dr. Darla Burnett, MP. The board seat will be for 2017 to 2022.



Current psychology board chair Dr. Darla Burnett (L) speaks with new board member Dr. Amy Henke., at the October board meeting. The LSBEP will meet on November 11 in a long-range planning session. They may discuss legislation for regulating unlicensed assistants.

Legislation for Unlicensed Assistants? LSBEP to Hold Long Range Meeting November 11 in Baton Rouge

The state Psychology Board will hold its annual Long-Range Meeting on November 11, 2016, at the Marriot on 5500 Hilton Avenue in Baton Rouge. The time published on the website is 8:30 am but no agenda has been posted as yet.

However, in the agenda for the October 7 board meeting, topics for the Long Range Planning Preparation were listed. They are “Draft Rule Revisions: • Amendment of Chapter 33: LSSP’s* • Promulgation of Chapter 13: Ethics* • Amendment of

Chapter 15: Complaints* • Scope of Practice and the Clinical Neuropsychology Specialization • Unlicensed Assistants: Draft Legislation*”

According to the October agenda, the LSBEP may discuss plans for legislative changes regarding unlicensed assistants to psychologists.

Members of the Executive Councils for the Louisiana Academy of Medical Psychology, the Louisiana Psychological Association,

and the Louisiana School Psychological Association were sent a letter inviting them to attend this public meeting.

In the letter, signed by current board chair, Darla M.R. Burnett, Ph.D., M.P., Burnett wrote, “I am confident that you know that the interaction of present Board members with past Board members as well as representatives of the Louisiana Psychological Association; the Louisiana School Psychological Association; and, the Louisiana Association [sic] of Medical Psychologists is of significant value in the planning of the LSBEP’s direction on important issues related to the independent practice of psychology and the Board’s mandate to protect the public. With that thought in mind the LSBEP invites and encourages you to participate in this meeting as we look forward planning a collaborative new year.”

Council members were also invited to attend the Awards Luncheon to honor outgoing Chair, Marc L. Zimmermann, Ph.D., M.P., outgoing LSSP Committee Member, Lucinda DeGrange, Ph.D., and LSBEP’s former Complaints Coordinator, C. Gary Pettigrew, Ph.D.

Medical Board Publishes Notice of Intent for Rule on Telemedicine

The state medical board is proposing a rule to conform the board’s current telemedicine rules to Acts 630 and 252 (2016), published in the October La Register. Among other items, the proposed changes are to: remove the requirement that a physician practicing medicine by telemedicine maintain a physical practice location in this state or have an arrangement with physician who does; authorize the use of telemedicine by interactive audio, without the need for video, provided certain conditions are satisfied; provide that a physician refer a patient to another physician in this state or arrange for follow-up care within the state if indicated.

Dr. Andrews Honored continued

impact on pregnant mothers and their children. Her book, *Stress Solutions for Pregnant Moms: How Breaking Free from Stress Can Boost Your Baby's Potential*, is highlighted in the *WebMD* column, "Can Your Stress Affect Your Fetus?" and been awarded the Gold Medal by the Independent Publishers Association in the Parenting division.

According to LPA, Andrews is honored for her efforts to look deeply into the problems of a mounting, but mostly invisible and untreated, health issue in our country. She uncovered the connections of psychological stress to biochemical events for pregnant mothers, and also, and more importantly, to their unborn children. "Dr. Andrews' insightful and courageous analysis of the research pointed to what few understood—how stress affects the unborn."

"For her integrative research, her development of an engaging method for stress reduction, and for her efforts to assist in the healthcare of our citizens, Dr. Andrews embodies what it means to be a psychologist and applied scientist," said the press release.

LSBEP Publishes Corrections for Cont Ed Rules

The state psychology board published a Rule in the October 2016 Louisiana Register having to do with Continuing Education, Chapter 8, §801, 803, and 807, and other sections.

The Rule addresses corrections and changes to the previous extensive change to the continuing education Rule, providing for new categories of development activities, referred to as continuing professional development or CPD.

The October information includes the increases from 30 hours to 40 hours planned for the years 2016 and 2017 and henceforth. Corrections were made to categories for Professional, Academic, and Traditional Continuing Education.

Also included were changes to §807. Unacceptable Offerings and/or Activities. "A. The board will not recognize: 1. activities unrelated to the field of psychology even though such activities may be valuable for other professional purposes;"

Also, the Rule directs psychologists to retain "corroborative documentation" of CPD for six years.

"Any misrepresentation of continuing professional development will be cause for disciplinary action by the board."

Among her other duties and accomplishments, Dr. Susan Andrews is in full time practice in Metairie where she is Senior Partner at Neuropsychological and Psychological Services for Adults and Children, LLC. She is also Clinical Assistant Professor of Medicine at LSU Health Sciences Center, Department of Medicine and Psychiatry, and consulting neuropsychologist at NorthOaks Comprehensive Medical Rehabilitation Unit. She is currently working in an innovative research project with oxygen therapy to investigate potential benefits for head trauma victims.

Dr. Andrews has also headed a 10-year federally funded research project to develop Parent-Child Development Centers and then she managed the replication of the program as Research Coordinator for the Bank Street College of Education in New York City.

Dr. Andrews also writes for the *Times*, and its column on stress. Andrews also recently won a first place for feature writing from the Louisiana Press Association.

From the Minutes September 2016 LSBEP

Ms. Monic reported that the La. Legislative Auditor had requested to engage with the Board to conduct an audit for 2015-16. The Board reviewed the engagement letter and approved the engagement for an amount not to exceed \$1,485.

Dr. Lambert reported that the July 1, 2016 renewals opened with 5 Provisional Licensees, 9 Licensed Specialists in School Psychology, and 758 Licensed Psychologists. Renewals Closed on July 31, 2016 with 5 Provisional Licensees, 9 Licensed Specialists in School Psychology, and 735 Licensed Psychologists of which 51 registered as retired and received a reduced fee. 23 licensees allowed their license to lapse.

Dr. Burnett reported on Disciplinary Actions for the 2015-16 Fiscal Year as follows: There were 18 Request for Investigations received, 11 remain open, 7 were closed. Four were against non-psychologists. No Impaired Psychologist Procedure Agreements were enacted. There were two hearings in 2015-16, one case was dismissed and one resulted in disciplinary action. The case resulting in disciplinary action is on appeal.

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Dr. Katie Cherry to Speak at Environment & Health Conference

Dr. Katie Cherry, Louisiana State University (LSU) psychology professor, and executive director of the LSU Life Course and Aging Center, will present at the Environment & Health Conference in November, on issues of Alzheimer's and dementia.

The Environment and Health Council of Louisiana is partnering with Alzheimer's Services of the Capital Area, and Pennington Biomedical Research Center will host a half-day conference on November 10, 2016, at the Pennington Conference Center in Baton Rouge. The conference is 8 am to 2 pm, free and open to the public, but registration is required.

"An Update on Alzheimer's and Other Forms of Dementia: The State We Are In" is the theme and will feature experts in understanding these diseases, treatment and services for those affected. Topics will include understanding dementia, caregiver challenges, elder law issues, detection and treatment options, and lifestyle choices and resources.

Other featured speakers will include Dr. Patrick Gahan of Pennington Biomedical Research Center; Hugh Eley, formerly of Louisiana Department of Health and Hospitals; and Linda Melancon, JD, with the Legacy Center of Louisiana, LLC. Additionally, Fit NOLA will provide a presentation on healthy meals during the lunch break.

The Environment and Health Council of Louisiana is a nonprofit organization founded in 1983 to facilitate independent, balanced and factual assessment of health issues related to the environmental and economic wellbeing of Louisiana by providing a forum for developing perspectives on health and environmental issues and assisting the public in understanding those issues.

A volunteer board of directors runs the EHCL. Phillip J. Brantley, PhD, from the Pennington Biomedical Research Center is one of the several board members for E&HCLA. More information at www.ehcla.org

Group Highlights Top Ten Educational Issues

Two nonprofit organizations, Education's Next Horizon and Orleans Public Education Network (OPEN), that work to improve outcomes in Louisiana public schools, have released a report, *Top 10 Education Issues in Louisiana*. The group hopes to help guide policy and practices to improve quality of life in La. The top ten are:

- 1) Expanding Access and Quality in Early Childhood;
- 2) The Meaning of Every Student Succeeds Act (ESSA);
- 3) Filling the Workforce Gap;
- 4) From Common Core to Louisiana Student Standards;
- 5) The Rise of Afterschool Programs;
- 6) Teacher Preparation and Effectiveness;
- 7) The State of Choice;
- 8) School Discipline;
- 9) School Funding and the Changing Demography of Public Education;
- and 10) Higher Education and Postsecondary Education Funding



Dr. Chavez Phelps helps the 2015 keynote speaker, Dr. Jerome Sattler, set up equipment at last year's annual convention for the Louisiana School Psychological Association. The group is meeting this week in Lafayette at the DoubleTree.

Louisiana School Psychological Association Holds Conference this Week in Lafayette

continued

including consulting with teachers, families, and other school-employed mental health professionals to improve support strategies; work with school administrators to improve school-wide practices and policies; and collaborate with community providers to coordinate needed services.

The Louisiana School Psychological Association expects over 200 attendees at this year's conference, said Hoffmann.

Highlights of this year's conference include: Amber Boykin, current President, who will provide the Welcome and introduce & Keynote speaker Dr. Todd Savage. Dr. Savage will speak on "Helping LGBTQ+ Students Succeed at Home and School."

Dr. Meagan Medley & Dr. Carmen Broussard will offer a presentation on "School Psychology in Louisiana."

Dr. Gena Barnhill will present, "Collaborating with Parents of Children with ASD. And Dr. Ann Rogers, of Western Psychological Services, will present "A Survey of Resources for Assessing Autism Spectrum Disorder"

"Conducting Threat Assessments & Determining Appropriate Supports," will be presented by Flint Smith.

Dr. Alan Coulter will present, "Avoid Ambush by ESSA: Important Learning for School Psychologists." Dr. Steve Kanne, Dr. Anna Laakman, and Dr. Jeanne Anne Carriere will offer an ADOS-2 Workshop. Dr. Milton Dehn will present, "Memory Interventions."

Dr. Steven Guy, will present, "Helping them show what they know: Understanding and assisting students with executive /regulatory difficulties."

Enhancing Student Engagement: Practical Classroom Based Strategies," will be presented by Dr. Kimberly Sherman & Keever Hoffman.

Dr. Amy Childress, Dr. Carmen Broussard, and Dr. Steve Welsh will offer to address issues in, "LSSP: Licensing Update and Q&A."

"Grief Interventions for Children: A Salute to Evidenced Based Practice," will be presented by Dr. George Hebert & Dr. Colleen Arceneaux.

Dr. Daniel C. Miller will present on, "What does Neuropsychology offer School Psychologists."

Dr. Lynn Singletary will offer, "Social Shape Up: District Implementation of Tier I Behavior Management," and Kristen Pearson & Jamil Gilliam will present, "Heavy Traffic Ahead: How to Effectively Choose the Best Transition Route for Students in Alternative Settings Using RTI."

For the Student/Intern, Early Career Topics will offer a panel including: Dr. Meagan Medley, Nicholls; Dr. Carmen Broussard, Nicholls; Dr. Conni Patterson, Tulane; Dr. Katherine Wickstrom, LSUS; Dr. Kevin Jones, LSUS; Flint Smith, Ouachita PA Coordinator; and Amber Boykin, LSPA President

Science & Education

Drs. Daigle, Dawson Lend Expertise to Community

Dr. William Daigle and Dr. Brenda Dawson are lending their expertise to the LD community. They are working to educate colleagues and the public about the mental health issues for those who struggle with learning disabilities, an often over looked connection that has major consequences for children, parents, and many adults.

Daigle and Dawson are board members of the Greater Baton Rouge Learning Disability Coalition whose mission is to educate, support and facilitate information between parents, teachers and helping professionals about the signs and symptoms of learning disabilities, diagnosis and treatments. The group also helps connect those in need with resources available in the Greater Baton Rouge area. The issues addressed include dyslexia, ADHD, autism and the mental health issues that often coincide with learning problems.

The Coalition is a fairly new organization, Dr. Dawson said, and founded by Georgann Mire, president of the group and an educational consultant in the Baton Rouge area. Mire is also on the Board of Directors for the Louisiana Branch of the International Dyslexia Association and works in the Office of Disability Services at Baton Rouge Community College.

The Coalition is the evolution of the group that has organized the annual CW Austin Learning Disabilities Conference.

“Having dyslexia, even mild dyslexia, can lead to a lot of psychological issues,” Dr. Dawson said, “feelings of inadequacy, fear of going to school, acting out behaviors to take attention away from the reading problem, fears of tackling college, and so on,” she said. “More than one parent of my child patients have told me that as a child, one of the most traumatic things that ever happened to them was being called upon to read aloud in class.”

Dr. Daigle agrees with the seriousness of the issues. “Learning disabilities are often comorbid with other conditions, such as ADHD and anxiety,” he said. “In other words, learning disabilities affect more than just academics. They affect risk for other mental illnesses and affect life outcomes. For example, prisons contain many individuals with learning disabilities. On the flip side, the business and arts side of the world is filled with people with dyslexia who are amazing innovators, managers, executives, and performers,” he said.

The importance of the area is one reason D’Aigle and Dawson have linked up with the Coalition and how important it is to help educate others.

“I most enjoy the part where we educate teachers and parents about what it is like to live day to day with dyslexia and how their child/student can be helped to be the best learner possible,” Dawson said.

“I feel useful,” she explained, “when parents gain insight into how they have been hurting their child by punishing for poor school performance. I also enjoy turning them on to all of the compensatory technology out there, that helps with reading and writing, and even math, so that even if the child has a ‘disability’ that child does not have to be ‘handicapped.’”



(L to R) William Daigle, PhD., Georgann Mire, BFA, and Brenda Dawson, PhD, in the planning of a conference for the Greater Baton Rouge Learning Disability Coalition. (Photo courtesy Dr. Dawson.)

Dr. Daigle also has a passion for working with children with learning disabilities. “It is one of the few areas in psychology where you can actually ‘see’ the disability in the testing data,” he said. “Watching children improve when given the proper instruction and support is exciting and energizing. Helping teachers and parents understand how learning challenges affect daily life provides a meaningful service to people who often suffer tremendously.”

The next C.W. Austin Learning Disabilities Conference will be held February 4, 2017 from 8:30 am to 4:30 pm at the State Police Headquarters on Independence Blvd in Baton Rouge. CE credit for psychologists is available at a nominal fee. The conference is completely free for parents and teachers.

“At this year’s conference,” Dawson said, “Bill Daigle and I will present on parents communicating with school personnel and visa versa, so that the child’s disability is understood and that everyone is on board regarding accommodations/modifications they can provide to help ensure that each child will be successful in school.”

Dr. Dawson received her PhD in clinical psychology from the University of Montana and completed her residency at the University of Mississippi Medical Center. Formerly a professor of psychology, she has been in full-time private practice in Baton Rouge since 1992, specializing in the diagnosis and treatment of children and adolescents with psychological and learning disabilities. As a member of the Board she plans to help develop workshops of in-depth professional development for psychologists.

Dr. Daigle is a clinical psychologist in private practice and a native of Baton Rouge. He has been practicing in Baton Rouge since 1984. He does psychoeducational testing as well as psychotherapy, and specializes in children and families affected by learning disabilities. He has been involved with this learning disabilities conference since its inception and is also a board member.

Dr. Chafetz Presents for Workers’ Compensation Judges on October 20

Dr. Michael Chafetz, presented at a state-wide conference for Workers’ Compensation Judges, held on October 20, 2016, in Baton Rouge. The conference, associated with the Louisiana Workforce Commission, was “Judges’ and Mediators’ Joint Meeting, Office of Workers’ Compensation.”

Dr. Chafetz is a board certified clinical neuropsychologist who has researched validity assessment in low functioning adults and children for disability, rehabilitation, and child protection. He has authored numerous peer-reviewed articles on the topics, and challenged assumptions about certain areas of disability findings.

For the October conference, Chafetz presented two topics. “Malingering From A Neuropsychological Perspective (With a note on Expert Bias).” For this presentation Chafetz covered decision theory, anti-biasing, malingered disability and other topics. He also presented, “The Psychological Impact of Industrial Accidents on Injured Workers.”

Chafetz is a multiply published book author. His latest book is on the topic of *Intellectual Disability* in the forensic area, published by Oxford University Press.

He has consulted for a United State Senator on Social Security policy, testified at hearings of the Institute of Medicine, assisted the Office of Inspector General, and presented at national and state conferences including the American Psychological Association.

Louisiana Counseling Assn Hosts Over 1,100 Attendees at Annual Conference in BR

The Louisiana Counseling Association held its annual convention September 25 through 27, at the Crowne Plaza Hotel in Baton Rouge. The theme of this year's convention was, "Diversity: the Spice of Life."

Over 1,100 people attended the event, which hosted Dr. Catherine Roland, American Counseling Association President, and Dr. David Kaplan, the Chief Professional Officer, said Executive Director Ms. Diane Austin.

Dr. Roland presented two workshops, one on "Mentoring Professional Women in Counseling: Ethical Mentoring Toward Leadership," where she looked at strategies for professional women to bring women into the light of leadership. She also presented, "Creating and Sustaining Families over the Lifespan."

Dr. Kaplan presented, "Raising the Bar: Critical New Concepts in the 2014 American Counseling Association (ACA) Code of Ethics and he examined the 2014 revision of the ACA Code of Ethics substantially raises the bar for the ethical practice of professional counselors.

Ms. Austin said the association was delighted to host Drs. Roland and Kaplan, and also to host Dr. Courtland Lee, Chicago School of Professional Psychology, Dr. Damien Thomas and Dr. Kenisha Gordon, Mississippi College.

Courtland Lee, Ph.D., Professor, The Chicago School of Professional Psychology, presented, "Saving Our Society: Professional Counselors as Agents of Change." He looked at the present direction for culturally competent counseling as a force for promoting advocacy and social justice.

"LCA asked its members to think about multi-cultural issues and the role of Louisiana's mental health providers in today's political and social environment," said Ms. Austin, "in developing this year's theme.

Among the many presenting at this years conference wer Corey Porche, M.S., LPC, Camelia House Counseling and Education; Emily Sandoz, Ph.D., Professor, University of Louisiana –Lafayette; and Brian Canfield, Ed.D.

Also presenting were Christine Anthony, Ph.D., Coordinator, School Counseling Program, McNeese State; George Hebert, Ph.D., Psychologist, Louisiana State University Health Science Center; Laura Rohm, Elizabeth Turansky, and Mazie Martisius, Masters Candidates, Louisiana State University Health Science Center.

Dr. Russell Matthews to Speak on Worklife Balance

The School of Human Resource Education & Workforce Development at the Louisiana State University's College of Human Science & Education will host Dr. Russell Matthews on November 17 at 3 pm in the LSU International Room of the Student Union.

Matthews will speak on "Finding Worklife Balance: Are you really that off-kilter?" Matthews co-lead the Industrial-Organizational program for the LSU Psychology Department with Dr. Tracey Rizzuto until 2014. Rizzuto is Associate Director of the School of Human Resource & Workforce Development.

Dr. Matthews' new book is entitled, *Research Perspectives on Work and the Transition to Motherhood* (Springer, Inc., 2016)

Stress Solutions

by Susan Andrews, PhD

Why Music is Such a Good Way to Relax

Who doesn't like music? Today, however, I am not talking about casual music like what you happen to hear on the car radio on the way to work. I am talking about systematically using music to relax.

By "systematically" I mean several things. First, you set up a schedule of relaxation. You want to plan at least a 20 minute session for the explicit purpose of reducing the cortisol in your system. Your relaxation schedule should include at least daily music sessions or some other type of relaxation. Set up a definite time of day or be aware of when your body and mind need to step back and reduce some cortisol. Second, do something to change your environment, to make your body aware that it is time to relax for a few minutes. That might mean moving to a different room, or lowering the lights or the blinds. Sit down in your favorite comfortable chair and relax your face and shoulder muscles. Third, select the piece(s) of music that you want to use. Take some time before you start to find music that really can transport you into that special state of mind. One of the best ways to judge the best music for you is to see if you stop thinking about whatever you were thinking about before. That is when you know you can take those 20 to 30 minutes to actually reduce your cortisol levels and return to work refreshed. We are always more productive when we are refreshed. You do not have to use the same music all the time. Different days may call for different moods.

So why is music such a good way to relax? There are many answers. Some are technical and based on how the brain and our nervous systems work. But my favorite is so simple and straightforward that it needs to be first.

- 1.) Music is a great way to relax and reduce stress because it can stop you from thinking. Thinking is the #1 cause of stress. Thinking generally produces cortisol. To reduce the buildup of cortisol, you have to stop thinking. I had a highly anxious patient once tell me that the music I had set up for her didn't work because she could think "over Beethoven!" So, I worked out a program with her of favorites from the 50's. We chose songs she knew all the words to and could sing along with. Now, that worked for her.
- 2.) Music uses almost all the brain areas. That seems to somehow balance our nervous systems.
- 3.) Music seems to offer a good invitation to breathe. And breathing is the #1 best way to reduce stress and excess cortisol buildup.
- 4.) Along the same lines as #1, music offers a great opportunity to practice Mindfulness, to just Be in the Moment with nothing on your mind.

I encourage you to set up your schedule and sit back, relax and listen to some good music.



Dr. Susan Andrews, Clinical Neuropsychologist, is currently Clinical Assistant Professor, LSU Health Sciences Center, Department of Medicine and Psychiatry, engaged in a Phase III study on HBOT and Persistent PostConcussion Syndrome. In addition to private clinical practice, Dr. Andrews is an award-winning author (*Stress Solutions for Pregnant Moms*, 2013). She has been named Distinguished Psychologist by the Louisiana Psychological Association.

Student Corner

Southeastern Graduate Students Speak with IO Psychologist

The Southeastern Louisiana University Industrial/Organizational Psychology Graduate Program hosted Dr. William Costelloe of Metairie, Louisiana as an invited speaker on October 4, at the Southeastern campus in Hammond.

Dr. Costelloe is an Industrial/Organizational Psychology Consultant and President of Costelloe & Associates Inc., with 40 years of experience working with local and national clients. Dr. Costelloe spoke to the group about his experience as an organizational development and assessment specialist.

The Southeastern program is directed by Assistant Professor Suzanne M. Booth-LeDoux, PhD. Dr. Booth-LeDoux earned her doctorate in Industrial/Organizational Psychology from Louisiana State University, Baton Rouge, and she studied under Dr. Tracey Rizzuto.

Dr. Booth's research interests include Work-Family Issues, Dual-Earners, Stress, Occupational Health, and Organizational Benefits.

Graduate students attending the professional training session were Madeleine Broussard, Holly Kliebert, Bryce Lott, Eric Mahoney, Ian Mattix, Lacie Tramonte, Keely Villar, Casey Waters, Samuel Rodriguez, and Jenna Zeringue.

Dr. Costelloe told the *Times* that the students asked a variety of questions, including: "What do you do on a day-to-day basis as a consultant? How did you get to this point in your career? What steps did you take to become a consultant? What challenges did you face in starting your firm and how did you overcome that."

They also asked, "Did you have any issues with buy-in from companies? And if you have, how did you handle these concerns?"

Costelloe said to the *Times* that he told the students, "You have to get tangible results in what you do."

"You can be theoretical but you have to apply the concept and document its impact," he said.

"Find a dependent variable that you want to make an impact on and then apply the intervention to make an impact on that area."

He said in an interview with the *Times* that the graduate students know about these research and scientific areas, but that "they don't know how to put it together."

"We spent a lot of time talking about how to put it together," he said, "Don't try to explain to people what you do, tell them what those dependent variables are."

"I improve the effectiveness of teams; I help companies hire more productive employees; I help managers become more



Dr. William Costelloe speaks with IO graduate students at Southeastern. (L to R) Dr. Costelloe, Samuel Rodriguez, Ian Mattix, Eric Mahoney, and Casey Waters. (Photo courtesy of Dr. Booth.)

effective leaders—tell them about the dependent variables," he said.

The students also asked him what recommendations he had for aspiring IO individuals. And, Dr. Booth related at the time that her students were just looking for some insight into the consulting side of things.

Dr. Costelloe said that he knows that IO is one of those careers that will expand in the future, and he said that the career is "really a lot of fun because you are helping people."

Dr. Booth-LeDoux noted, "It was so great to have Gig chat with my students. He was able to offer insight into the process of becoming a successful consultant.

My students were able to get an idea of what it is actually like to be a consultant and all that it entails."

"They were very excited about the opportunity," she said. "Gig recounted his early experiences and how they influenced his ultimate success, and I believe seeing the whole picture from the beginning was useful for them in charting their own progression."

Costelloe said he was "super impressed with their enthusiasm. It was invigorating."

He was also surprised when the graduate students told him that he was the only IO consultant they had ever seen. "It made me realize how much of a need there is for psychologists to make face to face contact with students," he said.



Southeastern graduate students in Industrial-Organizational psychology, and students of Dr. Suzanne Booth-LeDoux, enjoyed speaking with IO consultant, Dr. Costelloe, recently. First Row L to R: Holly Kliebert, Keely Villar, Lacie Tramonte, Casey Waters. Back Row L to R: Bryce Lott, Jenna Zeringue, Madeleine Broussard, William Costelloe, Samuel Rodriguez, Ian Mattix, Eric Mahoney. (Photo courtesy of Dr. Booth.)

Cont'd next page

What’s the Matter with the VA?

continued

inconsistency and inadequacy of how and by whom therapy is provided.

“This is the same type of stuff we have seen; it’s maintained very poor quality of care in the nation’s primary care system and now it is being applied in the analysis of the VA system.”

“The VA is a medical model,” another source said, “and it has always been. Most veterans don’t get the real psychotherapy or psychological help they need.”

Another source said, psychology was “swallowed up,” by the other elements of the system and medical culture.

Whistleblowers

In 2012, a VA emergency-room physician, Dr. Katherine Mitchell, in the Phoenix hospital warned the director that the system was overloaded and dangerous. She was told that she was deficient in communication skills and transferred, according to the *Arizona Republic*. In 2013 an internal medicine physician Dr. Sam Foote, tried to alert the OIG to the same problems. Two months later Foote retired. After that he collaborated with the *Republic*.

Germaine Clarno, social worker from the Chicago VA system, told her supervisors about false wait times and when that did not work she went to the press and Congress. Afterward, she was harshly criticized.

In Louisiana, Shea Wilkes, a social worker and disabled Army veteran, and formally an assistant to the director of the Mental Health Division at Overton Brooks VA Medical Center, found himself in the middle of the storm.

As reported on *Watchdog.org*, Wilkes was seeing quality problems that disturbed him. He noticed that managers were still meeting their goals and discovered the false waiting lists. When Wilkes alerted his superiors, they failed to act and he filed a complaint with the VA OIG.

But then Wilkes found himself a target of the Inspector General’s investigation.

“You know it is going to be hell after you come forward,” he told Tori Richards at *Watchdog*. “But never in your wildest dreams do you expect the magnitude of what you did to result in what happens after. All this said,” he said. “I would and will do it again if I have to. It gives you such relief to get it off your chest.”

Clarno and Wilkes joined together to create *VA Truth Tellers*, Clarno saying to the *Arizona Republic* that “We’ve banded together. We are not giving up.”

And eventually the whistleblowers found an ally in the U.S. Office of Special Counsel (OSC) an independent federal investigative agency to protect whistleblowers. This past February the OSC slammed the VA Inspector General.

“The OIG’s decision to investigate this straw man resulted in inadequate reviews that failed to address the whistleblowers’ legitimate concerns about access to care for mental health patients at Hines and Overton Brooks,” wrote Special Counsel Carolyn Lerner in reports.

“The focus and tone of the IG’s investigations appear to be intended to discredit the whistleblowers by focusing on the word ‘secret,’ rather than reviewing the access to care issues identified by the whistleblowers and in the OSC referrals,” wrote Lerner.

Wilkes and his attorney finally received a call that the VA OIG had dropped the investigation of Wilkes.

“What they would’ve been investigating him for was accessing a list that wasn’t supposed to exist,” attorney Richard John said to *Watchdog*. “They had no intention of ever prosecuting him. They did it solely for purpose of intimidation. It has a chilling effect on other people coming forward as witnesses.”

In 2015, this independent OSC received about 3,800 whistleblower complaints from workers in all federal agencies. More than a third came from VA employees.

Special Counsel Lerner warned, “The VA must continue working to make its culture more welcoming to whistleblowers in all of its facilities”

Is the VA Getting Better?

According to an April report in the *Washington Post*, Debra Draper, GAO’s health investigator, told members of Congress that the system is still hindered

by “ambiguous policies, inconsistent processes, inadequate oversight and accountability ... “

“And today we have seen at best little progress by the VA in addressing those issues,” she said. “We are very concerned ...”

The Special Counsel to President said in February this year, that the OIG failed to consider whether the 2,700 veterans in need of a mental health provider reflected the larger concern about access and mental health provider shortages, or what steps could be taken to remedy these challenges.”

“The OIG’s decision to investigate this straw man resulted in inadequate reviews that failed to address the whistleblowers’ legitimate concerns about access to care for mental health patients at Hines and Overton Brooks,” wrote Special Counsel Carolyn Lerner.

In an April GAO study, delays for a veteran requesting an appointment were still critical. “Sixty of the 180 newly enrolled veterans in GAO’s review had not been seen by providers at the time of the review; nearly half were unable to access primary care...” said the reviewers. Of those 120 who were seen, they waited 22 to 71 days to see a care provider.

After all the dust has settled, it seems that little may have changed for our veterans.

STRESS MANAGEMENT STRATEGIES FOR WOMEN LIVING WITH MS: COGNITIVE BEHAVIORAL METHODS IN A GROUP SETTING



Group treatment

The intention of this group is to foster development of specific strategies and practices that have been shown to reduce fatigue and improve mood in individuals living with multiple sclerosis. Topics that will be addressed include social functioning (communication and assertiveness), fatigue, anxiety, relaxation, pain management, and cognitive impairment.

Women are invited to participate, and it will be led by clinical psychologist, Melissa Dufrene, PsyD. Participants will be asked to practice skills outside of sessions and to monitor their progress.



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A Shrink at the Flicks

Deepwater Horizon

A Review

by Alvin G. Burstein

Watching this film gave me a new perspective on the tragic explosion of the oil rig in the Gulf of Mexico April 10th, 2010. At the time, the newspaper headlines made it clear that it was a major oil spill, that lives were lost, and that major ecological damage would be sustained. The film created some new dimensions, human ones.

To link the story on the screen to the real event, the film begins with an audio of the testimony by a surviving crew member at one of the hearings held subsequent to the explosion and fire. The film ends with more of the testimony and with photographs of the eleven crewmembers who perished. Importantly, those photographs were family pictures, driving home the personal losses involved.

To further personalize the event, the opening scenes of the movie focus on Mike Williams, chief electronics technician for the rig, waking at home on the morning of the disaster, lingering in bed with his wife, Felicia, and saying goodbye to his daughter before leaving for work. The focus moves to another everyday scene. Andrea Fleytas, the bridge officer, struggles to get her beat up Mustang to start, finally having to hitch a ride with a motorcyclist. These are “everyman” figures. But ones that will be caught up in a cataclysm. The message is implicit but clear. The bubble of security in which all of us live is much more fragile than we let ourselves think.

The visuals in the film are impressive in two ways. They provide an ongoing survey of the mechanical tangle of this



Frankensteinian device for drilling thousands of feet below the surface. They take us high, to the overhead cranes, and below, into the depths of the sea, along articulated complexities, bubbling and gurgling in eerie semi-light. The rig becomes a complicated monster managed, but, as it proves, not mastered, by very human and very mortal agents.

The monster is a metaphor for another monster, the web of organizations brought together to tap the oil deep below. There are companies with partly conflicting agendas. There are workers, focused on the nuts and bolts of the procedures. The film draws a clear, though implicit, distinction between the company “suits,” clean shaven, in jackets and ties, and the laborers, begrimed, helmeted and overalled. The company men are profit driven, wanting to avoid expense. The workers are task oriented, wanting to get the job done, and enjoy their pay. The metaphor linking the rig to its organizational context made explicit when one of the suits attempts to damp down complaints about cutting safety corners. He compares British Petroleum to a machine with many parts that all have to work together smoothly.

The second major message of the film might be put in the form of a question. One hundred and twenty six people manned the rig, eleven died, all were scarred. How is one to balance their well-being, indeed, their lives, against commercial profit and loss? The film clearly suggests that in the Spring of 2010, on the Deepwater Horizon rig, the human beings involved were put at unacceptable risk.

If there is a shortcoming in the film, it is a lack of attention to the ecological aspect of the disaster. A single oiled sea bird crashes onto the deck of one of the rescue ships, a grim but inadequate token of an environmental cost that is still only partly knowable. Even given that demur, this is a film well worth seeing and, more, one worth thinking about.

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.

People

APA Monitor Showcases Drs. Callahan and Moore as “Rising Stars”

The *Monitor*, magazine for the American Psychological Association, included two Louisiana psychologists among their feature, “9 Rising stars: Meet a group of early career psychologists who confronted problems and found unique ways to solve them.”

Dr. Kristin Callahan and Dr. Michelle Moore were showcased in the Rising Stars article, published in October. The authors wrote that today’s “crop of early career psychologists may be the most entrepreneurial and creative in the field’s history.”

The *Monitor* authors noted the challenges of rapid changes in systems of care and the need for innovation that the early career psychologists are handling with new approaches.

Showcased was Dr. Kristin Callahan, Assistant Professor at the Louisiana University Medical School. After working in a Head Start center in New Orleans Callahan was propelled to find better ways to meet the needs for early intervention and psychotherapy in young children, said the *Monitor* authors.

Dr. Callahan linked with Gulf Region Health Outreach Program funded from the Deepwater Horizon Medical Benefits Class Action Settlement for Lafourche Parish. With that funding she was able to provide services to 15 Head Start centers in the parish.

Callahan leads a team of LSU Health Sciences Center clinicians that provide

services, which include observing classrooms, advising teachers on behavior management and referring children who need further assessment or counseling to the LSUHSC clinic, said the authors.

Most of the children are dealing with multiple stressors at home as a result of parental unemployment or income loss after the oil spill. Many of those parents also developed addiction problems. “I’ve never seen parental drug use like this; it is an epidemic in this community,” Callahan said in the *Monitor*.

Dr. Michelle Moore was also highlighted in the national magazine and named a Rising Star.

“New Orleans psychologist Michelle B. Moore, PsyD, has created a novel way to help young children find their words in therapy: a coloring book that describes how such emotions as anger and embarrassment feel and helps children understand how their feelings affect their minds and bodies,” wrote the *Monitor* authors.

“Moore based her ‘Colorful Emotions’ coloring book on drawings she sketched as an intern working with a 9-year-old boy who was withdrawn and exhibiting depressive symptoms. One day, Moore drew the lines of a sad face for him and asked how the person in the drawing felt. The boy started to color the picture, and his words began to flow.”

Dr. Moore is a licensed clinical psychologist with a certificate in Infant Mental Health Specialist Certification, and is also Clinical Assistant Professor of Psychiatry, at LSU Health Sciences Center, Department of



Dr. Michelle Moore (R) with Sarah Scalese at a past conference. Dr. Moore and Dr. Kristin Callahan were showcased in the American Psychological Association’s October *Monitor*.

Psychiatry, Section of Psychology, in New Orleans. At the Center she is also Associate Director of Pre-Doctoral Training.

Using her strong background in psychotherapeutic and educational techniques, Moore created and produced a therapeutic tool that can be used to help youngsters express and label their emotions, but which also is entertaining and appealing.

The book as become a popular tool among New Orleans elementary school counselors said the *Monitor*. It is also popular with parents in Moore’s practice who often say they struggle with finding the right words to speak to their children.

Moore has extensive background in instruction and teaching and the text draws on her experience with youngsters and parents. Dr. Moore has worked in the Louisiana Rural Trauma Services Center research project funded by Mental and Behavioral Health Capacity Project-Louisiana. *Colorful Emotions: A Workbook to Help Children Express Their Feelings* is available from Amazon.

LCA Honors Members

The Louisiana Counseling Association honored members for distinguished contributions, announced in September at the association’s annual convention, held in Baton Rouge.

Denise Latour, M.Ed, NCSC, NCC was honored for Distinguished Professional Service Award. This award is established to honor and recognize outstanding service at the state level, according to the association.

The Award for Humane and Caring Person was given to Susan Thornton, Ed.D, LPC–S, for selfish giving to others, and promoting well-being in others without personal benefits.

Michelle Robichaux and Jessica Aslin were named for the LCA Presidential Awards for distinguished contributions and service to the profession.

Madelynn Fellon was named LCA Graduate Student Award.

The association presented the LCA Advocacy Award to Representative Paula Davis.



State Senator Regina Barrow (L) was named Legislator of the Year by the Louisiana Psychological Association at their recent conference. Here Past President Dr. Lacey Seymour (R) presents the honor. Senator Barrow has led numerous legislative efforts to improve health and well-being in Louisiana’s citizens.

Dr. Paula Zeanah Explains the ACE to Psychologists at Fall Conference

Paula Zeanah, PhD, gave a keynote address, “Adverse Childhood Experiences: Implications for All Psychologists,” at the Louisiana Psychological Association Fall Workshop last month.

She spoke on the strong relationship between ACEs (scores on a measure of childhood trauma and stress) and long-term health outcomes and behavioral problems. She discussed how chronic stressful events disrupt neuro-development. As a result, the child’s cognitive functioning or ability to cope may be impaired. And this can contribute to disease, disability, and

interpersonal problems, as well as premature death.

Dr. Zeanah is a clinical psychologist, registered nurse, and professor at the Tulane University School of Medicine. She serves as Chief of the Psychology Division within the Department of Psychiatry and Behavioral Sciences. She is a supervisor for the Pediatric Psychiatry Consultation-Liaison service at Tulane Hospital, and Director of Infant Mental Health and is the Clinical Developer for Louisiana’s Maternal, Infant, and Early Childhood Home Visitation (MIECHV) program through the Louisiana Office of Public Health, Bureau of Family Health.



Dr. Paula Zeanah speaking at the Louisiana Psychological Association Fall Conference. She gave a keynote presentation on “ACE” factors (childhood stresses) and long-term health outcomes. She is a clinical psychologist, registered nurse, and director of programs at Tulane University School of Medicine.

Professional Group Forming in IO Psychology

A group of psychology professors, psychologists, human resources professionals, students, and consultants met in Baton Rouge on October 29, at the Louisiana State University Continuing Education facility at Pleasant Hall, to begin formulating goals for a professional group for those in IO psychology in the Louisiana community.

The meeting was facilitated by Dr. Courtland Chaney, industrial-organizational psychologist,

Those attending discussed general goals for the larger group, currently a free-standing group of approximately 50 members, said another of the organizers, Dr. William Costelloe. The group includes practitioners, students and professors from across the state.



Members of a free-standing professional group for applied and scientific industrial and organizational psychology met last month at the LSU Continuing Education facility on the LSU campus. Attending were (Front, L to R) Chelsea Hightower, Ashley Mongrue, Melinda Stallings, Megan Redhead, Sarah Ragona, and Laura Wolfe. (Back, L to R) Jim Stodd, William Costelloe, Tyree Mitchell, Don Zhang, Courtland Chaney, and David Geller.

Up-Coming Events

Resiliency Workshops for Flood Victims

A series of workshops for those adults, teens, and youngsters affected by the flood, will be offered on November 5, 12, and 19, for adults, and on December 3, 10, and 17 for teens and children. The location is the Florida Boulevard Baptist Church, at 10915 Florida Blvd., in Baton Rouge.

The workshops are free and registration is available at resiliencyworkshops@gmail.com. Or, call 225-926-7799.

Organizers Dr. Darlyne Nemeth and Dr. Charles Burchell are developing the Emotional Resiliency Workshops to help flood victims develop ways for positive coping. The workshops are hosted by the Louisiana Psychological Association.

Resiliency is a term that includes multiple aspects of positive coping, such as response flexibility, communication, humor, problem-solving, help-seeking, and creative-thinking, and others.

Psychologists helping to develop the workshops include Drs. Lucinda DeGrange, Andrew Yarborough, ValaRay Irvin, Thomandra Sam, Fernando Pastrana, and Mr. Stedwin Coleman, said organizer Dr. Charles Burchell.

Dr. Nemeth has been nationally and internationally recognized for

her Hurricane Anniversary Wellness Workshops. She has a background in community psychology, and involves government, religious, and professional organizations, and uses a wellness model of group intervention. She and her staff offered workshops that helped

prepare participants for the emotional reactions at the anniversary dates for Katrina. Post-workshop data has indicated reduced anxiety, improved coping and evidence of reattachment, as reported in APA Division 49 news.



FREE Emotional Resiliency Workshops

REBUILD RESTORE RECOVER

Adult Sessions:*

- November 5
- November 12
- November 19

*Childcare provided
Must pre-register

Kids/Teens Sessions:

- December 3
- December 10
- December 17

Have you been affected by the flood? Cleaning up and experiencing a reaction? Need information to help a loved one?

Workshop Time: 9am to 12 noon; Locations to be Determined
Sign up at ResiliencyWorkshops@gmail.com
or call 225-926-7799

Openings for Participants in Hyperbaric Oxygen Therapy Study

Contact the research coordinator at 504-427-5632 for more information.

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