

SEPTEMBER 2021

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

John Godfrey, PhD

Dear CAPA Members:

CAPA shall continue our offerings virtually by Zoom (hoping to gather mask-to-mask in the future). That means we will not be offering our Fall Social gathering as in previous years. Thanks to the creativity and diligence of CAPA's Vice President Dr. Elisabeth Middleton and Practice Representative, Dr. Leena Batra, our local area society continues with one of our preeminent and primary purposes - providing our members with highest quality Professional Development presentations on relevant topics at a very reasonable cost to support your practices and to meet your biannual license renewal needs with the smallest number of run on sentences. See the rest of the newsletter for the upcoming presentation Friday September 10th. Our fall schedule includes presentations on pharmacology, annual diversity workshop and more. See the rest of the newsletter for the presentation on Friday September 10th.

If you have a topic of training or a presenter you want us to consider, telephone or email Drs. Middleton or Batra. If you been lying awake in bed at night wondering “What is the mission of CAPA?” - take this from the bylaws, “The purposes of the Association shall be to:

1. promote the understanding and acceptance of psychology as a science and as a profession.
2. promote and maintain ethical standards of psychologists.
3. promote the academic, educational, and research interests of its members.
4. stimulate the discussion of problems and issues related to the utilization of psychological knowledge.
5. encourage constructive relations with allied professions and the community, and
6. encourage affiliation with other professional organizations at the state, regional, and national levels.

Be ready with nominations for the September meeting for the election of officers in October. Each of the current slate of officers intends to run again but that doesn't preclude your standing up. And no matter what, we need someone to step up for the job of President Elect. CAPA Presidents cannot succeed themselves without a coup or an insurrection. Not my style. In three months, I will molt into CAPA's Past President and Dr. Dan Roberts will uphold the position. The role of President Elect is akin to learning to ride a bike with your Executive Committee as your training wheels. On the very much plus side, you will get to hang out with the other members of the Executive Committee and get all the inside dope on CAPA. Ooh, the reins of power, eh?

Now for a nerdy educational rant: Our 2021 membership is at a low point with a total of 153 from a 2017 high of 220. In more granular detail we currently have three (3) Affiliate Members; 82 Full members; 14 Semi-Retired and 3 fully Retired members and 48 Life members as of April 2021. Fun fact: in 2020 there were 667 LPs in Travis County alone. That means 23 percent of the available psychologists in Travis are members of CAPA. If I add up all the psychologists in the surrounding central counties (819) then our percent from the available pool is only 18.7 percent. Travis County ranks #1 in the state for the most psychologists per capita.

<https://www.dshs.state.tx.us/chs/hprc/tables/2020/LIC20.aspx>

County	2020 Total Population	2020 Licensed Psychologists Total	Ratio of 2020 Population to Licensed Psychologists	Ratio of Licensed Psychologists to 100,000 Population	Rank
Travis	1,291,502	667	1,936.3	51.6	1
Hays	234,896	42	5,592.8	17.9	17
Williamson	589,914	99	5,958.7	16.8	19
<u>Blanco</u>	11,504	1	11,504.0	8.7	45
<u>Bastrop</u>	86,105	6	14,350.8	7.0	57
Caldwell	44,284	2	22,142.0	4.5	81
<u>Burnet</u>	48,196	2	24,098.0	4.1	84

Compare and contrast with the local area societies in other metro areas:

Dallas	2,734,111	698	3,917.1	25.5	8
<u>Bexar</u>	2,093,502	465	4,502.2	22.2	11
Harris	4,978,845	970	5,132.8	19.5	15
<u>Tarrant</u>	2,143,755	312	6,871.0	14.6	25

Bottom Line: Invite a colleague to check out CAPA and attend one of our meetings. Its virtual and full of value.

Finally. We are working on a redesign of our aged webpage with the priorities of making it easier to navigate and easier to pay for your PD hours. If you have specific gripes or wishes for how the website could be improved now is the time to express your views.

Hope to see you at our next meeting and at the Texas Psychological Association conference in November here in Austin. Not virtual. The real deal. Register here <https://www.texaspsyc.org/mpage/annualconvention>. Get vaccinated. Get a booster shot. Wear a proper mask and keep your distance.

John Godfrey, Ph.D.
2021 CAPA president

SEPTEMBER MONTHLY MEETING

PSYCHOLOGICAL CARE BEYOND THE BINARY: PROVIDING AFFIRMING SERVICES FOR LGBTQ+ CLIENTS

PRESENTER(S):
DR. MEGAN MOONEY, PHD
FORMER PRESIDENT, TEXAS PSYCHOLOGICAL ASSOCIATION

SEPTEMBER 10, 2021
12:00 PM - 1:30 PM

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

This workshop will provide an overview of affirming mental health services for LGBTQ+ clients. Participants will learn current terminology used both clinically and by young people to describe an array of gender identities and sexual orientations. Recommendations for best practices that are in accordance with standards and guidelines from various professional organizations, researchers, and advocacy groups will be provided.

Learning Objectives:

1. Learn affirming language related to sexual orientation and gender identity.
2. Learn at least one resource to stay current regarding language, research, and standards of practice for sexual and gender minorities.
3. Identify at least one strategy to increase affirming clinical practice and/or advocacy.



ABOUT THE SPEAKER

Megan Mooney, PhD

Dr. Megan A. Mooney (she/her/hers) is a licensed psychologist who has focused on serving children and families for over 15 years. She has presented locally and nationally about trauma, treatments for trauma in children and families, and ways to prevent and treat trauma in LGBTQ+ youth. She is an affiliate member of the National Child Traumatic Stress Network. She is a member of the clinical faculty with Baylor College of Medicine and adjunct faculty with the University of Texas Health Sciences Center at Houston.

Dr. Mooney's undergraduate degree is from Vanderbilt University and her doctorate degree is from the University of Arkansas. She completed her internship in professional psychology with the Baylor College of Medicine Menninger Department of Psychiatry and Behavioral Sciences. Dr. Mooney has worked with youth and families in community clinics, schools, psychiatric and medical hospitals, residential treatment centers, homeless shelters, and crisis situations. She has experience collaborating with juvenile justice, child welfare, and educational systems to serve her clients and the greater community.





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

CAPA CLASSIFIEDS



Office Space & Opportunities

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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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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Web Classified :

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