

APRIL 2021

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

John Godfrey, PhD

Dear Colleagues:

CAPA continues to offer high value Professional Development presentations upcoming on April 9th and May 14th. Our May 14th, 2021 Ethics presenter has been confirmed, and I know you will find the materials unique and thought provoking. Spread the word and invite other psychologists you know to join us.

As I have mentioned in previous communications it is a legislative year in Texas. There are a number of bills from which psychologists would benefit if they can pass. I encourage you to pull your heads up out of your daily maelstrom of work to write and call your representative and senator in Texas. If you cannot recollect who your Texas representatives and senators are, you can go here to find out:

<https://wrm.capitol.texas.gov/home>. It's a piece of cake. You will most likely talk to a twenty year old staffer trying to learn the ropes. Give them a small bit of your thinking about the value of telehealth; liability protection for psychologists when reporting concerns about patients; exemption from sex offender training for trained psychologists; prescription privileges; and being able to certify guardianship without having to gain the approval of a medical doctor. That's really it for the moment. Oh, but wait there's more.



Our former President now TPA president, Dr. Frances Douglas, testified this week down at the capital to support HB 549, which addresses the chilling effect psychologists can experience when reporting clients who may be a danger to themselves or others. If you want to see what it looks like to testify in 3 minutes or less you can watch me go at it by finding the 2 hours and 23 minute mark of https://tlcsenate.granicus.com/MediaPlayer.php?view_id=49&clip_id=15517 To be frank, I quickly entered a fugue state and could not really recall what I had said after it was over. The text is offered below for those that don't want to go online any more today.

"I am here to tell you about my experiences using telehealth and specifically to support continuing coverage for audio-only telephonic treatment. A year ago, when the pandemic shut us down, I was skeptical of telehealth. Since last March I have run the experiment, seeing 25 to 35 patients a week exclusively using telehealth. And what I have found is this: in almost all situations, I am providing high quality care through audio-visual conferencing and telephone counseling. My patients accept telehealth. Nearly all are relieved to receive care and not risk infection. Being freed from travel time allows them to receive treatment when they might not otherwise. Fewer patients miss their appointments.

I also want to emphasize the unique value of 'audio-only' services: Only 65% of Texans have access to the broad band necessary for audio visual services. This means 35% are without the access necessary to video conference. But most Texans have cell phones. Face-to-face treatment is the gold standard. Observing how our patients walk and move and, sometimes, even how they smell, these are diagnostically beneficial. Yet when other forms of access are not available the telephone can be a life saver. And working with patients using 'audio-only' has a long history of effectiveness. My first exposure to mental health treatment was volunteering at hotline for suicidal teens and runaways back in the 1970s. Fifty years ago we were saving lives using only the telephone and these were on walls and tables.

These days the telephone allows me to be more available to my patients. I can help keep their crises from spinning into a need for higher levels of care reducing the need for hospitalization. We can make a plan together for how to get through the present moment to tomorrow. Continuing coverage of telephonic audio-only access allows mental health professionals to meet the needs of underserved citizens in urban, rural, and elderly populations. "Talk therapy" is especially suited to the use of telephonic communication."

Take a chance, get involved and do good for yourself and your profession. Thank you for your time and attention.

Yours,

John Godfrey, Ph.D.
2021 CAPA President

APRIL MONTHLY MEETING

HUMAN TRAFFICKING INSIGHTS FOR MENTAL HEALTH PROFESSIONALS PRESENTER: KARA HARRINGTON, BA

**APRIL 9, 2021
12:00 PM - 1:30 PM**

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

This training will provide an overview of key human trafficking concepts and discuss the intersection of human trafficking and mental health services. Human trafficking misconceptions, vulnerabilities, and recruitment tactics will be covered. Attendees will be equipped with the knowledge needed to identify, respond to, and report incidents of human trafficking.

TRAINING OBJECTIVES:

- Provide an overview of key human trafficking concepts
- Identify human trafficking misconceptions, vulnerabilities, and recruitment tactics
- Discuss human trafficking indicators and the role of mental health professionals
- Review community resources & state movements

ABOUT THE SPEAKER

Kara Harrington, Human Trafficking Advocate

Kara Harrington, (B.A. 2015) is a community and social services professional with a passion for trauma-informed care and advocacy for victims of exploitation. Kara currently serves as Human Trafficking Advocate with the Texas Association Against Sexual Assault (TAASA). In this role, she provides training and technical assistance to sexual assault programs across the state regarding best practices and trauma-informed service provision for human trafficking survivors. Prior to this role, Kara worked as Victim Services Coordinator and Program Specialist for the Human Trafficking and Transnational/Organized Crime Section at the Office of the Attorney General of Texas where she coordinated services for trafficking survivors and supported the team's special initiatives. Kara also has a thorough understanding of Care Coordination and Commercially Sexually Exploited Youth (CSEY) Advocacy models through her time as Commercial Sexual Exploitation of Children Specialist with Garth House, Mickey Mehaffy Children's Advocacy Program, Inc. in Beaumont, Texas.





CAPITAL AREA PSYCHOLOGICAL ASSOCIATION

Marketing Your Practice- An Ethical Duty That Benefits You AND The Public

May 14, 2021

2:00 PM - 5:00 PM

3 Hours of Ethics Continuing Education Offered

"Marketing Your Practice- An Ethical Duty That Benefits You AND The Public"

Presented by: Pauline Wallin, PhD
Private Practice in central Pennsylvania

Co-founder, The Practice Institute, LLC
Conference will be conducted virtually, via ZOOM platform

Marketing your practice is not only an important business strategy, it also benefits the public. If you don't market yourself, people may not be aware of your services, and may turn to uncredentialed self-titled "therapists" who are not bound by any code of ethics, and whose products and services are often not just ineffective, but potentially harmful.

For this reason, we psychologists have an *ethical duty* to increase our visibility in our communities, and to educate the public in how science-based psychology can help improve people's lives.

This workshop will address ethical ways to market your practice to people who can benefit from your services. Strategies include differentiating yourself from the competition, educating the public via writing, speaking, and news media, and building a strong online presence through your website and social media engagement. The presenter will also address ethical do's and don'ts related to marketing, advertising, and social media.

LEARNING OBJECTIVES:

- Explain how marketing your services helps benefit the public
- Describe new opportunities and new competition in online delivery of mental health services
- List 3 ways in which to differentiate yourself from the competition
- List 7 ways to market your practice online in an ethical manner

ABOUT THE SPEAKER:

Pauline Wallin, PhD is a technology enthusiast and psychologist in private practice in Camp Hill, Pennsylvania. As co-founder of The Practice Institute LLC, she guides mental health professionals in building and maintaining ethical practices.

She is past president of two APA Divisions: Division 42, Independent Practice, and Division 46, Media Technology & Psychology. She has also chaired or served on numerous committees within APA and the Pennsylvania Psychological Association, and has written articles and book chapters on ethics and practice development. She is the recipient of several achievement awards from Division 42, Division 46 and the Pennsylvania Psychological Association.



In addition to writing and teaching about the business of practice, Pauline has written a self-help book (*Taming Your Inner Brat: A Guide for Transforming Self-defeating Behavior*), was a magazine columnist for several years, and has frequently appeared in or been quoted in the media, including CBS news, the Associated Press, *New York Times*, *Wall Street Journal*, *Washington Post*, *USA Today*, *Redbook*, *Ladies Home Journal*, *Huffpost*, *Buzzfeed News* and others.

Since 1997 Pauline has taught workshops on using the internet for research and for ethical marketing. She has conducted practice development workshops and webinars in the US and Canada, and is a frequent invited speaker for professional conferences.

About the Practice Institute (TPI)

TPI was founded in 2011 by four internationally recognized psychologists, each with 30+ years of diverse experience, to help our colleagues understand and apply basic business knowledge and skills to their practices.

Collectively we have expertise in practice development, supervision, niche development, technology, marketing, ethics, practice administration and responsible entrepreneurship.

We provide ethical business guidance to mental health clinicians via group and individual consultations, focused business advice, coaching, practice management training, and CE programs on both clinical and business topics.

Website: ThePracticeInstitute.com

REGISTRATION:

2021 CAPA Members:	\$99
Non-Members:	\$120
Students:	\$30

Register today at
www.austinpsychologists.net



EXECUTIVE COMMITTEE MEETING MINUTES MARCH 12, 2021

The CAPA Executive Committee met on Friday, March 12, 2021 with the following members present:

John Godfrey, PhD, Dan Roberts, PhD, Elisabeth Middleton, PhD, Leena Batra, PhD, David Hill, PsyD, David Heckler, PhD, and Stephen Kolar, PhD.

Dr. Godfrey opened the meeting. The board discussed online meetings and zoom links for them. Dr. Heckler suggested setting up and sending out zoom links for the rest of the year in advance and Dr. Hill said this could be done. The board discussed who would be in charge of setting up zoom meetings in the future. Dr. Middleton suggested recording meetings so that members can watch them later if they cannot attend the meeting.

Board members discussed future meetings and the safety of meeting in-person again. Dr. Godfrey asked board members where CAPA should host meetings when it is safe to do so and the board agreed to continue at the AT&T Conference Center on the UT Campus. The board will look into our contract with AT&T and determine what steps need to be taken for this relationship to be renewed.

Dr. Godfrey noted upcoming changes in CAPA's association management agreement. CAPA will be transitioning from working primarily with Sherry Reisman to working with Amber Nicholson. The board has worked with Ms. Nicholson previously and is content with this change. They discussed modifications for a contract with Ms. Nicholson. Dr. Godfrey will remove Ms. Reisman from Quickbooks and the CAPA bank account. Drs. Godfrey and Heckler will meet at the bank in late March 2021 to transfer signatories for the CAPA account. The mailing address for CAPA will be changed to one provided by Ms. Nicholson.

The board discussed upcoming meetings. The board recognized that the coronavirus likely prohibits the annual meeting with the Austin Psychiatric Society (APS) in May 2021. Dr. Middleton suggested possibly attending their meeting online if this is an option. Dr. Hill will send out an email to APS informing them that CAPA members will not be able to attend an in-person meeting with them due to coronavirus risk. Dr. Middleton reminded members that a presenter on human trafficking will likely be able to present at the April 2021 CAPA meeting.

The board talked about CAPA membership and election of officers in the fall. Dr. Godfrey noted that life members are automatically renewed for membership each year and he proposed that they be required to renew manually. This would help the board get a better handle on active members and avoid the confusion of unfortunate circumstances such as members passing away or moving out of the state. Dr. Roberts remarked that life members do receive an email about renewing, so perhaps they could follow a link from the email to click a button to renew on the website. Dr. Batra suggested sending an email reminder to life members that they are renewed or they can click to discontinue their membership if needed. Dr. Godfrey has a list of current members who have not paid their dues to renew for 2021. He will check with Ms. Reisman to see if this list is up-to-date and then the board will discuss how they can break up contacting members to encourage them to renew. Dr. Godfrey noted the timeline of needing nominees for next year's CAPA board in September with voting in October. Dr. Roberts suggested that this be announced at today's general CAPA meeting.

Dr. Batra has made numerous calls to find a presenter for the CAPA Ethics Workshop. This will be held on May 14, 2021, from 2-5PM viz Zoom. UPDATE: Dr. Batra has secured a speaker for this workshop. Pauline Wallin, PhD, will present the CAPA Ethics Workshop titled, "Marketing Your Practice – An Ethical Duty That Benefits You AND the Public."

GENERAL MEETING MINUTES

MARCH 12, 2021

Dr. Godfrey called the meeting to order via Zoom call. He reminded members that the 87th Texas Legislature's session is underway with telehealth being one of the key issues for psychologists. Dr. Godfrey asked members to please invite a colleague or peer to attend a CAPA meeting or become a member.

A meeting attendee noted that registering and paying online for monthly meetings is cumbersome and requested that this process be made more user-friendly. Dr. Godfrey said he would talk with Ms. Nicholson about options to make this process easier to navigate. A second attendee asked for social advocacy from CAPA to support a bill that will improve access to dental care for people with physical disabilities.

Dr. Middleton introduced Amanda Venta, PhD as today's speaker. Dr. Venta is an Associate Professor of Psychology and the Director of the Youth and Family Studies Lab at the University of Houston. She has published over 80 scientific papers and books and been cited over 2000 times. Dr. Venta won a research award in 2019 from the Texas Psychological Association for her work. Her presentation was titled, "Thinking About What They're Thinking About: Unpacking the Adolescent's Social Mind from an Attachment Perspective."

Social cognition is also called mentalizing or the theory of mind. It involves one's capacity to understand their own and others' mental states. This is especially important for adolescents, as they are often especially worried about what their peers, adults, or romantic partners think. Dr. Venta discussed the False Belief Task and the Child Eyes Task, two tasks that gauge a child's ability to understand other people's thinking or identify what a person is thinking by looking only at their eyes. She discussed a third task, where teen subjects watch a movie and then are asked to identify the mental states of people in it. The ability to recognize and understand the mental states of others are important areas of learning for children and adolescents.

Dr. Venta noted how children's attachment plays a vital role in emerging social cognition. The attachment we have with caregivers as a child forms the building blocks of social cognition. This teaches the child that a parent has a different perspective, that we have separate minds and can guess what other people are feeling. One way to measure this attachment, the Child Attachment Interview, helps the examiner to understand how children view themselves and others with a social template that can change over time.

Attachment can fall into secure, insecure-dismissing, and insecure-preoccupied categories. Secure attachment is where the child sees himself as worthy of care with secure caregivers. Children with insecure-dismissing attachment see themselves as not worthy of care and with insecure caregivers. These children stop seeking security from their parents. Those with insecure-preoccupied attachment show anger and anxiety. Their attachment needs aren't being met because the parenting is so inadequate. These children lack the ability to mentalize.

Dr. Venta reported clinically significant repercussions of attachment to parents. Attachment has links to personality disorders, suicidal thoughts, and trauma. The attachment style a child gets from their parents often morphs into their attachment to peers. It is important to understand that the therapist's relationship with the client becomes a proxy, so the therapist must be careful to respond in secure ways to their client. Secure attachment to one's peers has been found to protect against conduct problems and depression. Attachment to teachers at school can help predict a wide range of behaviors including conduct problems, prosocial behavior, hyperactivity, and resilience. In teens, style of attachment impacts levels of social cognition, with decreased social cognition being associated with increased levels of PTSD and psychotic symptoms in some individuals.

Dr. Venta underscored the importance of clinicians to assess, even informally, level of attachment and social cognition in treatment with adolescents. Therapists should consider how trauma can interrupt these processes and work with clients to move towards secure attachment. Additionally, one should consider how attachment dynamics are playing out in therapy with therapist as a temporary attachment figure. The therapist should consider pausing the session when she senses erroneous social cognition in the room and help correct this error. Dr. Venta discussed how social cognition is related to oxytocin (the attachment hormone) and inflammation in the body.

In conclusion, Dr. Venta noted that social cognition and attachment can be reliably measured in adolescents. Both impaired social cognition and attachments insecurity act as transdiagnostic risk factors in adolescents. Social cognition may be a mechanism by which attachment operates on the daily lives of teenagers.

Dr. Venta addressed questions from the audience. The meeting was adjourned.

CAPA CLASSIFIEDS



Office Space & Opportunities

Central Office for Rent

Office currently available for rent in a 4-office suite on the top floor of a professional office building, centrally located on the corner of 2222 & Mopac. Office is \$700 a month, has the following dimensions: 7' 4" x 14' 6" and contains one large floor-to-ceiling window with a great view. The suite has a private waiting room, clinician bathroom, and hallway kitchenette with microwave, mini-fridge, and shelf for storage. The building offers ample, free parking and nice restrooms for clients in the exterior hallway. Rent includes wireless internet, cleaning services, and common area supplies. A/C hours are Monday through Friday from 8am to 7pm, and Saturday from 9am to 2pm. The suite is currently occupied by two licensed psychologists and two licensed professional counselors. For more information or to view the office, contact Ashley Cooper, PsyD at drashleycooper@gmail.com or 512-708-0361.

Office Space Share

I have a tenant that lost her partner to cancer and is looking to share the office space or will give it up if someone needs all of the 2 offices and a waiting area. Suite #205 has 2 separate therapy rooms and a waiting area, with another small area they use with a small refrigerator and shelves for snacks. The lease is \$883.00 a month full service lease and if split is \$441.50 each for 2 therapists. Tenants pay for their internet, cable, & phone service. There are public restrooms on the 2nd floor down the hall, there is plenty of free parking, the bus stop is at the side of the building. The building is conveniently located within walking distance to Central Market. Location is convenient for travel around town with 1 block from Ben White & S. Lamar, 15 minutes to Downtown or the Airport. Shopping at Sunset Valley and restaurants, Ben White restaurants, & S. Lamar Restaurants. If interested, or have questions, please contact Rudi at (512) 917-7782.

Cozy Office in Pflugerville

10' x 10' office space available in a quiet office park on AW Grimes Blvd. on the border of Pflugerville and Round Rock. Willing to rent full or part time. Full time rent is \$500/month; part-time would be pro-rated based on need. Rent includes electricity, wifi, on-suite kitchen and restroom, and cleaning services. Picture with the couch is the office space available, but it will be unfurnished. You would share the suite with me and one other therapist. We see adults or older teens to keep it a quiet space. I can give you referrals! We look forward to having you join us. Feel free to contact me at (512) 423-0808 or dreynolds@drpsych.net

Looking for Psychotherapy Office to Rent or Sublease

Like many of you, I have been doing all of my therapy sessions by phone since March of last year. In October, due to COVID, I gave up my north/central office, where I had rented for 20 years. I have just started thinking about looking for a new space closer to where I live.

My ideal space would be an unfurnished office with lots of windows, surrounded by trees in the Westlake/Bee Caves Rd./360 area. At this stage in my career, I am more interested in finding the atmosphere I am looking for, than in finding an office quickly. I would prefer a space with a shared waiting room with other independent professionals, but would consider an office with its own street entrance.

If you have an opening within your group or know of such a space, I would appreciate your contacting me.

Contact Name: Nancy Willbern, PhD

Contact information: nwillbern@gmail.com

Two Offices Available in Psychotherapy Office Building

Any helping professional or individual needing a quiet work environment is welcome! The office is conveniently located near downtown Round Rock. It is a very quiet and respectful working environment housing 3 other therapists. Full time and part-time office space available with flexible terms. Pictured are the outside of the building, waiting area, the two spaces available, and floor plan of the building. Available spaces can be furnished or unfurnished depending on your needs. The building has a shared furnished waiting area, a group room, 2 bathrooms, and a kitchen. It is a renovated house converted to an office building. Wifi, security, utilities, and cleaning services are included. We adhere to strict COVID safety standards and masks are required in all common areas.

Office #1: 159 SF, Lease amount varies depending on the length of the lease. Lease options include 6 mos and 9 mos with possible extensions for longer-term if desired (\$605-\$655)

Office #5: 154 SF, Lease amount varies depending on the length of the lease. Lease options include 6 mos and 9 mos with possible extensions for longer-term if desired (\$600-\$650)

I am also willing to consider office share, part-time rental agreements, as well as, address presence with access to mailbox and office supplies.

Reach out to request a showing or to ask any other questions!

Candice Fraser

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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 David Hill, PsyD by email at david@discovery-psych.com

CAPA Membership: For information about joining CAPA as a full, associate, affiliate, or student member, call 451-4983 or email admin@austinpsychologists.net

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