

MAY 2022

# CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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## PRESIDENT'S COLUMN

Dan Roberts, PhD

I was daydreaming the other day about things that we know or think we know and about how we know things at all. A column in the Austin Chronicle (Mr. Smarty Pants Knows) lists sources of knowledge as “Information Mr. Smarty Pants read in a book, a magazine, or the newspaper, heard on the radio, saw on television, or overheard at a party”. Sensory input seems to be our main way of knowing things. Knowledge, according to my phone dictionary, consists of facts, information, and skills acquired through experience or education; the theoretical or practical understanding of a subject. According to the same dictionary, epistemology is the investigation of what distinguishes justified belief from opinion. I asked the phone then to define science. It said that science is the intellectual and practical activity encompassing the systematic study of the structure and behavior of the physical and natural world through observation and experiment. Psychology is of course a branch applying to people and our behavior. Psychologists know about psychological facts by observing and experimenting, empirical methods. Knowledge is sometimes solidified by group consensus. Usually that works pretty well but there are obvious exceptions. In social or group psychology, we know that consensus usually provides the best solution to a problem. However, sometimes an influential but mistaken member of the group will persuade others to agree on a false conclusion and a poor decision. In other situations, we tend to assume that others agree with our point of view and we may make extreme negative judgements about the personalities of those who disagree, a false consensus phenomenon.



Years ago experts were allowed to offer opinions in court based on “my professional experience”. Now they are held to a higher standard. Psychological experts can’t make predictions or offer opinions about people they have not personally evaluated. Expert opinions must be based on observable facts and good research. In our daily lives we all have experiences with people that we remember and interpret and may use to make future decisions or judgements. We do that. But as scientists we should avoid making proclamations about people without a lot of observations and experimentation that is thoroughly vetted for threats to internal and external validity and reliability. Acceptable science requires that experiments can be and are replicated before we rely on their results. In real life many studies, such as those with large numbers of human subjects, are difficult or expensive to replicate. In real life our journal editors and publishers don’t like to publish replications that do not support the results of an original and interesting or exciting experiment. In real life we can make the mistake of relying on studies that have not been replicated. Over the past 10 or 15 years several studies have attempted replications of various published studies that found a false null hypothesis in psychology and other fields. They found that many (up to 50% or even more) could not be replicated.

Yet in the official statements made by our professional associations to courts (in amicus briefs) and legislatures (in testimony about the impact of bills offered for passage), some continue to cite research to support those statements. Some of it is totally inadequate as research (such as surveys) and some has not been replicated. If we are lucky there may be a meta-analysis, though there can be validity or reliability problems with some of those. This is the equivalent of offering expert testimony that is rooted in individual experience (“lived experience”) or plain old personal preference or consensus based on charismatic influence and bad data. It may not be imaginary but it is not scientific. The problem is that every time it happens, psychology as a discipline is diminished. It has happened a lot. I have read that membership levels in professional organizations have been dropping for years. This may be one reason.

Please consider asking your state and national professional organizations to fix this now by not citing research in these situations and by couching their statements as personal opinions or preferences. On the other hand, a better option would be for the professional associations to truly vet the research they use in this manner themselves. Any studies that are cited to support statements to courts or legislatures should be challenged and cleared by an association research committee. That would help insure that the official statements are supported by studies that have been replicated or at least supported by valid meta-analysis and have no or minimal reliability and validity problems. This is necessary to rebuild the reputation of psychology as a scientific discipline. Psychological ethics require that as clinicians we present our findings clearly and show the basis for our opinions and reveal any potential weaknesses in our data and conclusions. When psychologists or our professional organizations present briefs or testimony to courts or legislatures or other groups, they should be held to the same standard.

Dan Roberts, Ph.D.  
CAPA President 2022



# MAY MONTHLY MEETING

## ENVIRONMENTAL IDENTITY-BASED THERAPIES FOR ECO AND CLIMATE CONCERNS

**PRESENTER: THOMAS JOSEPH DOHERTY, PSY.D.**

**MAY 13, 2022  
12:00 PM - 1:30 PM**

**1.5 HOURS PROFESSIONAL DEVELOPMENT AVAILABLE  
MEETING WILL BE HELD USING ZOOM PLATFORM**



To support eco- and climate therapy, we re-vision competencies associated with all therapy approaches including multicultural awareness, assessment, and rapport building. An important new tool is familiarity with the process of environmental identity (EI), one's self-concept and sense of relationship with nature. "EI" intersects with a person's other identities in unique ways and provides a base on which to build eco- and climate therapy interventions.

In this talk, you'll discover how to:

- Explore your environmental identity, beliefs and experiences (including sources of wellbeing and resilience, and of trauma or injustice)
- Adapt your existing therapeutic orientation and skill set to address environmental and climate concerns faced by your clients or patients
- Apply these interventions into your practice with diverse individuals, being mindful of ethics, context, effective preparation and messaging, and your personal style.

### ABOUT THE SPEAKER:



#### **Thomas Joseph Doherty, Psy.D.**

Dr. Thomas Doherty is a clinical and environmental psychologist based in Portland, Oregon who has developed a specialty addressing people's concerns about environmental issues and climate change. His multiple publications on nature and mental health include the groundbreaking paper "The Psychological Impacts of Global Climate Change," co-authored by Susan Clayton, cited over 700 times. Thomas is a fellow of the American Psychological Association (APA), Past President of the Society for Environmental, Population and Conservation Psychology, and Founding Editor of the academic journal *Ecopsychology*. Thomas was a member of the APA's first Task Force on Global Climate Change and founded one of the first environmentally-focused certificate programs for mental health counselors in the US at Lewis & Clark Graduate School. He also co-hosts the Climate Change and Happiness podcast. Thomas is originally from Buffalo, New York.

# **CAPA JOINT MEETING WITH AUSTIN PSYCHIATRIC SOCIETY**

## **THE ROLE OF THE PSYCHIATRIST IN MEDICALLY UNEXPLAINED ILLNESS**

**PRESENTER: DR.CORY WALKER**

**MAY 18, 2022**

**6:30 PM HAPPY HALF HOUR**

**7:00 PM BRIEF APS MEETING AND PRESENTATION**

**THE HEADLINERS CLUB**

**221 WEST 6TH STREET 21ST FLOOR CHASE BANK BLDG**

**PROFESSIONAL DEVELOPMENT AVAILABLE**



### **Objectives:**

Upon completion of this presentation, participants will be able to:

- Identify the similarities between long COVID and other medically unexplained (or partially explained) illnesses such as fibromyalgia, chronic fatigue syndrome, myalgic encephalitis
- Understand the impact that healthcare biases have on these patients
- Acknowledge the unique role psychiatrists have to improve the quality of life and level of functioning of these patients.

**RSVP using link below with meal choice by Friday May 13th**

Visit the link below to RSVP

<https://docs.google.com/forms/d/e/1FAIpQLSdXLhIToet18tDutuNiHYj604yyXXkgCROCBk4HVVOD0BleKg/viewform>



# THE CAPITAL AREA PSYCHOLOGICAL ASSOCIATION PRESENTS:

## “ETHICS REFRESHER FOR PSYCHOLOGISTS”

**PRESENTER: KENDA B. DALRYMPLE, JD**

**MAY 13, 2022  
2:00 PM - 5:00 PM**

**3.0 HOURS OF ETHICS PROFESSIONAL DEVELOPMENT AVAILABLE**

**MEETING WILL BE HELD USING ZOOM PLATFORM**



This program will provide an overview and discussion of state and federal laws, rules and regulations that govern the practice of a mental health professional. The presentation will discuss Texas confidentiality statutes, the privacy regulations under the federal Health Insurance Privacy and Portability Act (HIPAA) and recent amendments to Texas Family Code, Chapter 107 regarding child custody evaluations in family law cases and how to testify in court. The program will review legal requirements for documenting mental health services and highlight best practices for improving the quality of records. This program will review the most common sources for Board complaints against mental health professionals and provide practical strategies for protecting a professional's license and livelihood. Finally, the program will review and complaint, investigation and disciplinary procedures for mental health boards in Texas. In this talk, you'll discover how to:

- Explore your environmental identity, beliefs and experiences (including sources of wellbeing and resilience, and of trauma or injustice)
- Adapt your existing therapeutic orientation and skill set to address environmental and climate concerns faced by your clients or patients
- Apply these interventions into your practice with diverse individuals, being mindful of ethics, context, effective preparation and messaging, and your personal style.

### LEARNING OBJECTIVES:

- Review legal and ethical issues for teletherapy, including enrollment in PSYPACT.
- Review basic requirements for documentation of mental health services as required by Psychology Board rules and program requirements.
- Review responding to subpoenas and requests for records in light of the pandemic, PSYPACT and telehealth.
- Review amendments to Chapter 107 of the Texas Family Code and the expected impact of these amendments on mental health professionals who treat children, adults and families involved in Suits Affecting the Parent-Child Relationship (SAPCR).
- Review the areas of a mental health practice that are most likely to lead to Board complaints and what steps can be taken to protect a professional license and avoid the conflicts that often lead to complaints.
- Review the complaint, investigation and disciplinary process for mental health boards in Texas.

### ABOUT THE SPEAKER:

**Kenda B. Dalrymple, JD**

Kenda Dalrymple is a Partner in the firm of Dalrymple, Shellhorse, Ellis & Diamond, L.L.P. in Austin, Texas. She earned her B.A. in Communications from Baylor University and her law degree from Baylor University School of Law. She practices in the areas of administrative and health law, with an emphasis on representing licensed professionals before their licensing boards and advising them on matters related to their practices. She is married to her college sweetheart, Bill Dalrymple, and they live in Cedar Park with their four poodles.

### INVESTMENT:

**2022 CAPA MEMBER: \$99**

**NON-CAPA MEMBER: \$130**

**STUDENT: \$30**

**REGISTER ONLINE AT:**

**<http://www.austinpsychologists.net>**



# CAPITAL AREA PSYCHOLOGICAL ASSOCIATION

## MEMBERSHIP FORM

Complete the form below to renew or sign up for membership in the Capital Area Psychological Association

☐ 2022 Membership Application

### MEMBER INFORMATION

|                 |                      |                      |                      |         |                      |                      |   |                      |                      |                      |
|-----------------|----------------------|----------------------|----------------------|---------|----------------------|----------------------|---|----------------------|----------------------|----------------------|
| First Name:     | <input type="text"/> | Last Name:           | <input type="text"/> | Degree: | <input type="text"/> |                      |   |                      |                      |                      |
| Office Address: | <input type="text"/> |                      |                      |         |                      |                      |   |                      |                      |                      |
| Home Address:   | <input type="text"/> |                      |                      |         |                      |                      |   |                      |                      |                      |
| Work Phone :    | <input type="text"/> | <input type="text"/> | <input type="text"/> | -       | <input type="text"/> | <input type="text"/> | - | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Email:          | <input type="text"/> |                      |                      |         |                      |                      |   |                      |                      |                      |
| Webpage:        | <input type="text"/> |                      |                      |         |                      |                      |   |                      |                      |                      |

### PROFESSIONAL INFORMATION

|   |   |  |                                    |  |                                       |
|---|---|--|------------------------------------|--|---------------------------------------|
| Current Professional Position:                  | <input type="text"/>  |  |                                    |  |                                       |
| Current Licensing Information:                  | <input type="checkbox"/> Psychologist                       | <input type="checkbox"/> Provisional                     | <input type="checkbox"/> Certified | <input type="checkbox"/> Psychological Associate | <input type="checkbox"/> Not Licensed |
| License Number:                                 | <input type="text"/>  |  |                                    |  |                                       |
| Memberships in other professional associations: | <input type="checkbox"/> American Psychological Association | <input type="checkbox"/> Texas Psychological Association | <input type="text"/>               |  |                                       |
| Other:  | <input type="text"/>  |  |                                    |  |                                       |

### MEMBERSHIP CATEGORIES

- ☐ **Full Member- \$95**  
Those who hold either Fellow or Member status in the American Psychological Association or the Texas Psychological Association, or those who possess licensure/certification as a Psychologist by the Texas State Board of Examiners of Psychologists
- ☐ **Full Member: Semi-Retired- \$47.50**  
Available to members aged 66 and older having been active members for the previous ten years who are working less than 20 hours a week. Annual dues is 50% of the full annual dues.
- ☐ **Full Member: Fully-Retired- \$23.75**  
Available to members aged 66 and older having been active members for the previous ten years who are no longer in practice. Annual fee is 25% of the annual dues.
- ☐ **Full Member: Special Consideration**  
If you are experiencing extreme financial difficulties or hardships AND are renewing, you may request special consideration for a reduction or waiver in membership fee. This must be reviewed at least annually.
- ☐ **Affiliate Member: \$40**  
Persons who have interests consonant with the purposes of the Association who do not otherwise qualify for membership. Applicants must (1) be actively engaged in professional activity in the community and (2) have a recommendation from a CAPA member explaining how the membership will profit by such an Affiliate's presence
- ☐ **Student Member: \$10**  
Persons who are enrolled in an accredited college or university and who are pursuing an undergraduate or graduate degree in Psychology
- ☐ **Life Member: Updating Information Only**

### PLEASE RESPOND TO THE FOLLOWING QUESTIONS:

|  |                              |                             |
|--|------------------------------|-----------------------------|
| Has your license to practice ever been suspended, revoked or limited by a state licensing board?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have you ever been convicted of a felony?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have you ever been found guilty of unethical or unprofessional conduct by a local, state, or national ethics committee, professional organization, or licensing board? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have you ever been found guilty of malpractice?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

# CAPITAL AREA PSYCHOLOGICAL ASSOCIATION

## INFORMATION & REFERRAL DIRECTORY

This section is to be completed ONLY by FULL MEMBERS who want to be listed in our information and referral service:

I certify that I am a licensed psychologist in good standing with the Texas State Board of Examiners of Psychologists. I certify that I am qualified and competent in the specialty areas that I have indicated below. I have a current professional malpractice insurance policy and I will maintain liability coverage throughout the membership year. I agree to abide by the Code of Ethics of the American Psychological Association and by the guidelines of the Texas State Board of Examiners of Psychologists.

### TREATMENT TECHNIQUES & APPROACHES

Please circle or put a check mark next to your top 4 treatment techniques and approaches:

|                                       |                        |  |                                    |
|---------------------------------------|------------------------|--|------------------------------------|
| Acceptance & Commitment Therapy (ACT) | Expressive Arts        | Mindfulness-Based Cognitive Therapy (MBCT) | Psychodynamic Therapy              |
| Alderian                              | EMDR                   | Mindfulness-Based Stress Reduction (MBSR)  | Psychological Testing/Evaluation   |
| Art Therapy                           | Family Systems         | Motivational Interviewing                  | Psychotherapy                      |
| Attachment-Based                      | Family/Marital Therapy | Multicultural                              | Rational Emotive Behavioral (REBT) |
| Behavioral Therapy                    | Feminist               | Music Therapy                              | Reality Therapy                    |
| Biofeedback                           | Freudian               | Narrative                                  | Relational Therapy                 |
| Child-Parent Psychotherapy (CPP)      | Gestalt                | Neurofeedback                              | Rogerian                           |
| Clinical Supervision                  | Gottman Method         | Neuropsychological Testing                 | Sandtray                           |
| Cognitive Behavioral Therapy (CBT)    | Group Therapy          | Parent-Child Interaction (PCIT)            | Somatic                            |
| Court Evaluations                     | Hypnotherapy           | Person-Centered                            | Strengths-Based                    |
| Dance/Movement Therapy                | Imago                  | Play Therapy                               | Systems                            |
| Dialectical Behavioral Therapy (DBT)  | Interpersonal          | Prolonged Exposure Therapy                 | Transpersonal                      |
| Disability Evaluation                 | Jungian                | Psychoanalytic Therapy                     | Trauma-focused                     |
| Existential                           |                        |  |                                    |

### SPECIALTY AREAS

Please circle or put a check mark next to your top 6 specialty areas:

|                                 |                                      |                                   |                                   |                        |
|---------------------------------|--------------------------------------|-----------------------------------|-----------------------------------|------------------------|
| Abandonment                     | Chronic Illness                      | Forensic Psychology               | Peer Relationships                | Teaching               |
| Abuse Survivors                 | Chronic Pain                         | Gambling                          | Personality Disorders             | Testing and Evaluation |
| ACOA                            | Chronic Relapse                      | Gender Identity                   | Phobias                           | Trauma                 |
| ADD/ADHD                        | College Mental Health                | Grief/Loss                        | Postpartum Depression             | Transgender Issues     |
| Addiction                       | Compulsive Behavior                  | Group Therapy                     | Pregnancy/Prenatal/Postpartum     | Traumatic Brain Injury |
| Adjustment Disorder             | Consultation                         | HIV/AIDS                          | Prejudice/Discrimination          | Weight Control         |
| Adoption                        | Coping Skills                        | Hoarding                          | Process Addiction                 | Women's Issues         |
| Aging                           | Couple's Counseling                  | Hypnosis                          | PTSD                              |                        |
| Alcohol Use                     | Crisis Intervention                  | Infertility                       | Racial Identity                   |                        |
| Anger Management                | Cultural Adjustment                  | Intellectual Disability           | Rehabilitation                    |                        |
| Anorexia                        | Deaf/Hearing Impaired                | Internet Addiction                | Relational Trauma                 |                        |
| Antisocial Personality Disorder | Depression                           | Learning Disabilities             | Relationships                     |                        |
| Anxiety                         | Developmental Disorders              | LGBTQIA+                          | Schizophrenia                     |                        |
| Attachment Issues               | Disability Determination             | Life Transitions                  | Seasonal Affective Disorder (SAD) |                        |
| Autism Spectrum Disorder        | Disruptive Mood Dysregulation (DMDD) | Loneliness                        | Self-Esteem                       |                        |
| Avoidant Personality Disorder   | Dissociation                         | Marital and Premarital            | Self-Harming Behaviors            |                        |
| Behavioral Issues               | Dissociative Identity Disorder       | Medical/Health Psychology         | Sex Therapy                       |                        |
| Binge Eating Disorder           | Divorce                              | Men's Issues                      | Sexual Abuse                      |                        |
| Bipolar Disorder                | Domestic Abuse                       | Military/Veteran's Issues         | Sexual Addiction                  |                        |
| Blended Families                | Drug Abuse                           | Multicultural Concerns            | Sleep Disorders                   |                        |
| Body Image Disorders            | Dual Diagnosis                       | Narcissistic Personality Disorder | Smoking Cessation                 |                        |
| Borderline Personality Disorder | Eating Disorders                     | Neuropsychology                   | Social Anxiety                    |                        |
| Bulimia Nervosa                 | Elder Care                           | Obsessive Compulsive Disorder     | Somatoform Disorders              |                        |
| Cancer                          | Emotional Abuse                      | Oppositional Defiance             | Spirituality/Religion             |                        |
| Career Counseling               | Exercise Addiction                   | Organizational Development        | Sports Psychology                 |                        |
| Caregiver Issues                | Family Conflict                      | Pain Management                   | Stress                            |                        |
| Child or Adolescent             | Family Therapy                       | Panic Disorders                   | Substance Use                     |                        |
| Child Custody Evaluation        | Fears/Phobias                        | Parenting                         | Suicidal Ideation                 |                        |



# CAPITAL AREA PSYCHOLOGICAL ASSOCIATION

## INFORMATION & REFERRAL DIRECTORY

### Insurance Accepted

Please circle or put a check mark next to all accepted insurance plans:

- ☐ I do not currently accept insurance.
- |                                       |   |  |   |   |  |
|---------------------------------------|---|--|---|---|--|
| <input type="checkbox"/> Aetna        | <input type="checkbox"/> Beacon                 | <input type="checkbox"/> Covenant Management | <input type="checkbox"/> Medicaid           | <input type="checkbox"/> Optum          | <input type="checkbox"/> Smart HealthAscension |
| <input type="checkbox"/> Ambetter     | <input type="checkbox"/> Blue Cross Blue Shield | <input type="checkbox"/> Humana              | <input type="checkbox"/> Medicare           | <input type="checkbox"/> Oscar          | <input type="checkbox"/> Tricare               |
| <input type="checkbox"/> Anthem       | <input type="checkbox"/> Cigna                  | <input type="checkbox"/> Magellan            | <input type="checkbox"/> Optima Health Plan | <input type="checkbox"/> PHCS/Multiplan | <input type="checkbox"/> United Healthcare     |
| <input type="checkbox"/> Other: _____ |   |  |   |   |  |

### PRACTICE DETAILS & APPOINTMENT OPTIONS

I am currently seeing clients: (Check all that apply)

- ☐ In-Office ☐ Virtual/Telehealth

I am currently offering the following types of appointments: (Check all that apply)

- ☐ Individual ☐ Couples ☐ Family ☐ Group ☐ Workshops/Classes ☐ Colleague Consultation

I am currently seeing clients in the following age ranges: (Check all that apply)

- ☐ Children (Under 6) ☐ Children (6-12) ☐ Teenagers (12-18) ☐ Young Adults (18-24) ☐ Adults (24+) ☐ Elders (64+)

My practice is located: (Check all that apply)

- ☐ Central ☐ North ☐ South ☐ East ☐ Northwest ☐ Southwest ☐ Northeast ☐ Southeast ☐ Round Rock  
☐ Kyle/Buda ☐ Pflugerville ☐ Wimberley ☐ Georgetown ☐ Cedar Park ☐ Leander ☐ Other: \_\_\_\_\_

Languages Spoken Fluently: (Check all that apply)

- ☐ English ☐ Spanish ☐ French ☐ ASL ☐ Other: \_\_\_\_\_

### DONATE TO CAPA

I would like to make a voluntary contribution to the Capital Area Psychological Association to sustain CAPA programs and community charitable donations. I would like to make a donation in the amount of:

- ☐ \$10.00 ☐ \$15.00 ☐ \$20.00 ☐ \$25.00 ☐ \$50.00 ☐ \$75.00 ☐ \$100.00 ☐ Other: \$\_\_\_\_\_

### ATTESTATION

I affirm that all of the information I have shown here is true. I agree to abide by the Code of Ethics of the American Psychological Association and by the guidelines of the Texas State Board of Examiners of Psychologists.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Checks and membership applications can be mailed to:  
Capital Area Psychological Association  
PO BOX 996, Boerne, TX 78006  
capitalareapsychassoc@gmail.com  
(512) 451-4983  
www.austinpsychologists.net





## **CAPA EXECUTIVE COMMITTEE MEETING MINUTES APRIL 8, 2022**

The CAPA Executive Committee met on Friday, April 8, 2022 with the following members present: John Godfrey, PhD, Elisabeth Middleton, PhD, David Heckler, PhD, Leena Batra, PhD, and Stephen Kolar, PhD.

Dr. Godfrey opened the meeting in the absence of Dr. Roberts. The board discussed benefits of CAPA memberships, notably how membership decreases costs for attendance of monthly meetings and CAPA workshops. Fees were discussed and agreed upon: nonmember/member/student for monthly meetings at \$30/\$20/\$10 and CAPA workshops at \$130/\$99/\$30. Dr. Godfrey will contact Amber Nicholson to update this information on the website and include wording that members receive a substantial discount to fees for being a member of CAPA. Dr. Heckler noted the savings for a full year of attendance is \$35 for members.

Dr. Godfrey asked the board about thoughts about returning to meetings in person at some point in the future. Dr. Batra would like workshops to remain online, as that increases flexibility with speakers and attendance from members and nonmembers. Dr. Middleton suggested that when CAPA does resume meeting in person it would be beneficial to meet both in person and online to help those persons with travel issues. Dr. Batra agreed to contact the Thompson Conference Center at UT about possibly hosting a CAPA fall workshop there.

The board discussed CAPA policy on public statements. Dr. Godfrey reported that TPA (Texas Psychological Association) has committees to talk about and deal with public statements (while CAPA does not). Dr. Heckler noted that it would be helpful to be able to respond effectively if people had reaction to CAPA statements. Dr. Middleton indicated that CAPA and TPA are different and separate entities. Dr. Godfrey asked board members to look at TPA's process for issuing statements. The board will consider meeting to discuss this further on a Friday evening and Dr. Godfrey will send a doodle poll to help schedule this meet.

# **CAPA GENERAL MEETING MINUTES**

## **APRIL 8, 2022**

Dr. Godfrey called the meeting to order on Zoom. He encouraged attendees to visit the new CAPA website and update their information on it.

Dr. Batra announced the CAPA Ethics Workshop to be held May 13, 2022 from 2-5 PM virtually. The speaker will be Kenda B. Dalrymple, JD. Ms. Dalrymple is a local attorney who specializes in administrative and health law, with an emphasis on licensed professionals, their licensing boards, and matters related to their practices. This Ethics Workshop will review state and federal laws and rules and regulations that govern the practice of a mental health professional.

Dr. Godfrey told attendees that the board is going to contact the Austin Psychiatric Society to see if we can attend the regular meeting with them in May 2022. He noted that the board is looking into possibly using the Thompson Conference Center in the future for workshops (such as the one in the fall of 2022).

Dr. Middleton introduced today's speaker, Qazi Javed, MD, FAPA, ABIHM. Dr. Javed is a double board certified Integrative Medicine Physician practicing Adult, Child, and Adolescent Psychiatry. He promotes healing the whole person and community mental health. His clinic team promotes ketamine assisted psychotherapy, functional medicine, and mindfulness among other areas. His presentation was titled, "Ketamine Assisted Psychotherapy."

Dr. Javed said therapists bring their own values into the therapy room. The action of doing a task creates a polarized feel, which can often paint a black or white picture of polar opposites. Medication/no medication, therapy/no therapy, good/bad with the task of integrating two polar opposites into something that is transitional. A transitional object can help a person move from a polarized state to an integrated one. The challenge is in integrating polar opposites.

Dr. Javed stated that ketamine can fill a role in treatment. For example, SSRI's are sometimes unhelpful for certain people. Ketamine, however, has a sudden antidepressant effect. It can reduce suicidal thoughts rapidly in an emergency room and this decrease lasts for 72 hours. Ketamine can have an antidepressant effect, produce euphoria, and have precognitive effects.

Ketamine has shown promise with treatment resistant depression, bipolar disorder, PTSD, and other types of mental illness. It can have side effects similar to other psychotropic medications, including double vision, having a dream-like feeling, drowsiness, nausea, and vomiting. Recreational users of ketamine may experience long-term side effects, though these are unlikely with ketamine use in psychotherapy.

Dr. Javed talked about principles of psychedelic psychotherapy, including the three stages of preparation, medication, and integration. Creation of setting is important, with intention, music, and empowerment of choices. The client chooses to be present, to accept this treatment, and to work through their difficulties. The therapist helps the client focus inward, and recognize dissociation, intellectualization, codependence, and crucial moments. The therapist and client recognize the journey's direction and are aware if the client is not ready to face their trauma. This environment creates a powerful intimacy that passes between the therapist and client, especially with regards to ketamine and the therapeutic relationship. People often regress to primitive states when using ketamine.

Ketamine use involves facing one's demons, coming to terms with experience and pain. A client may become aware of patterns in their life that are self-defeating. They may identify inexplicable symptoms that are black/white and spurred on by inner demons and pain. There might be a mourning of the passing of an ideal, something the client has held on to that must be let go. Shamanistic healing involves the way we live in harmony with the spirits of nature and see past the illusion of separation from others and the world. Ketamine assisted therapy can help a client achieve a unique and special kind of experience. This may include a spiritual component, with the client recognizing emergent spiritual needs.

Dr. Javed stated that using ketamine in therapy requires training and integrating meditative practices like secular Buddhism with more traditional treatment. Initial work in ketamine assisted psychotherapy may involve changing perspectives and awareness. This may include feeling lost then heard, loving/validating/sharing with another, and an awakened awareness of oneself and the world. One's mind may be liberated from attachments and filters. This may yield a time out from one's ordinary mind to be more creative and complex.

Dr. Javed discussed multiple options for ketamine assisted therapy in the community. He addressed questions from the audience. The meeting was adjourned.



# CAPA CLASSIFIEDS



## Office Space & Opportunities

If you are interested in submitting a classified on CAPA's website, please submit the following information to [capitalareapsychassoc@gmail.com](mailto:capitalareapsychassoc@gmail.com)

Classified Title    Classified Description  
Contact Name    Contact Phone Number  
End date for posted classified

Office space ads can be posted for free for up to 3 months. The cost for all other classified listings on the CAPA web site is \$30/up to 3 months. All non-office space ads must be prepaid before they will be approved for display. Once you have submitted your classified request, someone from site administration will contact you for payment.

Please note that posting in the CAPA *Commentary* is a separate process. You should email your ad to the editor for review.

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### Office available in South Austin

Suite of therapists looking for mental health practitioner to rent the 4th office within our suite beginning in January. The suite includes waiting room, kitchen and bathroom. The rent includes all utilities, including high speed internet as well as cleaning fees. We also provide printer/copier/fax machine and we cover all costs related to that (printer paper, cartridges etc). Our office is a warm and welcoming place, and we are looking for colleagues who are interested in building relationships and supporting each other in the work that we do.

Please contact us with any questions, preferably via email.  
Mandy Menzer at [mandy@drmenzer.com](mailto:mandy@drmenzer.com)

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### Continuing Education Opportunities with Clover Educational Consulting Group

Clover Educational Consulting Group is a 501c3 non-profit corporation with offices in Mineola and Austin, TX. Clover was founded by licensed psychologists with expertise in policy, program development, and education and training. Our aim is to improve the mental health of the communities we serve through advances in policy, workforce, and training. Services we offer: -Behavioral Health Workforce Improvement (training program development and accreditation) -Training Healthcare Providers (on such topics as integrated healthcare, behavioral health 101, and effective suicide prevention) -Evaluation and Grant Support Services -And of particular relevance to our friends in the Capital Area Psychological Association, Continuing Education Opportunities! Clover is an APA-approved sponsor of continuing education for psychologists, offering live CE events and an on-demand course library. Earn CEs for just \$25 per credit hour! Clover also serves as a CE sponsor for other agencies and trainers who wish to provide CE credit for their training events. Check out Clover's Live Calendar of upcoming events (<https://clovered.org/ce/>): -04/21: Dr. Jenna Symons presents, "APA Site Visit Pep Talk: What You Need to Know to Plan with Ease" -05/02: Dr. Juliana Rosa presents, "Program Evaluation in Behavioral and Public Health" -06/07: Dr. Ramani Durvasula, "Working with Clients Experiencing Narcissistic Abuse: Addressing the Impact of Antagonistic Personality Styles on Mental Health" Tight Schedule? Earn CE on your time with Clover's On-Demand Library (<https://clovered.org/on-demand-ce/>)! A few highlights: -"Multicultural Competency-based Clinical Supervision" with Dr. Carol Falender -"When Training Goes Wrong: Addressing Competence and Other Issues During the Internship Year" with Dr. Greg Keilin -"More Than Diversity and Inclusion - Real Talk About Racism" with Dr. Ann-Louise Lockhart Clover is now offering 50% off upcoming training opportunities for students and trainees. To claim your discount, enter the code STUDENT at check out. If you are interested in becoming a CE instructor, please contact us!

Questions and requests for information: [continuing.education@clovered.org](mailto:continuing.education@clovered.org)

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### Psychologist / Neuropsychologist Private Practice Opportunity in South Austin

Neurobehavioral Institute of Austin (NBAustin) is a thriving and well-respected private practice in Austin, Texas, currently seeking experienced full-time Neuropsychologists and/or Psychologists, with a primary focus on neuropsychological and/or psychological assessments and therapy. Our practice sees patients ages three to adult. Some of the benefits of NBAustin include regular collaboration with colleagues, steady referrals, and being part of a group who has a well-developed reputation. In addition to assessment, various providers do provide other services, including individual and family therapy, parent training, school consultations, and professional training and supervision to interns and postdoctoral trainees. Our primary referral sources include current and former patients, family physicians, pediatricians, psychiatrists, neurologists, hospitals, and school personnel. Although we do have a high percentage of private pay patients, we also file some BCBS PPO insurance, and we have contracts with agencies and employers. Finally, our group consults with and provides assessments for schools, treatment centers, foster care programs, the courts, and others in the community.

If interested, please submit your CV to [office.manager@NBAustin.com](mailto:office.manager@NBAustin.com). Full time applicants only please.

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### PT Office Space off Spicewood Springs Rd. Available

Office suite available Thursday - Sunday. Suite includes waiting area, break room w/ coffee/tea, microwave, and fridge, and office mate. Located 10-15 minutes from downtown Austin and the Domain and only 30 minutes from surrounding cities like Buda, Round Rock and Dripping Springs. Rent is month-to-month and includes utilities and internet. Contact Dr. Elle Blodgett at [igniteanewpllc@gmail.com](mailto:igniteanewpllc@gmail.com) for more information.



# CAPA CLASSIFIEDS



## Office Space & Opportunities

### Job openings for LCSWs, LPCs, or Psychiatrists

SoCo Psychotherapy is seeking highly motivated, fully licensed clinicians to join their fast growing South Austin private practice.

The right candidates will be client-centered, adaptable, and committed to continuing education. They must feel comfortable working with a variety of populations and be willing to see adolescents, couples, and families, as well as individual adults.

SoCo Psychotherapy was built on a foundation of transparency, integrity, and healthy communication. If you want to work in an environment where you feel like you are valued, get the support you need when you need it, and with significant growth potential, SoCo Psychotherapy might be the place for you.

SoCo Psychotherapy offers clinicians:

- Help with credentialing
- Office expenses covered
- Referrals provided
- Online notes/scheduling
- Health insurance available
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If you think you may be a good fit for our team, please contact us at [admin@socopsychotherapy.com](mailto:admin@socopsychotherapy.com).

Please provide answers to the following questions when you submit your resume:

- Are there any days/times that you are not able or willing to work such as weekends, evenings, etc.?
- What populations do you prefer working with?
- Are there any populations that you do not want to work with?

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### ACT Peer Learning and Consultation Group

Looking for psychologists or other providers to collaborate, learn and practice Acceptance and Commitment Therapy, Relational Frame Theory and Contextual Behavior Science. I have dedicated most of my career to psychological and neuropsychological evaluation but became interested in the therapeutic and life enhancing promise of ACT for clients and we practitioners in our lives. I have completed several online intensive courses with Steve Hayes, DJ Moran, and Matthew Cobb, read as much as I can find about ACT, RFT, and CBS but this has thus far been a solo journey. I'm not well connected or networked so word of mouth has not been an option for me so far. Whether you already have expertise and practice from an ACT perspective or would just like to learn this exciting, relatively new approach to helping, please contact me. Since Zoom is a thing, I am open to that or some other networking solution and would also like to meet in person as time and prior commitments allow.

Contact August Dolan-Henderson, PhD

512-626-0180 cell

512 770-6909 office

[adhphd@adhphd.net](mailto:adhphd@adhphd.net)

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### Neuropsychologist Job Opening

Acclaim Physician Group, in partnership with JPS Health Network is currently looking for a full-time Neuropsychologist to join our growing team. JPS's Department of Psychiatry and Behavioral Health Service is one of the largest, full-spectrum mental health services in the state of Texas, with a mission to provide accessible, high quality, sustainable behavioral health care for all of our patients, regardless of income level. Acclaim and JPS are committed to ongoing professional development and engagement, providing mentorship opportunities for our faculty, residents, trainees and staff. Doctoral degree in psychology from a graduate program in psychology accredited by the American Psychological Association (APA) at the time the program was completed OR, a doctoral degree in any area of psychology with additional successful completion of a re-specialization program in an APA or an APPIC accredited doctoral program; 2 years of post-graduate experience preferred. Liberal benefits; relocation assistance; professional development support available.

Please contact Cynthia Claassen, PhD at [CCLaasse@jpshealth.org](mailto:CCLaasse@jpshealth.org)

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### Office Available in Central Austin

Hello. I have a 150 square foot interior office in the Franklin Square Building (3724 Jefferson St., Suite 200) in a suite with three psychologists, one LPC, and me, an LCSW. The rent is \$365/month for the hours listed below. The office is available June 1.

Monday and Tuesday until 3pm

All day/evening Wednesday

Thursday until 11:30am

All day/evening Friday, Saturday and Sunday

The waiting room is very large, comfortable, and tastefully decorated. It has 5G wireless internet, a print and fax machine, and lights to signal that your client is waiting. The cleaning, internet, mini-fridge and microwave, printer and fax, and utilities are included in the rent. I love this office building! There are quite a few other therapists, psychologists, and psychiatrists in the building. The building staff are all responsive and kind. The neighborhood has lots of shops, restaurants (the original Kerby Lane Cafe) and large trees. There is a spacious parking lot and the building and restrooms are handicap accessible.

Lisa Judge, PhD., LCSW

512-467-0655 (texting is fine)

[lisaclarej@gmail.com](mailto:lisaclarej@gmail.com)



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The CAPA Commentary is a regular publication of the Capital Area Psychological Association, P.O. Box 996, Boerne, TX 78006.

Its eight issues, January through May and September through November, are free to CAPA members.

Submissions of informational or educational articles and comments are welcome for consideration for publication and are strongly encouraged. Recommended length of submitted materials is 500 words.

Accepted articles exceeding these limits may be published in successive issues.

Deadline for submissions is the third Friday of each month preceding month of publication. Submit to John Godfrey, PhD at johng23447@gmail.com

**CAPA Membership:** For information about joining CAPA as a full, associate, affiliate, or student member, call 512-451-4983 or email capitalareapsychassoc@gmail.com

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### **Advertisement Costs:**

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### **Web Classified :**

Office Space: Free, All others \$30 for 3 months