

OCTOBER 2021

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

John Godfrey, PhD

Dear CAPA Members:

Welcome to Fall in Austin, Texas. For me, it is 'ragweed season', so cooler weather and a runny nose. And of course, Stage 5 Covid, which is I hope soon to go down to Stage 4 and lower. I want to remind all y'all that you will soon have a slate of nominees for CAPA officers on the Executive Committee. This will be distributed by email after the October 8th Meeting. Voting lasts two weeks and requires that 25% of the membership weigh in on the slate.

It is likely I will miss this meeting as I will be on the road to St. Louis, Missouri and Kansas City, Kansas to visit extended family for the first time in a couple years. Dr. David Hill will run the meeting. You do not want to miss this as Dr. Nazrul Islam, MD will be presenting on pharmacology. Dr. Islam is a psychiatrist with experience, and we are delighted to have him bring us up to speed on medications. I will try to log in from afar if I can.



It also wants to remind you of the upcoming TPA Convention here in Austin from November 10th through the 12th. There is a volunteer opportunity for members of CAPA/TPA to serve as a 'Wednesday Welcome Wagon' to greet psychologists from all over Texas arriving Wednesday evening November 10th from 4:45 to 7 p.m. TPA has approved sensible COVID protocols to make convening as safe as it can be.

Your job, should you decide to undertake this, would consist of simply greeting and waving, smiling through masks, and pointing people in the right direction. There is also a Happy Hour for all attendees from 6-7p. Let me know if you are interested. I plan to be there the entire time. You could just do a part of the time if desired. Everyone will be masked and keeping their distance.

The work on a new website, logo, and motto continues. The executive committee is excited by the look and feel of the new website.

The AT&T Center is not yet open for having meetings as we used to do. But we are on their list to call once they do have it figured out. For those among us with young children, not yet able to get vaccinated, it seems for the best to stay safe.

You don't have to wait to renew with CAPA for 2022. Talk to your colleagues and see if they are members of our local area society. Let them know about the benefits of membership.

That's really all I have for now. Be safe and stay well.

John Godfrey, Ph.D.
2021 CAPA president

OCTOBER MONTHLY MEETING

DELIVERING EVIDENCE-BASED TREATMENTS

**PRESENTER(S):
DR. NAZRUL ISLAM, MD, MPH
ADULT PSYCHIATRIST**

**OCTOBER 8, 2021
12:00 PM - 1:30 PM**

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

This workshop will cover the following topics:

- History of Medicine: Listening to the patient
- History of Psychiatry: Recuperating from bizarre treatments, unethical practices to impositions
- Compliance and Trust: Preparing your patient
- Collaborative Care: Patient, Psychologist, and the Psychiatrist
- Delivering Evidence-Based Medicine: Sticking with what we know, and admitting when we do not
- Common Things Happen Commonly: In response to rare diagnosis, expensive pursuit, and genetics
- Learning to Live with Google
- Protect Our Patients: Explosive growth of Snake Oil industries
- Shocking: "Primum non nocere" is it either true or real or even part of the Oath, and associated implications



ABOUT THE SPEAKER

Dr. Nazrul Islam, MD, MPH

Dr. Nazrul Islam, MD, MPH is a practicing psychiatrist in Austin, Texas. His private practice, MH Austin, has provided Mental Health Services in Austin since 2002. MH Austin offers comprehensive outpatient psychiatric services, including professional medical expertise in telemedicine, hospital psychiatry, administration, consultation liaison psychiatry and ECT to our community.

Dr. Islam has served as the Director of Acute Care Services for Austin Lakes Hospital, a consultation liaison for St. David's Hospital, and was the Director of the Electroconvulsive Treatment Program at Seton Shoal Creek Hospital.



Capital Area Psychological Association Presents:

**“The Continuing Significance of Race and Racism:
Understanding and Addressing Mental Health Impacts
of Racial Trauma among BIPOC Populations”**

**3 Hours of Cultural Diversity Professional
Development**

Presented by Dr. Tawanda Greer-Medley



October 8, 2021



2:00 PM - 5:00 PM



**Online Via Zoom
Platform**

Registration: www.austinpsychologists.net

THE WORKSHOP:

The purpose of this program is to educate, discuss, and enhance awareness of the persistent and insidious nature racism and its harmful impacts on mental health for members of BIPOC (Black, Indigenous, Persons of Color) populations. An additional purpose of this program is to assist mental health professionals in gaining and/or enhancing their skills to effectively address the mental health impacts of racism through application of trauma-informed interventions, along with community engagement, allyship, and advocacy in effort to lessen the burden of racial injustice and to improve the overall health of BIPOC people and communities.



Learning Objectives:

1. Define racism and racial trauma in the context of health
2. Identify mental and physical health impacts of racial trauma through understanding of biopsychosocial theory and current research on racism-related health impacts for BIPOC populations.
3. Understand trauma-informed interventions and the need to acknowledge and to conceptualize racism as a source of trauma
4. To understand and apply the concepts of allyship, community engagement, and advocacy in ways that will help to reduce the burden of racism and its related health impacts

THE SPEAKER:

Dr. Tawanda Greer-Medley is an Associate Professor at Cleveland State University's Department of Counseling, Administration, Supervision and Adult Learning. She specializes in sociocultural contributors to health and health disparities. Dr. Greer-Medley's published work include studies on the relationship between racism and mental health, impacts of provider racial biases for African American hypertensive patients, neural correlates of racism and race-related social perception, mental health impacts of racially hostile campus climates, coping strategies in managing and reducing stress for African Americans, and culturally congruent interventions for African Americans diagnosed with hypertension.

Dr. Greer-Medley is the former Associate Editor of *Psychology of Women Quarterly* (flagship journal of the American Psychological Association's Division 35 Society for the Psychology of Women) and is currently an Associate Editor for the *Journal of Black Psychology* (flagship journal of the Association of Black Psychologists/ABPsi).

THE INVESTMENT:

2021 CAPA MEMBERS:	\$99
NON-MEMBERS:	\$120
STUDENTS:	\$30

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"/>
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	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

PLEASE READ THE FOLLOWING QUESTIONS AND ATTACH A DETAILED EXPLANATION FOR ANY AFFIRMATIVE ANSWER

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 or Adolescent	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 HealthAscensic |
| <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"/> UMR |
| | | | | | <input type="checkbox"/> United Healthcare |

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

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 MEETING MINUTES

Executive Committee Meeting Minutes May 14, 2021

The CAPA Executive Committee met on Friday, May 14, 2021 with the following members present: John Godfrey, PhD, Dan Roberts, PhD, Elisabeth Middleton, PhD, David Heckler, PhD, Leena Batra, PhD, David Hill, PsyD, and Stephen Kolar, PhD.

Dr. Godfrey opened the meeting. The board discussed upcoming zoom versus in-person meetings. The AT&T Conference Center is still deciding how it will reopen, presumably this fall. The board will consider resuming meetings there at some point in the future. Dr. Hill will put instructions on how to create and manage CAPA zoom meetings in the dropbox.

Dr. Heckler reported that he, Dr. Godfrey, and Amber Nicholson now have access to the CAPA business account. He will work with Ms. Nicholson to get the debit card and checks. A PO Box for CAPA will be assigned to Ms. Nicholson this weekend. The CAPA phone number will remain the same as before.

Dr. Godfrey reported that CAPA has 183 current members, down from a peak of 220 in 2017. Board members have reached out to CAPA members who had not yet renewed for 2021. CAPA has \$19,352 in savings, \$25,646 in checking. CAPA's 12-month CD matures on August 31, 2021.

CAPA elections for board members are coming up this fall. Dr. Elizabeth will reach out to a potential candidate for CAPA president. Dr. Heckler will invite members of his work to join CAPA and/or consider running for a board seat.

The board discussed proposed changes to the CAPA website to make it easier to navigate. Dr. Middleton suggested improving the registration process, payment process, and to create easier access to the doctor finder. She also proposed improving CAPA's google presence, so the CAPA website would come up earlier in a google search for psychologists in Texas. Dr. Heckler recommended updating the CAPA logo and branding. Dr. Godfrey will contact Ms. Nicholson to ask about our options for redesigning the website.

The board discussed the CAPA October Diversity Workshop and Dr. Batra took recommendations for topics or presenters.



CAPA MEETING MINUTES

General Meeting Minutes

May 14, 2021

Dr. Godfrey called the meeting to order via Zoom call and welcomed members. He reminded member that this would be the last CAPA meeting until September 2021.

Dr. Godfrey asked members to encourage their peers to join CAPA and the Texas Psychological Association (TPA). He said that CAPA is seeking nominations for executive committee positions for this fall's election of board members.

Dr. Godfrey thanked Drs. Hill and Douglas for testifying at the Capitol building for bills that represent the interests of psychologists in Texas. He noted that he will be contacting Ms. Nicholson with regards to updating the CAPA website. Dr. Godfrey encouraged members to contact himself or other members of the CAPA board if they have recommendations for website changes.

Dr. Godfrey reminded members of the upcoming meeting with the Austin Psychiatric Society on May 19, 2021. The meeting will be held over zoom and is titled, "Psychiatric Myths."

Dr. Middleton introduced the presenters for today's meetings. Fran Douglas, PsyD is the president of TPA and Jessica Magee, JD is the executive director of TPA. Dr. Douglas is the former chief psychologist of DPS for 17 years. She has worked in community, government, and non-profit agencies to further the causes of psychologists. Dr. Douglas is a former president of CAPA. Dr. Magee has worked for various groups in and around the State Capitol, including the Texas HHS Office of Inspector General, the Texas House Republican Caucus, and the Texas House of Representatives. Their presentation was titled, "The End of the Lege: Final Advocacy Opportunities During the 87th Regular Virtual Session of the Texas Legislature."

Dr. Magee discussed activities of the last two weeks of legislative session. Yesterday was the last day for the House to vote on House Bills to be heard for their second reading. Today is the last day for the House to vote on House Bills on the third reading. May 25 is the last day for the House to consider Senate Bills on the second reading, while May 26 is the last day for the House to consider local and consent Senate Bills and the last day for the Senate to consider all bills. The last days of May are for conference committee meetings and votes.

The status of bills that could affect your clients were reviewed next. HB 133 extends Medicaid eligibility postpartum for 12 months. This bill has passed the House and is awaiting a hearing in the Senate. HB1014/SB279 seeks to add suicide prevention hotlines to student ID cards. This bill has a high chance of passing. HB 1399 prohibits healthcare providers from providing best practice transition care for transgender youth. This bill died on the House Calendar. HB 843 requires private plans to offer Early Childhood Intervention programs. This died on the House Calendar but could come back. HB 1424 is a Conscience protection bill for healthcare providers that also died on the House Calendar. SB 29 requires public school students to compete in UIL athletic competitions based on "biological" sex. This has been voted out of the House committee and is still moving forward.

TPA has a few more bills that are on their legislative agenda. Getting bills passed is challenging work as only about 20% of the 7000 bills presented will get passed. HB 549 involving liability has passed the House and is moving to the Senate. HB 1697 on Licensed Sex Offender Treatment Providers (LSOTP) received a hearing in the House but was not voted out of committee. HB 1462 on prescription privileges did not receive a hearing this session. There was no bill to improve guardianship this year.

Bills related to telehealth were discussed. HB 4 on Audio-only Medicaid received a hearing in the Senate and will likely pass. HB 980 on telehealth parity died on the House Calendar.

Dr. Douglas thanked CAPA members who had testified on different bills. She thanked Dr. Hill for his work testifying in opposition of HB 2093 earlier this week. This bill would allow certain Pas to identify as non-physician mental health professionals. TPA has worked to block HB 3728, a bill that sought to allow LSSPs to call themselves Psychologists. This bill did not pass.

TPA has made additional efforts to further the work of psychologists. These included having a committee to monitor the changes with the BHEC/TSBEP merger, seeking to gain telehealth privileges for the Texas Department of Insurance (TDI), and opposing the EPPP2 due to concerns about validity. TPA also launched the What is a Psychologist? Campaign. In seeking to engage with early career psychologists, TPA has instituted the Student Senate Program to engage relationships with psychology students and TPA.

The presenters addressed questions from the audience. The meeting was adjourned.

2022 CAPA EXECUTIVE COMMITTEE BALLOT



The time has come to vote for the Capital Area Psychological Association 2022 Executive Committee!

Our current ballot is listed below. You can vote online by visiting:

https://docs.google.com/forms/d/e/1FAIpQLSfTHhW9PzbuL03VEVqXPT-uYnz9IIL2ueER5s-au9j0aCAosA/viewform?usp=sf_link

If you are interested in obtaining a paper ballot, please email Amber Nicholson at capitalareapsychassoc@gmail.com

Thank you,
Capital Area Psychological Association

EXECUTIVE COMMITTEE BALLOT:

President Elect: Dr. Corinne Zupnick, Ph.D.

Vice-President: Dr. Elisabeth Middleton, Ph.D., (incumbent Vice President)

Treasurer: David Heckler, Ph.D. (incumbent Treasurer)

Professional Practice Representative: Shalina Leena Batra, Ph.D. (incumbent Professional Practice Representative)

Secretary: Stephen Kolar, Ph.D.(incumbent Secretary)

CAPA CLASSIFIEDS



Office Space & Opportunities

Westlake Office for Rent

Westlake office for rent, 8 x 13 feet, with built in desk and bookshelves. Internet and phone available. \$700 month. The office is located on Bee Cave midway between Mopac and Loop 360. Call Gary Yorke at 512-347-7666

Gorgeous Light-Filled Clarksville Office For Rent

Gorgeous light filled Clarksville office for rent, located on the second floor of a beautifully renovated home to office complex just off 6th street and Mopac, surrounded by large heritage oaks and tons of natural light. Close to downtown, two major thoroughfares, as well as access to Lady Bird trail. The following amenities are included in the price: fully furnished waiting area, mini fridge, kitchenette, coffee and tea bar, wifi, air-conditioning, central heating, security system, janitorial service, balcony, restrooms as well as convenient off- street parking. Rent is \$850 a month. Office is located on the second floor, with no elevator access. Contact Whitney Arp at whitney.arp@gmail.com

Office Available in Central Austin

I have a 150 square foot 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 now.

- Monday and Tuesday until 3 pm
- All day/evening Wednesday
- Thursday until 11:30 am
- All day/evening Friday
- Saturday and Sunday (I don't have a weekend practice but very occasionally use the office for a rescheduled weekday client. My hope is to share with someone such that we can both use the office PRN on weekends.)

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 two 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

Charming Office for Lease

This charming office located in Anderson House at Heritage Square (2901 Bee Caves Rd.) is available full time on November 1, 2021 although it can be made available sooner if needed. The unfurnished office is L-shaped and is approximately 126 square feet. Located in a suite with six other mental health service providers, the suite includes a well-appointed waiting room/lobby, kitchen, bathroom, an upstairs group or meeting area/workspace, and a pleasant back porch overlooking the greenbelt. Wireless internet and a wireless copier/printer/scanner are also available.

The current rental rate for the office is \$630.00 per month until October 31, 2021. We begin a new two-year lease November 1, 2021, and the rental rate will be \$649.00 per month until October 31, 2022, and \$662.00 per month for the year November 1, 2022 to October 31, 2023. Tenants additionally pay for property taxes, utilities, and internet, cleaning service, bottled water service, and various other communal expenses (e.g., copy paper, paper towels, coffee/tea, etc.). VOIP (Voice over Internet Protocol phone) is available by choice. Expenses plus rent range from approximately \$900 to \$1000 per month. We are independent practitioners; therefore, we are each individually responsible for furnishing our own offices and maintaining our professional licenses and professional liability insurances.

Inquiries can be made to Melba Vasquez, PhD at 512-329-8000 (ext. 5) or melvasquez@aol.com and Sally Grenard-Moore, PhD at 512-329-8000 (ext. 2) or sgrenardmoore@gmail.com. The other colleagues in our suite include Cynthia de las Fuentes, Ph.D., Pam Malone, Ph.D., LCSW-S, Mary McCarthy, Ph.D., and Martha Ramos Duffer, Psy.D.

Cedar Park Office Space Sublease Available

Cedar Park Office space sublease available 2 blocks away from 183 toll road with easy access to or from downtown Austin and north to Leander. Near Cedar Park Medical Center. The office is professional and well maintained, space is quiet and clean. Suitemates are friendly, easy going, and collaborative. Opportunities abound for cross referrals. Office suite has a kitchenette with refrigerator and microwave. Restaurants and shopping nearby. Safe and professional setting. 10X10 office for \$526/month and approx 11x12 for \$616/month. We share the costs of the electric and internet--which is not expensive. Email DrAnthonyT@CreativeSolutionsOnline.org or call or text 610-223-1511.



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The CAPA Commentary is a regular publication of the Capital Area Psychological Association, P.O. Box 1448, Cedar Park, TX 78630. Its eight issues, January through May and September through November, are free to CAPA members. Subscription price to non-members of CAPA is \$12.00 per year.

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

Advertisement and Announcement Policy: Appropriate payment made out to CAPA may be mailed to P.O. Box 1448, Cedar Park, TX 78630 please memo check "Commentary Ad"). The editor reserves the right to edit all copy.

Advertisement Costs:

Newsletter: \$60 full page, \$40 half page, \$25 quarter page

Web Classified :

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