

Up from \$600 to \$1200

ASPPB Limits Choice, Doubles Price of Psych Licensing Exam

The Association of State and Provincial Psychology Boards (ASPPB) has announced that its previous plan for a voluntary, “Step 2” section to the national exam for psychologists is no longer going to be optional. The new test will be combined with the existing test, which means that additions will be mandatory. The price will increase to \$1200, up from the current \$600.

The national exam is called the EPPP, or Examination for Professional Practice in Psychology, and is required by most regulatory boards as a hurdle for licensure in psychology. ASPPB, who owns the rights to the test, said the updated exam is planned for sale in January 2020.

The new strategy was first announced at the ASPPB Annual Meeting held October 18 in Hawaii, and communicated to regulatory boards in a letter from ASPPB CEO, Dr. Stephen DeMers.

“The ASPPB Board of Directors, based on a number of factors, including feedback from our member

Cont pg 7



The newest board member for the state psychology board, Dr. Leah Crouch (L) and Executive Director Ms. Jaime Monic, at the recent Long Range Planning meeting.

Dr. Gormanous Sole Candidate for LSBEP

The Louisiana State Board of Examiners of Psychologists (LSBEP) opened self-nominations at their Long Range Planning Meeting held in Baton Rouge on November 17 and found that Dr. Greg Gormanous was the only qualified candidate for the upcoming election.

Dr. Gormanous is the retired Chair of the Psychology Department at Louisiana State University at Alexandria, and served briefly in June to September 2015 as the LSBEP’s Executive Director.

Gormanous has also previously served on the board twice, the first time in

1981 to 1984 and then from 1986 to 1989

In a message to licensed psychologists the board’s Executive Director Jaime Monic wrote, “ LSBEP’s policy on elections states that the Board will proceed with the election process if at least one (1) nomination has been submitted. One nomination was received, therefore the Board is proceeding with the election accordingly.”

Licensed psychologists may vote until the election closes on December 22.

Cont pg 3



Dr. Greg Gormanous listening to Dr. Koren Boggs in 2016 when he served briefly as LSBEP Executive Director.

**Psychology
Times**
Holiday Gift Guide
pages 10 - 11



State News

Medicaid Contracts Rejected at Budget Committee Meeting

On November 3 the Legislative Committee on the Budget declined to approve five Medicaid contracts with managed care companies, when House Republicans balked, reported O’Donoghue of the *Times-Picayune*.

The nay votes of several Republicans, including House Speaker Taylor Barras, R-New Iberia, and House Appropriations Chair Cameron Henry, R-Metairie, stalled passage with an 18 to 6 vote that blocked the contract renewals.

The Governor responded in a press release saying “To put it simply, the people of Louisiana deserve better.

Cont pg 3

In this Issue

Governor Holds Human Trafficking Summits – pg 5

Dr. Coulter Named to Bullying Prevention Task Force – pg 6

LSU’s Dr. Buckner and Team at National Conference – pg 9

“Americans Are Officially Freaking Out” – *Stress Solutions* – pg 9

LPA Nominates Tulane’s Dr. Cunningham for APA Diversity Delegate – pg 12

Movie – *Murder on the Orient Express* – pg 13

Christmas Bookshelf – pg 14-15

Editorials and Opinions

Where is ASPPB's Moral Compass?

by Times publisher, J. Nelson

The decision by the ruling class at the Association of State and Provincial Psychology Boards (ASPPB) to force their new product with its \$1200 price tag on our early career psychologists is sad and ironic.

On a simple, economic level it's just one more example of what happens without a fair market in place—overpriced products that are low quality.

But for psychology the recent power grab by ASPPB is another sign that our national leaders have lost their moral—and in this case also their scientific—compass. I expect this in other professions, but as naïve as it sounds, I expect more from psychologists.

ASPPB is a keeper of our stone tablets, where our commandments are written, and just like APA, now seems more and more lost when it comes to what it really means to be psychologists, the only profession that is a profession *and* a science, and the only profession that is expected not only to do the right thing, but to seek the highest possible levels of self-awareness while doing it.

Here is my current and growing list of problems with ASPPB:

1. The first is a technical matter. They are not using criterion related validity methods for their test development. I expect this from other professions but we set the bar in selection-testing and should refuse to lower standards.
2. ASPPB is promoting a new test before they even know if it will be valid, which means to me that the thing is rigged.
3. They seem over their head or else are ignoring the criterion problems for psychologists, e.g. does "competence" have a linear relationship to disciplinary actions years later? Predicting job performance is different than predicting misdemeanors.

4. They ignore, and the boards do too, base rates. These rates bring into question the need for any test, but especially additional tests. Ignoring base rates also means they can ignore the test's inability to predict rare events—disciplinary events. The hope of prediction, to "protect the public," is what the customer is paying for in the first place.

Numbers #1 to #4 above suggest to me that ASPPB is operating out of its competence area.

The next have to do with ethics of client relationships and general ethics.

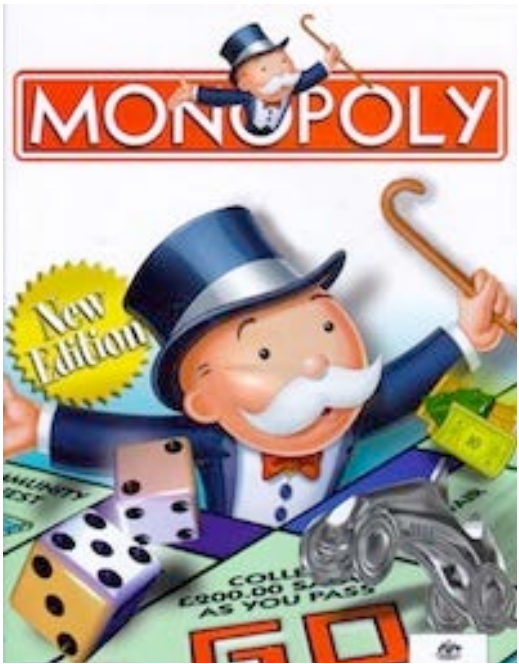
5. They seem to ignore the possible harm done to others—high possible false negatives and 50 percentile cut scores and fail rates—in the absence of criterion validity.
6. They are not open and transparent. They hold private, closed meetings with members of government bodies that make decisions about the public and profession.
7. They are overcharging their clients. ASPPB has a monopoly on the national exam but fails to adjust to the situation with checks and balances that would help them with their financial conflict of interest. The current \$600 price is twice what the physicians charge for the same number of hours of testing and three times what the social workers charge.
8. ASPPB appears unconcerned with those who are helpless to protect themselves. They intend to double the price of a profitable product, and foist the increase on our most vulnerable group of young psychologists who have no voice in the matter.
9. ASPPB wastes their money on frivolous travel and entertainment, which smacks of influence peddling. They spend money to act like big-shots, rather than roll back costs to the young people.
10. They are not really a non-profit, not in the true sense of the word, not any more.

Does ASPPB exist to provide moral and technical leadership to the boards and help them with (law) enforcement? If so they need to take a vow of poverty and open everything they do to inquiry, analysis and inspection.

Or, is ASPPB a test-publishing business, seeking government contracts? Making decisions behind closed doors to achieve the goal of higher profits?

Mixing these usually means that neither is done to the highest standards, standards that psychologists, psychology, and the public need and deserve. Serving two masters is extremely difficult under even the most enlightened conditions.

In this anti-regulation environment, ASPPB is taking risks with our future and our traditions by this path. Their Board of Directors needs to snap out of it. They do us no honor by their recent decision or how it appears to have come about.



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:
Susan Andrews, PhD, Alvin Burstein, PhD

Cartoonist: Jake Nelson-Dooley

Photography: Yael Banai, PhD, Mike Dooley, MBA
Tom Stigall, PhD, Britney Waters

Copy editor: Susan Brown

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.

The *Times* is NOT affiliated with any organization,
other than the Press Association.

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

Corrections & Clarifications

We put "R to L" instead of "L to R" in our front page photo and corrected it when a reader pointed it out a week later. Ugh. Also, we goofed up the headline for the BA board. Please send your corrections or clarifications to the *Times* at:

psychologytimes@drjulienelson.com

[Julie Nelson is a licensed psychologist, journalist, organizational consultant, and publisher of the Times. She also holds other various positions in the community. However, her opinions here are those of her own, and do not represent any group or association. She and the Times receive no compensation other than paid advertizing. Email her at drj@drjulienelson.com. —she welcomes feedback.]



Dr. Greg Gormanous (L) in 2016 with Dr. Phil Griffin. Dr. Gormanous is currently the only name on a ballot for appointment to the board. He has served twice before and has extensive experience with regulatory issues.

Dr. Gormanous and Psychology Board Election continued

Following that the results will be transmitted to the Louisiana Psychological Association who will submit a list to the Governor.

Dr. Gormanous noted several goals of his service on his self-nomination form. “My view for regulating psychology in LA is helping the board become more effective and efficient in protecting consumers of psychological services,” he wrote, “while simultaneously ensuring due process, irrespective of particular staff, board members, issues and personalities.

He noted that his purpose and goals are: “To proactively enhance effectiveness, collegiality and transparency with administrative, legislative, media, professional, psychological & public stakeholders in order for the LSBEP to ensure statutorily that consumers have access to qualified providers of psychological services and to ensure enforcement of ethical standards of practice to which providers are required to adhere, with appropriate oversight of the Board’s function by the state of Louisiana.

“In both Louisiana and North America, there have been cataclysmic shifts in regulatory psychology in the last three years. And rapid transformational regulatory changes are on the immediate horizon. Thus, LSBEP is facing & will face additional significant challenges in the next five years.

“1. Revising the “complaint” rules, procedures and practices by focusing on two equally important objectives: protecting consumers of psychological services AND ensuring due process for all.

“2. Achieving more effective outcomes for the expenditure of legal fees - presumably underway now.

“3. Staying a pace with changes in education and training. For example, other jurisdictions will be

moving toward eligibility for candidates to sit for the EPPP 1 after doctoral course work is completed.

“4. Adjusting to implementation of the competency model (EPPP 1 Knowledge and EPPP 2 Skills) by other jurisdictions and considering what is best for consumers in LA.

“5. Revisiting Generic versus Specialty Credentialing. Does the board stay with its “opportunity for registering...within a limited list of recognized specialties...” or does it implement the health service psychologist (HSP) & general applied psychologist (GAP) categories recognized by APA and ASPPB?

“6. Exploring any ramifications of implementation of the ASPPB’s PEP for LA.”

He also wrote: “A common view in the regulatory community - be it pharmacy, psychology, social work, veterinary medicine, or whatever-is that it takes a year or two for a new board member to figure out her/his role. Past & current experiences as an active member of ASPPB and FARB & short term services as ED of LSBEP have prepared me to serve.”

Dr. Gormanous is Professor Emeritus of Psychology, LSU Alexandria, and earned his PhD from the University of Southern Mississippi in General Psychology in 1976. He member of Association of State & Provincial Psychology Boards (ASPPB), the Federation of Associations of Regulatory Boards, the American Psychological Association, the Society for Industrial & Organizational Psychology (APA Div. 14), the Society of Consulting Psychology (APA Div. 13), and the Association for Psychological Science.

Medicaid Contracts Blocked, continued

The partisan spectacle led by a vocal minority in the House fell far below what we should expect of public servants who have pledged to uphold the best interests of their constituents. The contracts they failed to advance in today’s vote were critical to providing health care for 1.6 million Louisianans, including 800,000 children.”

The *Times-Picayune* report said that Cameron Henry led the effort to vote down the contracts. Henry said that the contracts caused Louisiana to be forced to spend too much and he had concerns about a set of reports that indicated inflated prescription drug program spending in the Medicaid program as well as accounts of inadequate oversight.

“This is one fourth of the entire state budget. That deserves a little more oversight,” the *Times-Pic* reported that Henry stated. Together the five contracts total \$15.4 billion, and more than half of the funding for them comes from the federal government. They expire Jan. 31.

Psychologists representing the Louisiana Psychological Association participated earlier this year in an effort to provide ideas for cost savings through innovations, in a task force formed by a Resolution by Representative Norton. Sources noted that the goals were notably challenging.

Governor Edwards may take some type of action, suggested when he said, “People are sick and tired of politicians leveraging the health and well-being of Louisiana citizens for messy political battles. That has gone on long enough. In light of the continued gridlock on the part of a minority of House members, my administration will take action to do what is best for the people of our state.”

Representative Norton’s House Concurrent Resolution No.55, also noted, “...the mental health and well-being of the residents of Louisiana is a vital issue that affects not only quality of life, but also the health of communities, families, and economic stability.”

The Resolution notes that 44 million adults in the United States live with mental illness and 20 percent of children and adolescents have a diagnosable mental health disorder; and one in 25 individuals in the United States has lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression; and those with serious mental illness die, on average, 25 years earlier than individuals in the general population.

Gov. Edwards Makes Appointments to LPC Board and Others

On November 6, the Governor reappointed Claude A. Guillotte, of Hammond, to the Louisiana Licensed Professional Counselors Board of Examiners. Guillotte is a licensed professional counselor and licensed marriage and family therapist in private practice. Mr. Guillotte was nominated by the Louisiana Association of Marriage and Family Therapy.

Ayn W. Stehr, of Baton Rouge, was appointed to the Children’s Cabinet Advisory Board. Stehr is an attorney and the Executive Director of the Louisiana Chapter of the National Association of Social Workers. She will serve as its representative on the board.

On November 9, the Governor appointed a number of individuals to the Advisory Board of Juvenile Justice and Delinquency Prevention, including Darrell L. Renfro, PhD, of Kenner, Licensed Professional Counselor and the owner of Renfro and Associates.

LPA Healthcare Innovations Committee Works with Medicaid Task Force

Members of the Louisiana Psychological Association (LPA) Healthcare Innovations Task Force recently worked to help with discovering innovations that could help the state Medicaid programs. Members included Chair Dr. Lacey Seymour, Dr. Chris Leonhard, Dr. Deborah Palmer-Seal, Dr. Erin Reuther, and Dr. Michele Larzelere.

In August Dr. Lacey Seymour was appointed as the LPA representative to the Medicaid Integrated Assessment Task Force, a group created by Representative Barbara Norton and others, with the goal to “make a thorough study and evaluation of Louisiana's current statewide system of healthcare delivery for Medicaid enrollees with serious mental illness.” Dr. Seymour is a licensed psychologist and a past-president of the Louisiana Psychological Association.

In working with the Medicaid Task Force, the LPA Committee members made recommendations to the task force members, including telepsychology services, for the use of consulting health psychologists, and a recommendation to participate in projects currently underway elsewhere in the country with the goal of improving mental health services in primary care.

The Healthcare Innovations committee works to “craft, communicate, and apply a comprehensive and integrated role for psychologists, similar to the health service psychologist, with the aim of enhancing and expanding the practice options and contributions of these psychologists within Louisiana’s traditional healthcare system,” according to sources.

The committee’s efforts are to assist current policy makers to innovate and also to help inform and educate the public and policy makers about benefits of psychology, explained sources.

Fewer Opioids Prescribed, Say Officials

New data from the Louisiana Department of Health and the Louisiana Board of Pharmacy show there are fewer opioids being prescribed since Medicaid expansion began in July 2016. Health officials partly attribute these reductions to policy changes made by the Legislature and by the Medicaid program, said a report from the Governor’s Office, November 10.

“Medicaid expansion is not only helping people get the care they need, it is ensuring they get the proper medications when they are ill,” said Gov. Edwards. “When it comes to the prescribing of opioids, it is good news to see those who need the medications are getting them, and that the controls we’ve put in place to limit these medications are working.”

According to the Board of Pharmacy which administers the Prescription Drug Monitoring Program, both the total number of opioid prescriptions and the total number of opioid pills have decreased from the year before Medicaid expansion to the year afterwards.

- The number of prescriptions decreased by 109,675, a 2.08 percent reduction.
- The total number of pills prescribed decreased by more than 10 million doses, a three percent reduction.

• Preliminary data from the Department of Health that shows first-time opioid users being prescribed short-acting opioids in similar reductions in the State’s Medicaid program over two separate time periods:

• Since July 2016, the first month of Medicaid expansion to August 2017, there has been a 40.1 percent decrease in the amount of opioids dispensed for average claims.

• Since January 2017 – Since Medicaid policy changes were first implemented in January 2017, the number of pills per prescription for Medicaid patients have decreased by more than 25 percent.

Dr. Rebekah Gee, secretary of the Louisiana Department of Health said addressing the opioid epidemic and getting people access to care are her goals, and Medicaid expansion is crucial to success. “Medicaid expansion has helped thousands of people get the life-saving care they need. In fact, we’ve seen more than 13,000 more people get substance abuse treatment through the expansion in the first year alone,” Gee said. “Because of new laws and policies, and better access to the right care, physicians are prescribing fewer total opioids and fewer opioids per patient.”



“Mediation, Money & Mental Health: Issues in Family Court”

Eighth State Conference
Jan. 26-27, 2018
AFCC-LA



12.5 CLEs/CEUs applied for;
Application made for Family
Specialization Credit through LSBA

Paul Hebert Law Center
LSU-BR
1E Campus Drive
Baton Rouge, LA 70803

Schedule of Events

Friday, January 26, 2018

08:00 - 09:00 Registration, Continental Breakfast
09:00 - 10:30 Mediation Marketing—Dr. James Stovall

10:30 - 10:45 Break
10:45 - 12:15 Mediation Marketing—Dr. Stovall

12:15 - 1:00 Catered Lunch/Annual Meeting

1:00 - 2:00 Social Security Entitlements, Pension Set-offs, Health Care—Madison Field, MBA, CVA, and Robert Woosley, CFP

2:00 - 3:15 Hearing Officers: Use of Mental Health Professionals—Brandy Blanchard, JD, Jill deCourt, JD, Lisa Matthews, JD

3:15-3:30 Break
3:30-4:45 The Use of MHPs as Custody Case Managers—Hon. Pamela Baker, Cathy Austin, PhD, LPC, LMFT

4:45 - 5:00 Evaluations, Certificates
5:00 Cocktail Social and Networking

Saturday, January 27, 2018

8:00 - 8:30 Registration, Continental Breakfast
8:30 -10:00 Money & Divorce Client Behavior—Helen Graf, CFP, CDFA

10:00 -10:15 Break

10:15 - 11:45 Role of Child Therapists in Custody Disputes—Rhonda Norwood, Ph.D., LCSW

11:45 - 12:30 Catered Lunch

12:30 - 2:00 Sexual Abuse: From Allegations to Visitation—Karen Arias, Forensic Interviewer, BRACAC, LaDonna Ward, Exec. Dir., Westside SVC

2:00 - 2:15pm Break

2:15 -3:45 Substance Abuse Issues in Family Court Cases—Tanya Stuart, LCSW-BACS, LAC, CCS

3:45- 4:00 Evaluations, Certificates

See www.afccnet.org for more information.

Governor Hosting Series of Human Trafficking Summits

On November 28 Gov. Edwards and the Governor’s Office Human Trafficking Prevention Commission announced a series of regional summits on human trafficking. In collaboration with the Department of Children and Family Services (DCFS), the Louisiana Alliance of Children’s Advocacy Centers (LACAC), Louisiana State Police (LSP), and HP Serve, these summits will highlight pertinent information from key stakeholders regarding the existing services, protocols and community response to trafficking victims, said the release.

“The fight to end human trafficking is a responsibility we all must share, from law enforcement and policy makers to service providers and faith based leaders,” said Gov. Edwards. “We are going to continue to come together to make sure we bring every resource to bear to attack this problem.”

The Governor’s Office hosted the first summit of the series in Baton Rouge on Nov. 28. Speakers included Dana Hunter, director of Louisiana Governor’s Children’s Cabinet; Larissa Littleton-Steib, chancellor of Baton Rouge Community College; Sec. Marketa G. Walters, Human Trafficking Prevention Commission; Paul Pugliese, Assistant US Attorney, Middle District Human Trafficking Taskforce; and Alliece Cole, Director of Anti-Human Trafficking Initiative at HP Serve. A second summit was held in Alexandria on November 30.

The Governor’s Office produced an educational video as a part of the Governor’s initiative to inform the public on human trafficking which can be viewed online.

These summits are made possible through funding from AMBER Alert, a program of the National Criminal Justice Training Center at Fox Valley Technical College.

Dates of upcoming summits are as follows:

- Dec. 13, 2017--- Shreveport
- Dec. 14, 2017--- Monroe
- Jan. 16, 2018--- Lafayette
- Jan. 18, 2018--- Lake Charles
- Feb. 20, 2018--- Thibodaux
- Feb. 22, 2018--- Covington
- March 8, 2018--- New Orleans

Service providers interested in participating may email dana.hunter@la.gov for more information.

In September Governor Edwards appointed Rafael F. Salcedo, Ph.D., of Folsom, to the Human Trafficking Prevention Commission Advisory Board.

Salcedo is a clinical psychologist in private practice. As required by statute, he will serve as a licensed psychologist with experience related to exploitation.

He and wife Beth founded the Free Indeed Home, the first therapeutic home for sex-trafficked girls. He was also named the 2017 Distinguished Psychologist for his many contributions, including his community leadership when it comes to rescuing children from traffickers.



Dr. Rafael Salcedo speaking to an audience at a recent workshop of the Louisiana Psychological Association. Dr. Salcedo serves on the Human Trafficking Prevention Commission Advisory Board.

Psych Board Planning on “Emeritus” Status

The Louisiana State Board of Examiners of Psychologists plans on creating the category of Emeritus Status Psychologists, said Chair Dr. Phillip Griffin at the November 17 Long Range Planning meeting.

The working draft of the new Rule would create the category for the Emeritus and sets out some of the policy.

Dr. Griffin said that if an individual is retired and not practicing psychology, the title of Emeritus Psychologist may be used by that individual, as a designation of a retired psychologist. Dr. Griffin indicated that the fee may be \$100 and that if the Emeritus Psychologist wanted to reinstate his or her active license, they could do so under certain conditions.

Currently, those retired from the practice of psychology are considered to have a license that is “lapsed.” Griffin said he considered this to be an unnecessary and an unfortunate way to handle the status of retired psychologists.

The new Rules also may include matters for Inactive Status Psychologists. The

inactive fee will be set by the board and the psychologist may apply for inactive status, and then be allowed to reinstate their active status when that is feasible. The board members discussed the various reasons for inactive status, such as illness, family leave, military or other responsibilities.

The suggested new Rules may also indicate exemptions from continuing professional development requirements for those who are inactive or Emeritus.

Behavior Analyst Board Publishes New CE Rule

Behavior Analyst Board updated it Rules for Continuing Education, writing “This Rule establishes the requirements for each licensed behavior analyst and state-certified assistant behavior analyst to complete continuing education hours within biennial reporting periods beginning in December 2016. Continuing education is an ongoing process consisting of learning activities that increase professional development.” The complete Rule is published in the November 2017 issue of the *Louisiana Register*, available online.

Governor’s Office Hits Back After Senator Kennedy Criticizes Prison Reforms

The Governor’s Office issued a memo, attributed to Press Secretary Tucker Barry, lashing back at Senator Kennedy for his criticism of the prison reforms. “Is anyone really surprised anymore that Sen. Kennedy would create an opportunity to score cheap political points by spouting wildly inaccurate and unrelated nonsense at the expense of the most promising bipartisan efforts to improve Louisiana’s criminal justice system and improve public safety in a decade all in the hopes that it would benefit him personally?”

Over the past three years, more than 1,000 human trafficking cases have been reported to the Louisiana State Police. Last year alone, the number of human trafficking cases in Louisiana rose by 25 percent and of the 477 confirmed or high-risk cases in 2016, nearly half involved minors being exploited for sexual purposes.

State & National News

Dr. Coulter Named to Bullying Prevention Task Force for HR 208

The Louisiana Psychological Association (LPA) has designated W. Alan Coulter, PhD, as representative to the Louisiana Bullying Awareness and Treatment Task Force.

Dr. Coulter is a licensed psychologist and the Chair of the School Psychology Committee for LPA.

Dr. Coulter is the Director of Program Area for the School of Allied Health Professions, Human Development Center, at LSU Health Sciences Center. He is the recipient of the Child Advocacy Award from the National Association of School Psychologists as well as other honors. He has served as the President for the National Association of School Psychologists, among numerous other leadership roles.

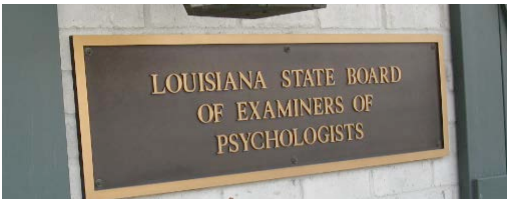
The Bullying Awareness and Treatment Task Force was created by House Resolution No. 208 in the 2017 regular legislative session, and authored by Representative Barbara Norton.

HR 208 directs the purpose of the task force members to make a thorough study of bullying prevention strategies to develop a Louisiana Bullying Awareness and Treatment Plan which provides, at a minimum, recommendations regarding: 1) Positive reforms to prevent bullying; 2) Counseling and other treatment services for youths who are victims of bullying as well as youths who are involved in bullying; and 3) Best practices for establishing a safe and healthy environment for all children to learn, grow, and develop.

HR 208 also directs task force members to consider a comprehensive statewide effort to fully identify and address problem areas; a change in the environment to effectively combat bullying behaviors; and a change in the norms for behavior from students, educators, parents, and others to successfully address the problem.

LA’s Unemployment Drops to 4.8 Percent

Regarding the drop in unemployment to 4.8, Governor said, “The best social program out there is a good job, and more and more people in Louisiana are finding work. [...] Just look at the historic economic development project we announced in New Orleans this week. Two thousand good-paying jobs are on the horizon. We are not out of the woods yet, and we have a lot of work left to do, but for the sixth consecutive month, we are seeing strong signs of improvement for Louisiana’s economy. I have said before that Louisiana’s brightest days are ahead of us, and these unemployment figures are further evidence of that.”



Executive Director Report – Ms. Monic reported on the current status of LSBEP Investigations and Complaint matters for 2016-17 as follows: Total investigations 23 (13 Against Psychologists, 10 Against Non-Psychologists); Disciplinary Actions 3 (3 Against Psychologists, 0 Against Non-Psychologists). Ms. Monic reported that Nominations for the 2018-2023 Board Seat opened on October 1st. No Nominations had been received to date and the nominations period may need to be extended.

Continuing Professional Development Committee – Ms. Monic reported that the annual audit of continuing education reported for the July 1, 2015 through June 30, 2017 had not yet been facilitated. The Board discussed the audit and procedures. The Board also discussed how CPD reporting was going. Dr. Griffin requested that the matter be added to the LRP Agenda for further discussion regarding the requirements.

2. Contract with the Office of the Attorney General for Administrative Law Judge – The Board discussed the need for a contract with

From the Minutes
Selected Items from October Discussions at the Louisiana State Board of Examiners of Psychologists

the Office of the Attorney General to provide services to the LSBEP in the role of administrative law judge or hearing officer to assist the LSBEP in adjudicating matters requiring a formal administrative hearing and in order to ensure the proper conduct of the proceedings in accordance with the law. Dr. Lambert moved that the Board authorize Ms. Monic to request and negotiate the terms of a contract with the AG’s office in accordance with the policies, procedures, regulatory and statutory contracting requirements of the state, including the rates approved by the AG’s office, the total of all sums payable including fees and reimbursement of expenses not to exceed Five thousand dollars (\$5,000).

4. Policy and Procedures – Budgeting, Contracting, Ethics – The Board reviewed and discussed potential revisions to its policies and procedures related to budgeting, contracting and ethics training as proposed by Ms. Monic. Dr. Henke moved to accept the revised policies as presented. The motion passed unanimously.

5. Psychologist Emergency Commitment: Title 28, Chapter 1 (Behavioral Health Laws) and LSBEP Opinion #002 – The Board reviewed the current statutory and regulatory requirements of psychologists that apply to individuals who have been registered and trained as developmental psychologists. It was determined that specialization and training of a developmental psychologist does not currently fall within the requirements of the LAC Ch. 3 Section 305 to engage in applied health care (or clinical practice) areas and therefore are not qualified to issue a Psychologist Emergency Commitment as defined in Title 28, Chapter 1 of the Behavioral Health Laws. Those specialties recognized by the Board as applied health care (or clinical practice) include “...counseling, clinical, clinical neuropsychology, and school psychology”. Dr. Griffin requested the matter be placed on the Long Range Planning meeting agenda for further review and discussion.

PROVIDING SOLUTIONS TO STUDENTS

Find the right college major now!

Create a plan to graduate!

Start a career upon graduation!

"If someone is open to growing, the Career Consulting process provided by Costelloe and Associates can provide a great path for increased success and growth." - Former client

"Dr.Costelloe was able to help me understand myself and my potential in much greater depth than I had before." -Former client

"My son has grown over the years, his professional development has been aided by the 'reminders' that Dr. Costelloe's testing and counseling revealed." -Former client

William H Costelloe III Ph.D
(Industrial Organizational psychologist, President)

William H Costelloe IV B.A.
(Career Consultant Vice President)

COSTELLOE & ASSOCIATES INC.

C A R E E R C O N S U L T I N G

Like us on Facebook @ costelloecareerconsulting

www.costelloecareerconsulting.com

3350 Ridgelake Drive, Metairie, LA, 70002 | (504) 293-0022

State & National News

ASPPB Limits Choice, Doubles Price of Psych Licensing Exam

continued

jurisdictions and input from our legal counsel, has determined that the EPPP Part 2 is a necessary enhancement, and therefore an essential component of the EPPP,” wrote DeMers.

He explained that the original plan was for “encouraging, but not requiring” the use of the additional exam, called EPPP Step 2.

“However, as the Board considered the unintended implications of allowing jurisdictions to choose a time frame and mechanism to adopt the EPPP Part 2,” he wrote, “the Board determined that the integrity and legal defensibility of the EPPP depended on treating Part 2 as an essential and integral part of the assessment of competence to practice for all those using the EPPP as a requirement for licensure.”

In 2016 ASPPB had announced the Step 2 exam and objections mounted, mostly from student and early career psychologist organizations.

Last year in Louisiana, Dr. Amy Henke, then a Director on the Executive Council of the Louisiana Psychological Association (LPA) and Co-Chair of the LPA Early Career Psychologists Committee in LPA, put forth a Resolution to oppose the Step 2 for Louisiana, which passed unanimously. Dr. Henke is now serving on the state psychology board.

Objections, from Henke and others, involve technical and scientific issues, but also the criticism that there is no problem that the new test needs to solve. “There is no evidence that the public is facing some sort of previously unheard of crisis in terms of safety from currently practicing psychologists,” said Dr. Henke in 2016.

Who is ASPPB and How Did We Get Here?

The ASPPB is listed as a private, non-profit, 501(c) tax-exempt corporation located in Tyrone, Georgia. The company states its mission is to “Facilitate communication among member jurisdictions about licensure, certification, and mobility of professional psychologists.”

ASPPB grossed \$5,933,473 in 2016 and listed assets of \$8,954,240.

The “members” appear to be 64 representatives from regulatory boards from across the United States and Canada. The boards pay dues to be a member of ASPPB.

While many members are government officials, ASPPB does

not follow open meetings laws. Deliberations and decisions are private. “If you are not a member or staff of an ASPPB Member Psychology Regulatory Board or an individual member, you are not eligible to access this section of our website,” they write. Their conferences are also members only.

ASPPB’s mission is to facilitate communication, but it also owns the intellectual property rights to the EPPP and the data generated by the testing program, which they seem to have acquired in or around 2013.

In a Letter of Agreement from ASPPB to the boards in late 2012, ASPPB wrote that the EPPP is “made available as a service to psychology licensure boards that are ASPPB members in good standing as signified by payment of membership dues.”

ASPPB’s main income producing product is the national exam for psychologists, which brings in about \$5,000,000 in gross sales each year. They have a few other products, such as the Psychology Interjurisdictional Compact (PSYPACT), a service to coordinate psychologists working across state lines.

While state boards are not required by law to use the EPPP, they uniformly do, since most licensing laws require a national exam.

Around 2012 ASPPB appears to have embraced a more aggressive corporate strategy. An insider told the Times, “In 2010 or somewhere around that time they were in New Orleans and they implied that they would be making a lot of money on the new test.”

In 2012, ASPPB acquired the rights for the national exam, taking over from Professional Examination Service (PES). In 2013 ASPPB wrote the boards that their contracts with PES were being “replaced with a contract between your jurisdiction and the Association of State and Provincial Psychology Boards.”

In that letter, ASPPB officials said, “ASPPB and PES have agreed that it would be simpler and more appropriate for ASPPB to contract directly with the 64 psychology regulatory agencies that are members of ASPPB.”

ASPPB said that the change would be “mutually beneficial because ASPPB can now



provide a simplified agreement that is more specific to the needs of psychology licensure boards. In addition, the renewal of contracts is expected to be more efficient...” And, “Finally, as voting members of ASPPB, each jurisdiction exercises more oversight of this important examination service by contracting directly with ASPPB for examination services.”

At the same time, ASPPB increased candidates’ exam fees from \$450 to \$600.

ASPPB’s plan to create additional testing products may have been in place as early as 2010. One undisclosed insider thinks the corporate objective for ASPPB is to be a central source for regulation of psychologists. “They want to ultimately do all the licensing and regulating for psychology,” said the insider. “They want to regulate all the telepsychology.” And, “They want to be the Walmart.”

In 2013 ASPPB officials were instrumental in conducting and designing the 5th International Congress on Licensure, Certification, and Credentialing of Psychologists, held in Stockholm, which focused on “... defining professional competence rather than specifying curricula or training requirements,” reported the Norwegian Co-chair. The invitation-only conference was primarily funded by ASPPB.

Dr. Emil Rodolfa, Chair of the Implementation Task Force for the EPPP Step 2, and past president of ASPPB, facilitated at the Congress. His goal, according to reports published by the Co-chair, was to address assessment and credentialing issues for competence for psychologists.

APPB’s Profitability

ASPPB brings in \$5 plus million yearly for its testing products, the main profit source being the EPPP.

Exams and related fees grossed \$5,296,421 for 2016, or 89% of all ASPPB venues. In 2015 this amount was \$4,775,213 and in 2014 it was \$4,826, 421.

For 2016 they list 12 employees, the most highly compensated is Dr. DeMers, at \$243,842. Another four fall between \$131,949 and \$125,860. Others are modest.

For exams in 2016, they claim expenses of \$1,859, 374 against revenues of \$4,916,406 for exams, a profit margin of 38 percent. One of the two major expenses is to Pearson Vue, Minneappolis for \$956,598. The second major expense appears to fall under “Other salaries and wages,” and comes to \$906,995. No employee names are given and it is not clear who receives this money.

ASPPB claims a large expense for travel. In 2016 the corporation reported \$867,217 spent for travel and also another \$200,583 for conferences.

Travel expense is consistently high. For example, in 2014 they reported \$863,340 for travel and \$222,083 for conferences. According to various other records Dr. DeMers traveled to Paris, Oslo, New Zealand, Milan, and to Beijing, to meet with international colleagues.

Of note is that ASPPB does not report payments of travel or entertainment for federal, state or local public officials on the tax returns. However, it appears to be a regular occurrence and openly discussed. In a June 2016

ASPPB Limits Choice, Doubles Price of Psych Licensing Exam

continued

review of the Louisiana State Board of Examiners of Psychologists (LSBEP), the Legislative Auditor wrote:

“Based on information provided by the Board, the former executive director may have improperly charged \$2,343 to the Board for airfare, hotel, baggage, and parking fees related to participation in Association of State and Provincial Psychology Boards (ASPPB) committee meetings during October and November 2014. ASPPB stated it pays for flights, hotel rooms, and associated travel expenses for committee meeting participants, either directly or through reimbursement.”

Charging to Fix What Isn’t Broken

Dr. Henke and the 2016 LPA Resolution to oppose the new test point out that multiple checks on competency already exist for psychologists and appear to be working to protect the public.

“Trainees are already held to high standards through a variety of benchmarks,” Dr. Henke wrote in the Resolution, “including but not limited to: APA approval of doctoral programs, multiple practicums where competency is repeatedly assessed, completion of formal internship training (also approved and regulated by APA and APPIC), and supervised post-doctoral hours obtained prior to licensure. There is no evidence to suggest this is not sufficient for appropriate training.”

Henke and others have also pointed to multiple hurdles that candidates already must clear, including two years supervision, a written exam, oral exam, background check, and jurisprudence exam. Additionally, the law allows the board to require additional physical and psychological assessments whenever needed.

However, Dr. Rodolfa questions if these standards are enough, saying that supervisors have “... difficulty providing accurate evaluations of their supervisees to others who may have to evaluate the supervisee’s competency.”

Dr. Henke has also said, “I am particularly concerned about regulatory boards encroaching ownership of training standards. The goal of a regulatory board, in my personal opinion, is to provide the least restrictive amount of guidelines possible in order to protect the safety of the public.”

Dr. Rodolfa disagrees and said, “Licensing boards have a mandate to ensure that the professionals they license are competent. Competence is comprised of the integrated use

of knowledge, skills, attitudes and values.”

In the LPA Resolution, Dr. Henke said about the new test, “There is no scientific data that support better outcomes regarding patient safety or quality of care. Given that psychologists are uniquely trained to design and create tests, it is concerning that this test is being proposed without any indication of its necessity for either the field or for the safety of the public.”

Henke and others point out that the evidence from disciplinary statistics suggests that problems are very low.

For the most recent year with records, 2016, total reported disciplinary actions across the U.S. and Canada dropped 32 percent from 2015. There were 130 disciplinary actions nationwide in 2016, the lowest number in the last five years. This from the *ASPPB Disciplinary Data System: Historical Discipline Report*. This number gives a rate of .001 based on 106,000 psychologists nationwide.

Rates of disciplinary actions for psychologists are consistency low. In 2015 there were 191 actions, in 2014 there were 170, and in 2013 there were 238. Rates remain around 1 or 2 in 1,000.

Louisiana’s rate is similar to the national average. Based on reported disciplinary actions for a five-year period, there were eight separate disciplinary actions by the Louisiana State Board of Examiners of Psychologists (LSBEP) from 2010 to 2014. (Six of the eight involved child custody.) The rate of 1.6 disciplinary actions for approximately 700 psychologists, is consistent with the national rate 1 or 2 per thousand.

Adverse actions and malpractice payments for psychologists and/or medical psychologists in Louisiana over the period of 2004 to 2016, based on National Practitioner Data Bank. Five medical malpractice payments were reported. The lowest settlement was \$10,000 and the highest was \$170,000.

For the same 11-year time period, 21 “Adverse Actions” which include board actions, occurred. This is about 1 in 400 for psychologists and medical psychologists, and an estimated 1 in 8,000 if using patients/clients.

“There is no evidence that the public is facing some sort of previously unheard of crisis in terms of safety from currently practicing psychologists,” Dr. Henke has said, and she bases this on facts that even ASPPB helps to gather in their report, *ASPPB Disciplinary Data System: Historical Discipline Report*.

In her LPA Resolution, Dr. Henke wrote about the EPPP2: “There is no scientific data that support better outcomes regarding patient safety or quality of care. Given that psychologists are uniquely trained to design and create tests, it is concerning that this test is being proposed without any indication of its necessity for either the field or for the safety of the public.”

Some say that the technical standards used by ASPPB are insufficient. In 2009, Brian Sharpless and Jacques Barber authored “The Examination for Professional Practice in Psychology (EPPP) in the era of evidence-based practice,” for *Professional Psychology: Research and Practice*.

“Professional psychology has increasingly moved toward evidence-based practice,” said the two authors. “However, instruments used to assess psychologists seeking licensure, such as the Examination for Professional Practice in Psychology (EPPP), have received relatively little empirical scrutiny.” They write,

Dr. Amy Henke (R) authored a Resolution for the Louisiana Psychological Association (LPA) to oppose expanding the ASPPB assessment and fee increase. She stepped down as LPA Director in order to serve on the state psychology board, seen here with Dr. Darla Burnett last year.

“... there is a paucity of criterion, predictive, and incremental validity evidence available.”

Dr. DeMers responded in the same journal attempting to clarify issues and giving some information not published. He agreed with some of the recommendations, according to the summary of his article.

Industrial-Organizational Psychologist Dr. William Costelloe, Chair of the I-O and Consulting Psychology Committee of LPA, told the *Times*, “... predictive validation studies *must* be conducted.” This type of research proof is not optional, he said. “Well conducted, scientifically based predictive validation studies *must* be conducted if the EPPP2 is intended to be used as a selection tool,” Costelloe said.

Henke and LPA also point to the issue that the test costs fall on the backs of those least able to shoulder them, new psychologists. According to the American Psychological Association these psychologists carry on average between \$77,000 and \$200,000 in student debt.

The current EPPP contains 225 items and costs \$600 for 225 items, with a four-hour time limit. Physicians pay \$605 for an eight-hour exam, and Social Worker candidates pay about \$250 for a 170-item exam.



CBT Researchers Present
Cutting Edge Studies at
National Conference

LSU Anxiety & Addictive Behaviors Research Lab

Researchers from the Anxiety & Addictive Behaviors Research Laboratory at Louisiana State University Psychology Department presented work at the 51st Annual Convention of the Association of Cognitive and Behavioral Therapies, held in San Diego, November 16–19. The theme for the conference was “Applying CBT in Diverse Contexts.”

Dr. Julia Buckner, Associate Professor and Director of Clinical Training for the Department, is also the Director of the LSU laboratory. Buckner and her students presented several studies in their research program of work.

At the November conference Dr. Buckner participated in the Symposium “Underlying Risk Factors of Addictions and Their Implication for Treatment,” discussing the “Association Between Anxiety Symptoms and Alcohol and Cannabis Use in Adolescents.”

Dr. Buckner and her doctoral student, Ms. Kimberlye E. Dean, along with Alfiee Breland-Noble, PhD from Georgetown University Medical Center, presented results from their study, “Social Anxiety Among Black Students: The Synergistic Role of Perceived Discrimination and Ethnic Identity.”

Another of Buckner’s students, Ms. Katherine Walukevich presented results from her and Buckner’s study, “Event-Specific Personalized Normative Feedback Intervention for a High-Risk Drinking Holiday.”

Dean, Walukevich, and Buckner presented work earlier this year at the conference of the Anxiety and Depression Association of America, held in San Francisco, with the theme, “On the Cutting Edge of Wellness: Behavioral Medicine and Its Application to Anxiety and Depressive Disorders.”

Ms. Dean presented “The Impact of a Transdiagnostic Risk Factor on Willingness to Seek Treatment among Black Students.” The work was co-authored with Dr. Buckner.

Ms. Walukevich presented “The Impact of Difficulties of Emotion Regulation and Coping Motivated Cannabis Use on Cessation Problems Among Dually Diagnosed Outpatients: Serial Mediator Analyses.” Co-authors included Michael Zvolesky from the University of Houston and Dr. Buckner.

Louisiana
School Psychological
Association

*Dr. Conni Patterson
Scholarship Fund*

*Donations c/o
www.lspaonline.org*

Stress Solutions
by Susan Andrews, PhD

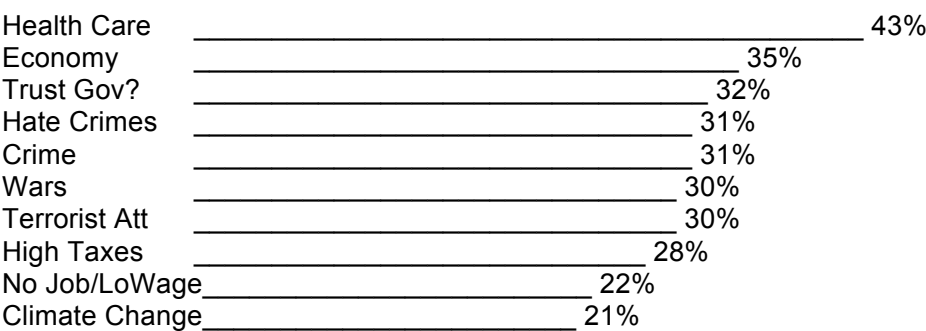
Americans Are Officially Freaking Out

The above headline is the conclusion of the 2017 Stress in America survey conducted by the Harris poll for the American Psychological Association. Nearly two-thirds (63 percent) of the people who responded say that this is the lowest point in US history – and it is keeping a lot of them up at night. The poll, which is the 11th annual Stress in America survey done by the APA, was conducted online between August 2 and August 31. Only Americans who are 18 and over and living in the United States responded. Interviews were conducted in English and in Spanish.

The group of 3,440 respondents was proportioned in the following manner: 1,376 men; 2,047 women; 1,088 whites; 810 Hispanics; 808 blacks; 506 Asians; and 206 native Americans

The data was weighted by age, gender, race/ethnicity, region, education and household income to reflect America’s demographics accurately. Those who are being kept up at night reported that they are worried about health care, the economy and an overall feeling of divide between them and their neighbors. One comforting thought is that their neighbors very well may be lying awake and worrying too. Many people reported being stressed about the future of the nation. Past surveys have reported that the top stressors were money (62 percent) and work (61 percent). This year 63 percent report that their top concern is the fate of the nation. Of interest, more Democrats (73 percent) agreed that this was their top concern than Republicans (56 percent). Nonetheless, the sentiment that this is the lowest point in our nation’s history spanned generations, which includes World War II, Vietnam, and 9/11. Only 30 percent said that terrorist attacks are a source of concern.

Even though politics and specific names were not directly questioned, many of the issues identified as significant sources of stress, are policy issues. Bloomberg generated a chart that is reproduced below.



However, keeping up with the latest developments is an even larger source of stress for 56 percent. Further, sources of news which include social media, cell phone news apps, and network news media blowing things out of proportion causes them even more distress, a whopping 72 percent.

Dr. Anthony Rustain, a professor of psychiatry at U. of Penn. suggests the following ways to cut down on stress. 1.) Set guidelines for Social Media time and time spent watching/reading about the news. 2.) Complete all other important tasks before checking with social media or with other new sources. 3.) Don't lie in bed with your cell phone in your face, scrolling through the social media and news sources. 4.) Don't check your messages, social media, or news frequently during the day. 5.) Balance your day with relaxation methods, such as meditation, music, entertainment, and physical exercise.

And, above all, remember to breathe.



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) and 2016 Distinguished Psychologist of the Louisiana Psychological Association.

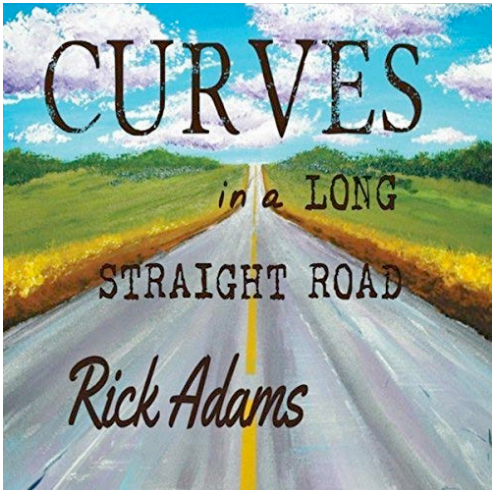
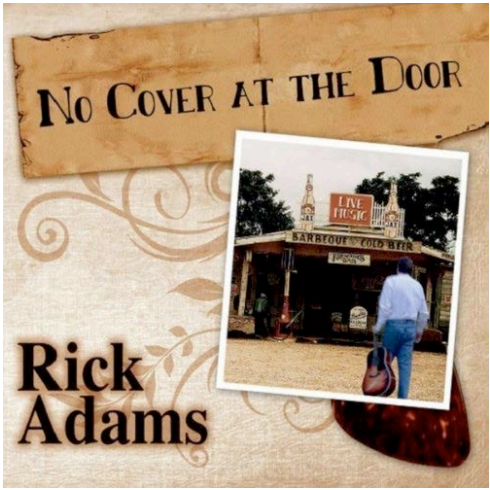


Psychology Times Gift Guide

We looked around in our community for some cool gift ideas from our own creative psychologists, sprinkled in a few favorites from outside, and put together this brief guide to help our readers with their gift giving. Merry Christmas!

Dr. Rick Adams’ CDs

Dr. Rick Adams is a singer/songwriter in his off time, and is teamed up with John Jordan in their duo, “Tootsicana Tune Factory.” Their foot tapping, bluesy, grassy sound evolved over the years. Rick has published two fantastic CDs and performs with John live at clubs, restaurants and festivals. Rick’s CDs of original music have earned strong, positive reviews and are great gifts for all who want to kick off their troubles or enjoy rolling around in them. Popular tunes include Rick’s “Bring Your Blues to Baton Rouge,” and “Gone is Goner.” CDs by their titles on Amazon. For extra information about our colleague go to: www.reverbNation.com/rootsicanatunefactory



The Free Indeed Home



A Donation to the Free Indeed Home

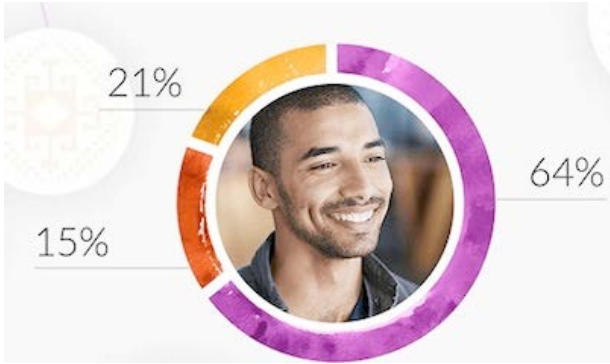
If you want to give a gift that helps rescue children from the hell of sex-traffickers, consider a donation to the Free Indeed Home, founded by Dr. Rafael (left) and Beth Salcedo.

Donations can be made at Louisiana Coalition Against Human Trafficking www.lacaht.org

The Diversity Gift of the Season

Don’t miss out on the Season’s psychological–biological gift of “Guess who?”

Ancestry DNA is a fun and insightful way to bring the world together. All for about \$69.



Dr. Michelle Moore’s Book

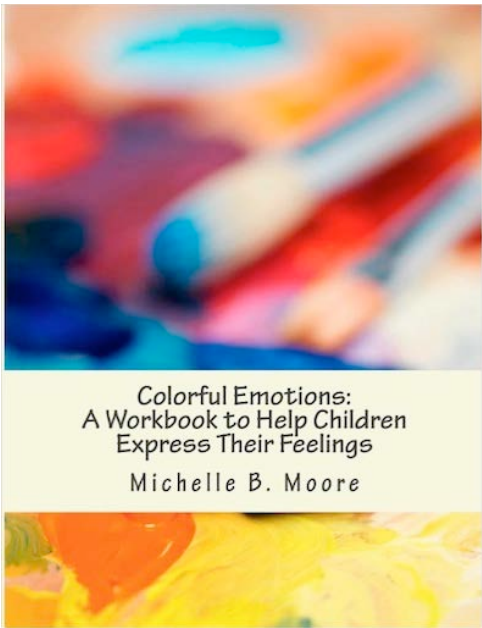
Be sure to pick up some copies of *Colorful Emotions* for those youngsters in your orbit. On Amazon for \$14.99.

Budda Board

The Zen inventor created the Budda Board to help acknowledge then release negative emotions. Paint on the board with water and the image appears and darkens, for contemplation.

Then, as it dries, the image fades and disappears, along with unwanted feelings.

About \$35 on Amazon.





*Dr. Chris Leonhard’s
ActiveLife Trainer*



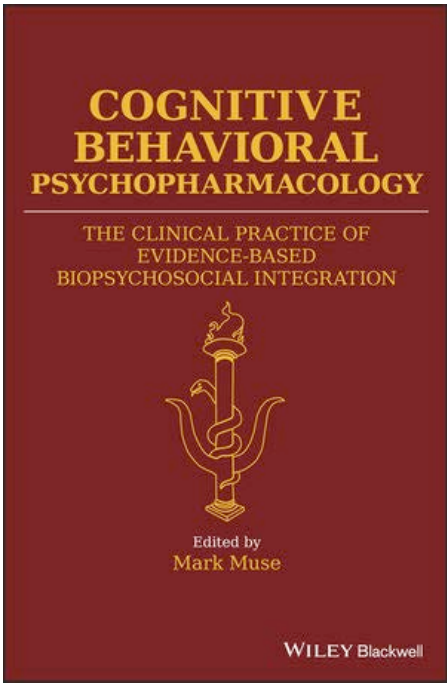
Designed by our own Health Psychologist Dr. Chris Leonhard, the ActiveLife Trainer is essential for those of us who nullify our gym workout by sitting at the commuter all day. He has all the evidence of benefits, having partnered with both lab and field researchers.

Adding the Trainer helps lose fat and maintain heart health, along with other benefits. The Trainer is Chris’ third edition (earlier model to the right) of his under-desk elliptical. The ActiveLife Trainer is on Amazon for \$269.



PlayableArt

Psychotherapists can’t have too many art toys lying around their office. Update the supplies for your colleagues who have everything. These are some of the best designed by Beyond 123.com. \$30+.

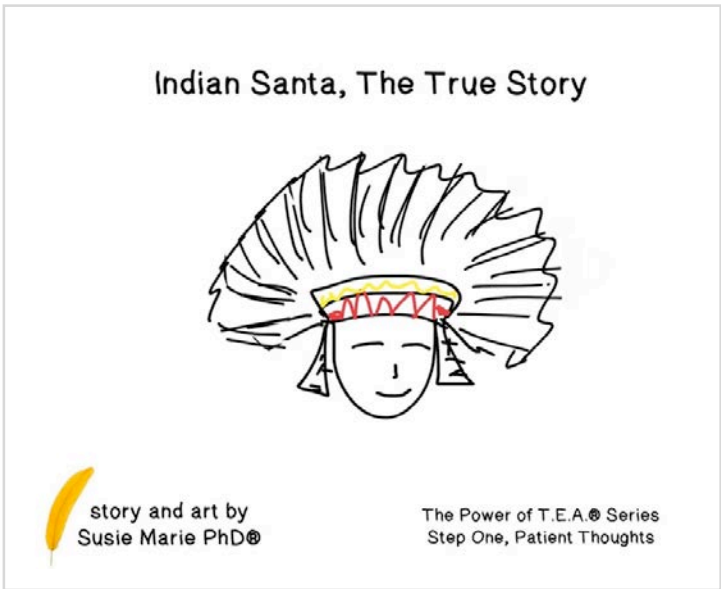


*Dr. Mark
Muse’s All
Round Useful
Text*

On bookshelves now, we reviewed this enormously helpful text, a short cut for combining medications and psychotherapy. Well worth the modest cost of \$59. At Wiley.

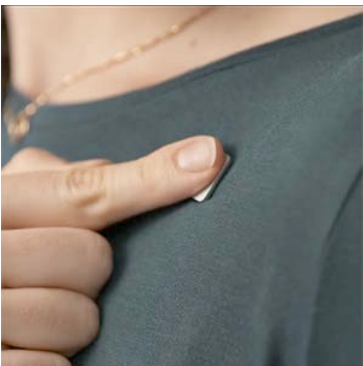
*Dr. Susan Glanville’s Book
Series, The Power of T.E.A®*

Indian Santa, The True Story is Dr. Glanville’s first book in the “Time Suspended” cluster, and a beautiful gift for children of all ages, as well as a valuable resource for waiting rooms and as a therapy tool. It is available at southriverstories.com



Lumo Lift

Even more research is showing that body position is a feedback loop to feelings. Lumo Lift by Lumo Bodytech is a posture tracker that acts as a coach to better alignment while sitting, walking or running. About \$80.



*A Subscription to The
Psychology Times.*

\$0.00.

<http://thepsychologytimes.com/>
Merry Christmas.



LPA Nominates Tulane’s Dr. Cunningham as Diversity Delegate to Am Psych Assn

The Louisiana Psychological Association (LPA) has nominated Dr. Michael Cunningham, Tulane Professor, for the state association’s Diversity Delegate to the American Psychological Association for 2018.

“Dr. Cunningham is an outstanding leader in our community in the area of diversity, an African American, a psychologist, educator and scientist who epitomizes excellence and service to his community,” wrote current LPA President, Dr. Julie Nelson. “We are honored to have him as our nominee to APA.”

Dr. Cunningham is Professor of Psychology at Tulane University, and holds a Joint Appointment as Provost in the African and African Diaspora Studies Program at Tulane. His research focuses on resilience and vulnerability in adolescent populations and context specific phenomena associated with mental health and academic outcomes among African Americans.

“Dr. Cunningham is a gracious and generous colleague willing to aid others with his knowledge. In fact, he was just recently named for his mentoring of young people to leadership roles in STEM sciences, by *Insight into Diversity Magazine*. Dr. Cunningham has led a personal and professional life at the intersection of the science of psychology and issues of diversity, especially of racial issues

of African Americans, a topic of great importance to the state of Louisiana, where children still exist in third generation poverty in some areas,” said Nelson.

Cunningham has published papers that focus on gender and context specific phenomena associated with mental health and academic outcomes among African Americans. His research examines numerous themes, such as precursors to bravado attitudes in African American males, parental monitoring and social support as buffers to stressful situations, and the relation of racial identity to academic and mental health outcomes. His research is supported by local and regional collaborative relationships with schools and community organizations.

He was honored in 2013 with the Distinguished Contributions Award from the prestigious Society for Research in Child Development, among others. He is Editor for *Research in Human Development* (2018-2024), Associate Editor for *Child Development*, and on the Editorial Board Member *Journal of Negro Education*, among many other scholarly activities where his expertise in the psychology of racially diverse individuals is utilized.



Dr. Cunningham presenting at a conference of the Louisiana School Psychological Association.

His work is supported by numerous sources such as the BOR/SREB Graduate Fellowships to Promote Diversity Program, National Center for the Urban Community at Tulane & Xavier Universities, and the Center for Public Service, as examples. He serves on his university’s President’s Commission of Race and Tulane Values, as Co-Chair for Black Caucus of the Society for Research in Child Development.

Dr. Glanville Visits Southern States with New Book Series

[Editor’s Note: Dr. Glanville has been traveling the South visiting libraries and bookstores so we asked her to tell us a little about her book series and how this trek got started.]

Journey to The Power of T.E.A.® Book Series

by Susie Marie PhD®

My sister tells me that when we were little girls we would play “school” and that I was always “writing” books and pressing her to sit and listen to me read my stories. Today I am writing real books and selling them to libraries, schools, churches, bookstores, gift shops, individuals

and professionals across the South.

Several years ago I bought some land and a home in rural Louisiana, far away from the big cities where I had lived all my life and where I had raised my children. That setting and the life I discovered there, rodeo arenas and fishing holes and hunting grounds, inspired my return to creating stories.

Before moving to the country I had helped a teacher in New Orleans prepare her emotionally stressed fourth graders for the

first standardized achievement test in the public schools, the LEAP test. My program helped those students perform well, better than the other fourth graders at the school, and ultimately provided direction for my writing.

Once I settled in my house in the woods I wrote a handbook of twelve steps for psychological preparation for students, expanding beyond emotional issues to include basic cognitive and behavioral guidance, using the terms “thoughts” and “actions”, ultimately creating The Power of T.E.A.®, T for thoughts, E for emotions, and A for actions.

As I taught my new programs I began to use examples from the people, places, crops, and critters in my rural life to help teach the twelve steps, four steps each of thoughts, emotions, and actions, in my series. Farmers and lakes and brussels sprouts and pigs became some my favorite co-teachers.

Now, as Susie Marie PhD®, Country Lady, with Life Lessons from Mother Earth, I have a new business, South River Stories, Inc., through which I am writing and illustrating twelve books, one for each step. I also am including a Sound Psychology® lesson and one of my Musical Messages® songs to reinforce each step.

Recalling the cluster analysis I used for my dissertation, I found the books in my series fall into four categories. My books about patient thoughts, scared emotions, and above actions

comprise the first cluster, “Time Suspended.” The remaining clusters are “Time Curtailed,” “Time Intense,” and “Time Eternal,” and each will have a thoughts, emotions, and actions book.

I recently published “Indian Santa, The True Story,” the first book in the “Time Suspended” cluster, about the power of patient thoughts. My next two books, “Plantation Walking,” about the power of scared emotions, and “Lost Hero Found,” about the power of the “above” actions of prayer, meditation, sleep and dreams, are scheduled for release next year.

Lately I have been driving across Louisiana to Texas, Arkansas, Mississippi, Alabama, and Georgia, selling my book all along the way. On my website people I have never met have ordered my book. Closer to home I have sold books in waiting rooms, check-out lines, and parking lots. I even sold a book to someone in Russia.

I also have been enjoying doing book-signings and workshops, and my 2018 calendar is filling up quickly with more events. I am grateful for my years in psychology, happy that I have retired, and glad that I have found a way to reach families in such rewarding ways, beyond the traditional avenues of my profession.



Dr. Glanville as “Susie Marie PhD” at the Natchez Public Library.
(Photo courtesy Dr. Glanville)

A Shrink at the Flicks

Murder on the Orient Express *Express: Movie Review*

by Alvin G. Burstein, PhD

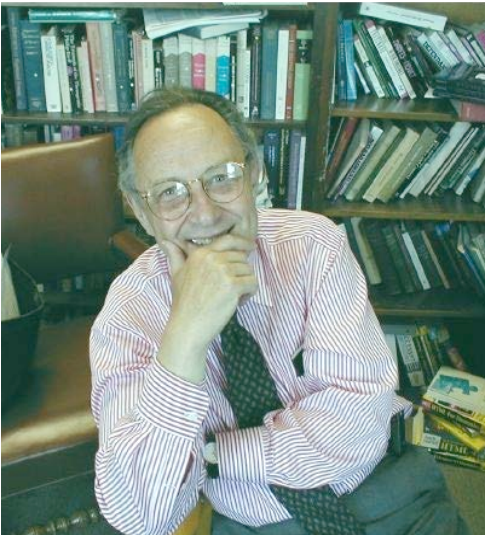
The birth of a literary genre cannot always be dated without dispute, but there is a strong consensus that the first detective story was *The Murders in the Rue Morgue*, published by Edgar Allen Poe in 1841. The detective, C. Auguste Dupin, called his method “ratiocination,” disciplined thinking. The story begins with Dupin’s appearing to read the mind of his companion, detecting his thoughts by closely observing his behavior. There is an intuitive opposition between thinking and feeling, and Dupin’s method seems to decisively favor rational thought over emotion.

In 1886 Arthur Conan Doyle published the first of a long string of Sherlock Holmes adventures, *A Study in Scarlet*. Holmes, repeating Dupin’s mind-reading trick in several of his cases, styles himself the first consulting detective. He energetically searches for information about the details of the crime and mulls over them extensively. In several of his cases, he refers to the time needed to think about the situation, clocking the number of pipefuls to be gone through in the process. Holmes’ companion, Dr. Watson, describes Holmes as “a calculating machine” and cites the detective’s view that emotional qualities are antagonistic to clear reasoning. Holmes, even more clearly than Dupin, privileges rationality over feeling.

Of the many detectives that have emerged on the literary stage following Dupin and Holmes, the two that have most strongly emphasized intellectual process, as distinguished from emotion, are Rex Stout’s Nero Wolf and Agatha

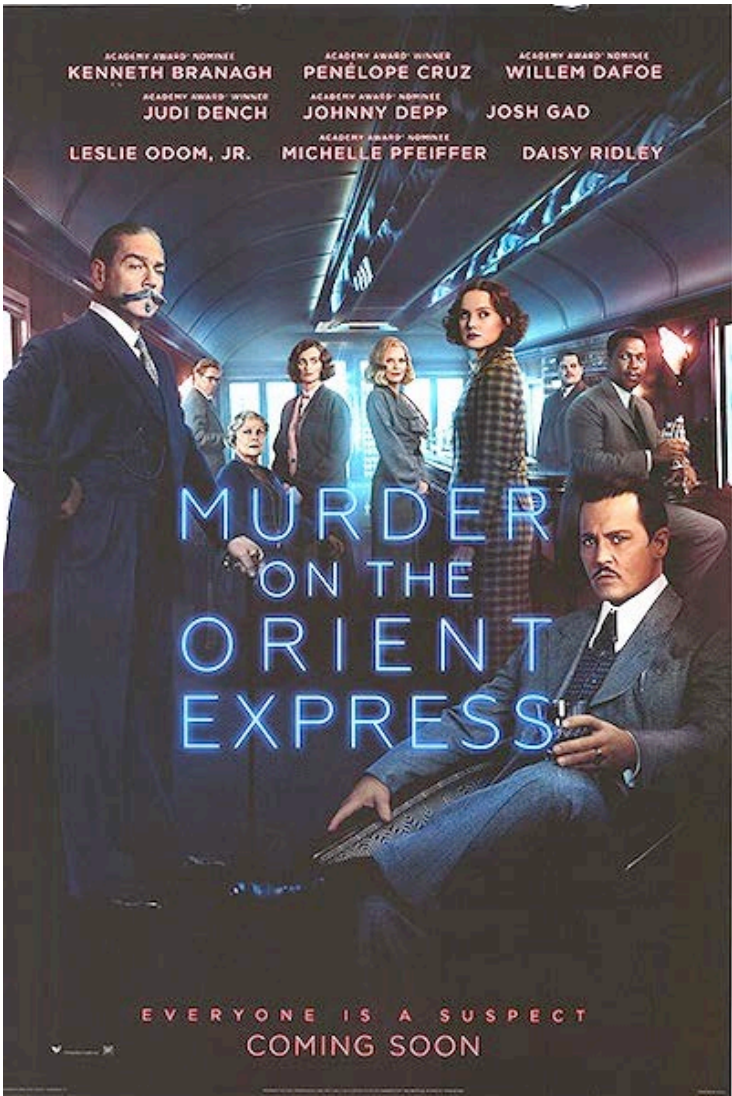
Guest Columnist,
Dr. Alvin Burstein

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.



courtesy photo

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.



Christie’s Hercule Poirot. Both, after talking to those who report the details of the crime to them, engage in extended reflection. Wolf sits, eyes closed, pursing his lips, until he has found a solution. Poirot relies on what he calls his “little grey cells,” cogitating until, his green eyes glowing with satisfaction, he settles on the solution.

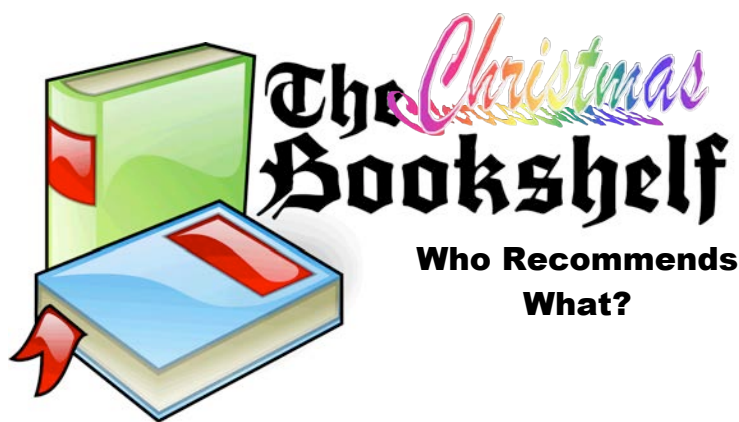
Although Wolf does not inveigh against the dangers of emotion, unmarried, he rarely leaves his home, has a rigid daily routine, and is uneasy about relating to women. Poirot, too, is unmarried. Though he is gallant in relating to women, he twits Captain Hastings about his companion’s interest in young ladies.

A focus on intellectual activity and avoidance of emotional involvement raises a question about the psychological defense mechanism called isolation of affect. Agatha Christie’s Hercule Poirot, as portrayed in the 2017 film, *Murder on the Orient Express* offers an opportunity to explore that question.

In the film, as in Christie’s many Poirot writings, the detective appears as a compulsive person, scrupulously neat, intolerant of any form of messiness. In short, what some psychoanalysts would call an anal character. In an opening scene, this epitome of tidiness, walking in a bustling middle-eastern market steps into a pile of camel dung. Intentional or unintentional psychoanalytic gesture, the mishap foretells a challenge to any neat logic based separation of right from wrong in dealing with this murder.

Although the story and its outcome are well known, to avoid a possible spoiler I will not recount the details. The point is that Poirot is confronted with a messy situation. One in which neatness is not an option, and in which he cannot be an external, after-the-fact observer. One in which he must become emotionally involved, an uncomfortably direct participant.

In a biography, as opposed to a fiction, this might have been a life-changing experience. But *Murder on the Orient Express* is fiction, and the fictional Poirot went on for decades of later adventures without giving evidence of change in his character. Perhaps that is why, trapped by financial considerations, Christie is said to have tired of writing of him, and why—though I have not been able to document the source—she once described him as “a detestable, bombastic, tiresome, ego-centric little creep.”



Randall Lemoine, PhD
Psychologist, Private Practice
Baton Rouge

***Raising Human Beings:
Creating a Collaborative
Partnership with Your Child***
by Ross Green, PhD

Raising Human Beings – Quite an intriguing title, eh? Indeed! In this, his latest book, renowned psychologist Ross Greene is elevating the use of his *Collaborative and Proactive Solutions (CPS)* method, which he originally developed for use with behaviorally challenging children/adolescents [*The Explosive Child* (1998; 2014)], to be the new paradigm for parenting/discipline of

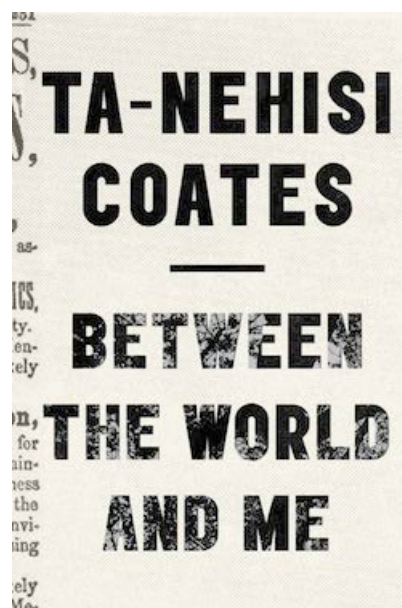
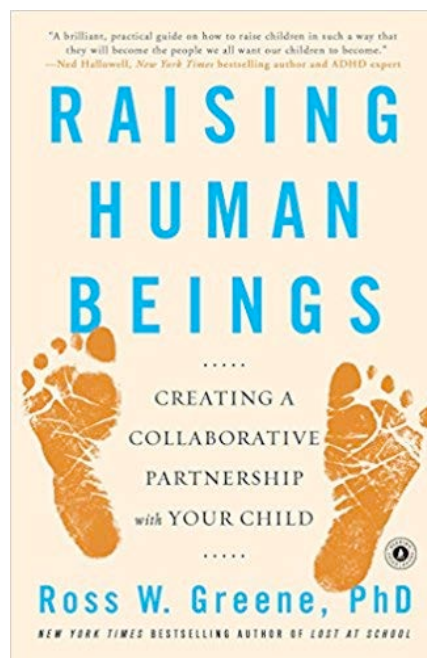
all children/adolescents, in contrast to the more prevalent traditional and behaviorally-oriented methods (e.g., Alan Kazdin and Russell Barkley). Whereas traditional parenting/disciplinary approaches, which Greene labels as “Plan A,” have generally emphasized a *unilateral* approach, which is based largely on parental power and control methods, Greene’s CPS “Plan B” approach instead emphasizes a *collaborative partnership between parent and child*, which is based largely on empathic dialogue and mutual problem solving. In a writing style that is neither preachy nor lofty, Greene advises parents to forgo their use of time-outs, sticker charts, withdrawal of privileges, etc. in favor of establishing a decidedly person-centered, relationship-based, and skills-oriented approach to their discipline, one that better promotes both their child’s self-discipline and self-esteem. And without stating it explicitly, I hear Ross reminding those of us in psychology that the enlightened and modern version of traditional stimulus-response (S-R) behaviorism includes the uber-important variable of the organism (S-O-R) and inserts a healthy dose of humanism (enter Carl Rogers) into the formula, a notion that is more in keeping with the growing positive discipline movement. Greene’s book is chock-full of actual parent-child dialogues that bring his CPS approach “to life,” and provide practical, everyday examples for application, including what to do when the child is less-than-collaborative. He illustrates the skilled use of tried-and-true methods such as reflective listening and more contemporary methods such as motivational interviewing. Plus, at the end of each chapter there is a Q&A section in which Greene provides insightful answers to frequently asked questions.

Judith Steward, PhD
Psychologist, Past President of the
Florida Psychological Association

Between the World and Me
by Ta-Nehisi Coates

This book is by a black man, written to his son to help him understand how a man with a vulnerable black body can (maybe) survive and understand the white dream in which we all live in America. I learned more from this book than any other I have read and I am a long-term seeker of understanding of the black experience (including belonging for many years to the Association of Black Psychologists and

much more). Imagine advising your child always to be mindful of having a destructible black body. I walk out my door daily with no awareness of my white body. I very highly recommend this book.



Michael Chafetz, PhD
Neuropsychologist, New Orleans
2012 Distinguished Psychologist

***The Hitchhikers
Guide to the Galaxy***
by Douglas Adams

If you are looking for romance, mystery, or a good chase scene, forget it. But if you would like a really practical guide to intergalactic travel, *The Hitchhiker's Guide To The Galaxy* by Douglas Adams is your ticket to perspective and knowledge about all kinds of beings, including humans.

I mean, *Google Translate* is a wonderful thing, but if you don't want to fumble with a phone while in a cab or other kind of transport, just slip a babelfish into your ear (no, not the Norwegian band), and you will be able to understand any language spoken by any being.

By the way, did you know that humans are not the smartest beings on our planet? In fact, we're only third in the sentience arms race. The dolphins are smarter than we are, and they are also filled with gratitude and kindness.

Knowing that the earth was going to be demolished (though most humans did not), they left and said, "So long, and thanks for all the fish!"

Of course, the mice are the smartest beings on our planet. It figures. I had no idea of their abilities for long-range planning, deception, and thinking through all the issues.

It is also nice to have some perspective on your little problems. When Arthur Dent makes a stand in front of his house to prevent the bulldozers from leveling it to make room for a highway, Ford Prefect (one of the *Hitchhiker's Guide* travel writers) has to convince him to leave, as this little problem pales in comparison to the fact that some really nasty aliens are about to level the earth to make room for an inter-stellar highway. Ahem. Yes, there are things that are more important than your little problems.

Anyway, I can't tell you how many times I have read or audio booked this novel, but it gives me pleasure every time.

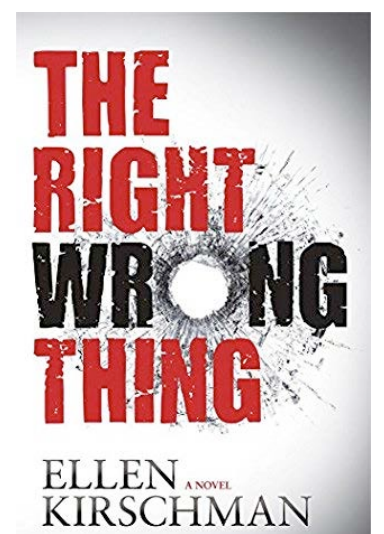
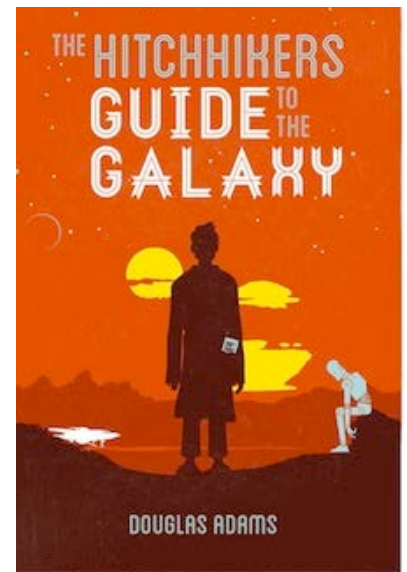
Penelope Dralle, PhD
Consulting Clinical Psychologist
ABPP in Police & Public Safety
Psychology

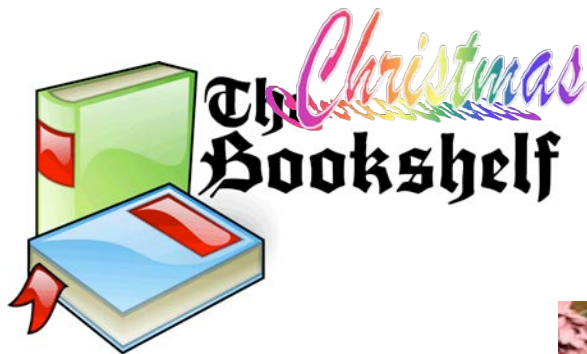
***The Right Wrong
Thing*** by Ellen Kirschman

Ellen Kirschman is a clinical psychologist who worked for a number of years as a police psychologist. She authored the self-help book for police officers and their families titled, *I Love a Cop: What Police Families Need to*

Know, which she revised in 2006. She is now the author of a series of novels about Dot Meyerhoff, a clinical psychologist working with police departments. In *Burying Ben*, the first of her series, she walks the reader through the professional and ethical issues surrounding psychological screening and evaluation of police candidates. The story is captivating and the dialogue is well written. Another of her novels, *The Fifth Reflection*, featuring police psychologist, Dr. Dot Meyerhoff, follows the investigation of a missing child and the impact of the investigation on the detective and his family. In her novel, *The Right Wrong Thing*, she tracks the police psychologist working with an officer involved in the shooting of an unarmed teenager.

Dr. Kirschman tells her stories with an eye to the details of psychological practice in real time and involves the reader in the ethical conundrums faced by the characters without being boring or pedantic. Her books are fun and easy to read and provide an overview of many aspects of this relatively new specialty area of psychology. Dr. Kirschman received her certification by the American Board of Professional Psychology as a Police and Public Safety Psychologist.

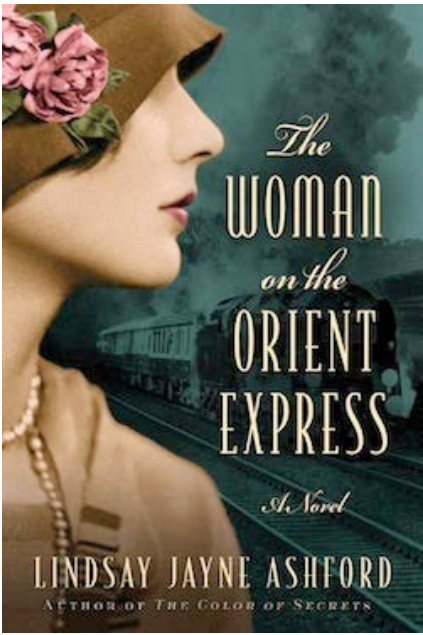




Kim E. VanGeffen, PhD
Neuropsychologist, New Orleans
LPA Director and Past President
2015 Distinguished Psychologist

The Woman on the Orient Express
by Jayne Ashford

Just in time to see the remake of the movie *Murder on the Orient Express*, I have finished reading *The Woman on the Orient Express*. This book is part fiction, part nonfiction and recounts the first trip which Agatha Christie took on the Orient Express. This exciting train trip took Christie to



Baghdad where she visited an archaeological site and where she met her second husband, Max Mallowan. Mallowan was an archaeologist working at the site. This trip was to be the first of several trips which Christie took on the train. Her later travels on the Orient Express were to be with her new husband and to participate in archaeological excavations with him. In Ashford's book, Christie has decided to take a trip on the Orient Express in order to be away from London during the time when her first husband was to marry the woman with whom he was having an affair and for whom he left Christie. Christie's trips on the Orient Express served as the inspiration for her novel *Murder on the Orient Express* which featured her famous detective, Hercule Poirot. The book was first released in America with the title *Murder in the Calais Coach*. Christie's trips on the Orient Express and to Baghdad also inspired several of her other books such as *Murder in Mesopotamia* and *They Came to Baghdad*.

Ashford's novel, written in the style of Agatha Christie, recounts the stories of Christie and two other women whom she meets on the train and in whose lives she becomes involved. At first, Christie is traveling incognito as she was a famous writer at this time; however, all three women have secrets which are ultimately revealed as the women become friends. Although the women's secrets form the basis of this book, it is not so much a mystery (and there are no murders) but a biography of Agatha Christie.

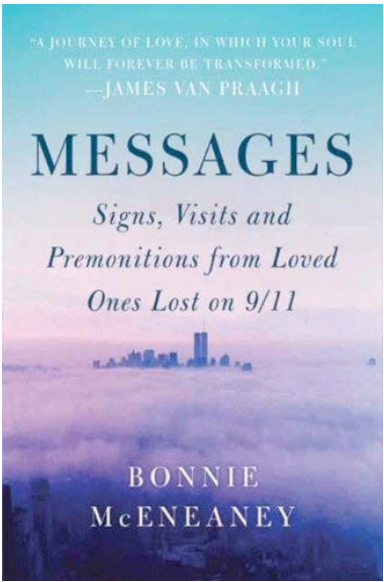
Now I am set to start reading Christmas Cozy Mysteries. As I have written in this column before, Cozy Mysteries are typically set in a small picturesque town with characters whom you could envision having as neighbors or friends. It is a hard choice but I think that I will start with Joanne Fluke's *Christmas Caramel Murder* which features bake shop owner Hannah Swensen as she stumbles into yet another murder mystery in her small town in Minnesota. For Agatha Christie fans, she has several holiday themed mysteries including *Hercule Poirot's Christmas*, *A Christmas Tragedy* and *The Adventures of the Christmas Pudding*.

Marilyn Mendoza, PhD
Psychologist
Author of *We Do Not Die Alone*

Messages
Signs, Visits and Premonitions from Loved Ones Lost on 9/11
by Bonnie McEneaney

This is a most intriguing book written by the wife of a man who died during the 9/11 attacks. Days after his death, McEneaney began to contact others who had lost loved ones on that day. The book describes in detail the after death communications the

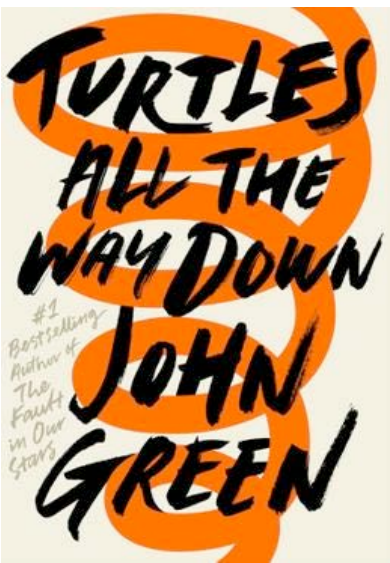
families received from their loved ones. These contacts and signs assured the living that they were still with them, loved them and would watch over them. One of the more interesting aspects of this book was that many of those who died had premonitions of their deaths that they had shared with family members. All the families she spoke with were touched by these remarkable spiritual experiences that helped them in their grief. The book is well written and certainly makes one consider that there is a life after this one.



Deborah Palmer, PhD
Clinical Psychologist
Health and Education Alliance
of Louisiana, New Orleans

Turtles All the Way Down
by John Green

John Green's new book, *Turtles All The Way Down*, is another great read in the Young Adult/Teen fiction genre. Green introduces us to Aza, a teen struggling with anxiety, OCD and the cognitive spirals it puts her in, her struggles to take medications consistently due to side effects, and the teen struggles of friendships and relationship. Green's character development makes Aza a believable teen with real family issues (the death of her father), a bright student with much to look forward to, and the understanding of what a lifelong friendship can look like even in the midst of a mental health diagnosis.



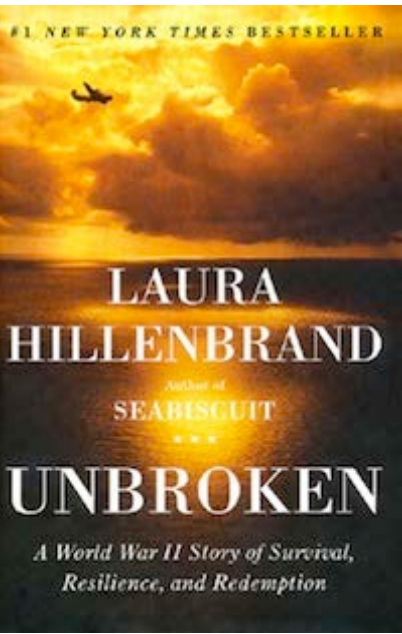
Teens have been drawn to Green's books (*The Fault in our Stars* which was also made into a movie and *Looking for Alaska*) as they capture real life feelings and experiences. I've found that knowing Teen fiction is an amazing way to connect with teens who might not openly talk about their own issues, but can identify with a specific character. Green's portrayal of anxiety/OCD is both complex and accurate. He presents a character with all the answers, but rather a real-life struggle where some things go well, and other moments are part of a complete anxiety meltdown. *Turtles All the Way Down* is an easy read, but thoroughly enjoyable for adults as well as teens.

John Fanning, PhD
Neuropsychologist, New Orleans, LPA Director and Past President

Unbroken
by Laura Hillenbrand

I'm currently reading *Unbroken: A World War II Story of Survival, Resilience, and Redemption*, by Laura Hillenbrand, published in 2010. It is the biography of Louis Zamperini, who as a youth was more or less a juvenile delinquent, but became

a track star, eventually representing the United States in the 1936 Olympics in the 5000 meter race. When the U.S. entered WWII, he became a bombardier in a B-24 crew. (During the war, my mother worked in a plant that manufactured B-24s.) When his plane was forced to ditch at sea, he was captured after a harrowing time at sea. He and his fellow prisoners suffered extremely brutal treatment and severe deprivation at the hands of their captors. He survived the war, but suffered terrible emotional trauma. Eventually, however, he returned to Japan and met with a man who had been a particularly brutal prison guard. Survival itself was a remarkable accomplishment, but going on to develop a long and productive life afterwards was no less so. Author Hillenbrand's own history is itself remarkable. She became an accomplished and successful author (also authoring *Seabiscuit*) despite being severely limited by severe chronic fatigue syndrome for most of her life. She didn't meet Zamperini in person until quite late in the writing process because she could not tolerate the demands of travel.



Up-Coming Events

LA Chapter of AFCC Holds Conference Jan 26 and 27 Louisiana State U. Law Center, Baton Rouge Campus

The Louisiana Chapter of the Association of Family & Conciliation Courts will hold its State Conference on January 26 and 27 at the Paul Hebert Law Center on the Louisiana State University campus in Baton Rouge.

The theme for the conference will be "Mediation, Money & Mental Health: Issues in Family Court."

Educational sessions will include "Mediation Marketing," presented by Dr. James Stovall.

"Social Security Entitlements, Pension Set-offs, Health Care," will be presented by Madison Field, MBA, and Robert Woosley, CFP.

Brandy Blanchard, JD, Jill deCourt, JD, and Lisa Matthews, JD, will present, "Hearing Officers: Use of Mental Health Professionals."

"The Use of MHPs as Custody Case Managers," will be presented by Hon. Pamela Baker and Cathy Austin, PhD, LPC.

Saturday's presentations include "Money and Divorce Client Behavior" presented by Helen Graf, CFP.

"Role of Child Therapists in Custody Disputes," presented by Rhonda Norwood, PhD, LCSW.

"Sexual Abuse: From Allegations to Visitation," will be presented by Karen Arias and LaDonna Ward.

"Substance Abuse Issues in Family Court Cases," will be presented by Tanya Stuart, LCSW-BACS.

Div. of Psychoanalysis Meets in New Orleans April 18–22, 2018

The Division of Psychoanalysis, Division 39 of the American Psychological Association, will hold its spring meeting April 18–22, 2018, in New Orleans at the Intercontinental Hotel. The theme is *Generations: Ghosts & Guardians*. Louisiana clinical psychologist, Dr. Stephen Anen is this year's conference co-chair.

"We have tried to create a meeting that recognizes its location, something not always pursued with Spring Meetings in the past," Dr. Anen previously told the *Times*. The theme, *Generations: Ghosts & Guardians*, calls on the quote from William Faulkner, "The past is never dead. It's not even past." The convention flyer showcases the Louisiana setting as meaningful avenue to history, human experience, and imagination.

Tulane Brain & Behavior Conference Dec 8 –9

Tulane University School of Medicine, the Department of Psychiatry and Behavioral Sciences, and the Tulane Center for Continuing Education will present the 2017 Brain & Behavior conference on December 8 and 9 at the JW Marriott Hotel in New Orleans. The conference is titled "Exploring the Complexities of Child Psychopathology: Striving for More Effective Treatments."

Greg Fritz, MD, will present the 22nd Robert G. Heath, MD Lecture, "The Future of Child Psychiatry and Psychology." Barbara Walsh, PhD will present "A Revolutionary Approach to Treating Psychosis: Identify Youth at Risk." "Brain Drain in Pediatric Bipolar Disorder, DMDD, and Irritability in Children," will be presented by Daniel Dickerstein, MD. Other presenters include F. Xavier Castellanos, MD, Daniel Nelson, MD, Charles Zeanah, MD, and Stacy Drury, MD, PhD.

The Psychology Times

Winner of 70 Louisiana Press Association Awards

including
Editorial Sweepstakes
Best Investigative Reporting
Best News Coverage
Best Continuing News Coverage
Best Column
Best Editorial Cartoon

The *Psychology Times* is a free, independent source for news, features and editorials. The *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.

We are **not affiliated** with any professional organization other than the Press Association. We receive no financial benefits from any source other than direct, paid advertizing.

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

Subscriptions are free. For back issues and to subscribe go to the *Times* at <http://thepsychologytimes.com/>

LPA
= 70
**LOUISIANA PSYCHOLOGICAL
ASSOCIATION**
**JOIN US AT OUR 70TH
YEAR CONVENTION**
**MAY 18–19
2018**