

FEBRUARY 2021

# CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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## PAST-PRESIDENT'S COLUMN

David Hill, PsyD

I hope that February finds everyone doing well. Unfortunately, CAPA's President, Dr. John Godfrey, is currently ill with COVID-19. I suspect many of you have known people who have contracted COVID during the pandemic. I understand that John is very ill, and I imagine he can use your well wishes and prayers. This is a timely reminder that the pandemic is still very present even as numbers from the holiday surge are decreasing. Please be safe and take every precaution!

We are in another legislative year, and things are going to be unusual this time around. The legislature is only having limited committee meetings and is adopting new rules for online testimony. Bills are being approved for discussion in an extremely slow fashion, and it appears that we are looking at multiple special sessions to get through business this year. The legislature has a budget that is 1 billion short of what was expected prior to the pandemic, though this is much better than the massive 4 billion dollar shortfall predicted at the beginning of the pandemic. It is uncertain whether the legislature will tap into the rainy day fund to make up for this shortfall. That will leave legislators scrambling to fund their pet projects with little attention left to focus on new legislation.





Additionally, we are going to see an extended redistricting battle due to the census results being returned. In short, this session will be a mess.

Interestingly, the legislature is focused on all things related to the pandemic. That gives us an opportunity to pass legislation that can help provide services across our state. For example, telehealth is very much at the forefront of discussion at the capitol. Texas Psychological Association (TPA) is actively working to pass legislation to attain permanent insurance reimbursement for video and audio-only psychological services. The iron is hot for this issue, and TPA with the assistance of CAPA members will be pushing hard to get this legislation passed at the state level. At the same time, APA is looking to have similar legislation passed at the national level. We could be seeing a permanent shift to our field that will assist us in helping Texans access services in underserved rural areas. This is a great example of looking for the positive in negative environments.

Please consider continuing to support CAPA by renewing your membership. Also, please consider joining TPA. Both organizations do a lot of work to preserve our profession and to foster increased mental health services for Texans. I am a firm believer that both organizations deserve our support as psychologists.

Regards,  
David Hill, PsyD  
Immediate Past President  
Capital Area Psychological Association





**CAPA FEBRUARY MONTHLY MEETING**  
**LEGISLATIVE ADVOCACY FOR PSYCHOLOGY DURING THE 87TH**  
**LEGISLATURE IN TEXAS**  
**PRESENTER: JESSICA MAGEE**

**FEBRUARY 12, 2021**  
**12:00 PM - 1:30 PM**

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

**LEARNING OBJECTIVES:**

- Participants will be able to identify mental health legislation that could be filed during session
- Participants will be better able to understand the legislative process and how they can get involved in advocacy
- Participants will be able to identify key subjects of interest to legislators during the session

**ABOUT THE SPEAKER**



Jessica Magee is the Executive Director of the Texas Psychological Association, having assumed the role in January 2020. She is the fourth Executive Director in TPA's history. Mrs. Magee spent nearly a decade working in and around the Capitol before moving to the private sector. She is one of the few individuals working in government relations in Texas with city, Capitol, state agency, and association experience. Mrs. Magee began her political career as the first Student Liaison to the San Marcos City Council while she was a student at Texas State University. She holds a BA in English. She also holds a doctorate of jurisprudence from the University of Texas School of Law.



## EXECUTIVE COMMITTEE MEETING MINUTES JANUARY 8, 2021

The CAPA Executive Committee met on Friday, January 8, 2021 with the following members present: David Hill, PsyD, Dan Roberts, PhD, Elisabeth Middleton, PhD, Leena Batra, PhD, David Heckler, PhD, Kyle McCall, MA, NCC, and Stephen Kolar, PhD.

Dr. Hill brought the meeting to order. Board members welcomed Drs. Roberts and Heckler to the board.

The board discussed the setup for zoom meetings. Mr. McCall has looked into the differences between annual memberships that run for \$150 and \$200. The \$150 membership limits zoom meetings to 100 attendees, while the \$200 membership level would allow up to 300 participants and includes transcripts. The board discussed the benefits of having a greater maximum for meetings, particularly for CAPA workshops that could attract interest throughout the state (and could go over 100 attendees). Therefore, the board unanimously voted to purchase membership at the \$200 level. Multiple board members will have access to the password to be able to run these zoom meetings.

Dr. Hill reviewed CAPA membership numbers from 2020 and 2021 and they are very similar. Dr. Middleton encouraged members to personally ask their colleagues to attend a meeting or consider joining CAPA. The benefits include an easy way to acquire all of your CEUs for licensure, excellent networking opportunities, interesting social gatherings (when covid is gone), and a way to stay abreast of the important topics in the profession of psychology. Dr. Heckler asked about CAPA's social media presence and the board recognized this could be bolstered. Dr. Heckler recommended a CAPA twitter account to at least send reminders of monthly meetings and workshop announcements. The board voted and approved a CAPA twitter account and Dr. Heckler is open to monitoring this and the CAPA Facebook page.

Dr. Batra remarked that she assumed CAPA would be doing zoom meetings and workshops through December 2021 and board members agreed. Dr. Batra is considering presenters for the CAPA April Ethics Workshop and the October Workshop on Cultural Diversity. Dr. Middleton and Hill gave some recommendations for presenters.

Dr. Hill introduced the idea that a workshop could have an international presenter due to the zoom format. Dr. Middleton has presenters for CAPA monthly meetings covered for January through March 2021. Suggestions given by members included a presenter from Integral Care, one from UT mental health services (perinatal work), or a colleague that Dr. Hill would reach out to. Dr. Middleton noted that it would be helpful to get more information from some of these organizations about when and how to refer clients to their services.





## **GENERAL MEETING MINUTES JANUARY 8, 2021**

Dr. Hill called the meeting to order via Zoom call. He welcomed members and new board members. Dr. Hill thanked Dr. Fran Douglas for her service to the board as she has now gone to work as TPA board president.

Dr. Hill brought the meeting to order. Board members welcomed Drs. Roberts and Heckler to the board.

Dr. Hill informed members that the board voted today for CAPA to purchase a small business account with zoom to continue our meetings online. He reported that this membership for \$200 a year would allow up to 300 participants to attend CAPA meetings or workshops at one time. Dr. Hill informed members that CAPA plans to continue having meetings virtually through the end of 2021 due to covid precautions.

Dr. Hill encouraged members to remain active with the Texas legislature in regards the psychological profession, noting that a redistricting fight was upcoming. He also mentioned the hope that telehealth services would continue to be covered by insurance panels. Dr. Hill reminded attendees about upcoming presenters and CAPA workshops.

Dr. Middleton introduced Tina Adkins, MA, MS, PhD at today's speaker. Dr. Adkins is a Research Assistant Professor within the Texas Institute of Child and Family Wellbeing, Steve Hicks School of Social Work at The University of Texas at Austin. Dr. Adkins is a Research Fellow with the International Psychoanalytic Association, Director of the Sue Fairbanks Psychoanalytic Academy, and has a private psychotherapy practice. Her presentation was titled, "Mentalization and Parenting."

Dr. Adkins reported that mentalizing based clinical interventions started around 10 years ago. Studies of mentalization have shown that parents and children in these programs reported higher rates of secure attachment, greater physical and mental health outcomes, and decreased behavior problems.

Dr. Adkins noted four main mentalizing programs: Minding the Baby, reflective parenting programs, mentalizing-based family therapy, and Family Minds (at UT Austin). Mentalization involves being aware of what is going on in one's own mind and in the minds of others. Mentalization-based therapy (MBT) was originally created as a way to help clients with borderline personality disorder. It promotes mentalization about oneself, others, and relationships by helping the patient see and understand these internal states in himself and others. This is especially relevant in the midst of times of emotional dysregulation. There is a strong psychoeducational component in mentalization based therapies.

Mentalization found part of its origins in reflective parenting, in helping parents think about and understand the meaning behind behavior. This stressed understanding our own mental states and those of others (especially one's children). This can include thoughts, feelings, beliefs, needs, and desires. Dr. Adkins called this, "seeing yourself from the outside and others from the inside."



The importance of attachment and safety is strong with this therapeutic modality. Children must feel safe and secure to think about others and mentalize with their caregivers, teachers, and friends. The caregiver has a positive influence and attachment on the child and impacts the child's social and cognitive development. Mentalization supports secure attachments, this impacts emotional regulation, attuned relationships with others, and good mental health.

One particular area of interest for Dr. Adkins is the role of foster parents. It has been found that children in foster care often are impacted by trauma and secure attachment with a foster parent can help a child heal from their past. Trauma can trigger a child's need for attachment, protection, and reassurance. High mentalizing parents respond with sensitivity. However, many foster parents exhibit insecure attachments, such that they are more likely to be triggered by their foster child's needs. Parents who have had a history of trauma can be triggered by their child's anxieties or traumas. Additionally, low mentalizing parents have difficulty identifying how their child's emotional world is linked to their behavior. In working with parents and increasing their ability to mentalize, outcomes show more secure attachment and benefits to mental health of children.

Understanding reflective parenting helps a parent see the world from the view of their child. If a parent sees a child's behavior as an expression of real emotions, then that parent can help the child regulate their own aggression and oppositional behavior. Conversely, if a (low mentalizing) parent thinks that a child's aggression is intentional and retaliatory, then they are more likely to punish the child and contribute to negative mental health. One big component, insight, involves putting oneself into a person's emotions and seeing them from the inside. Then thinking about your own reactions and emotions and seeing yourself from the outside. A second major component entails being able to regulate your own strong emotions without getting overly upset and shutting down.

Dr. Adkins talked about targeting a client's mentalizing strengths. These include an openness to discovery and a curiosity in the mental states of self and others. A second strength, impact awareness, is to understand how one's own mental states and actions affect others. A third strength, perspective taking, is the ability to see a situation from different perspectives.

Dr. Adkins discussed the Family Minds Intervention to help foster and adoptive parents. This intervention involves psychoeducation and is cost-effective and short-term. It involves three separate trainings that are three hours each spread out over a six-week period. Content is cumulative, covering information from trauma to attachment, to mentalization. The program is hands on and interactive, using slides, handouts, videos, discussion, and activities to do at home. Dr. Adkins gave examples of content such as the way people perceive others is often based on their own experiences and history. A year long study found that parents who received this intervention showed increased mentalization skills and decreased parenting stress. Family Minds has been manualized and is seeking to train facilitators.

Dr. Adkins addressed questions from the audience. Drs. Middleton and Hill thanked the presenter and the meeting was adjourned.



# CAPA CLASSIFIEDS



## Office Space & Opportunities

### Northwest Austin Office Space Available

\*Office available for lease in a beautifully decorated suite on Spicewood Springs Road, conveniently located between Mopac and 360. \*Fully-furnished office includes a seating area for therapy, a work station with desk/storage, and a nice-sized balcony. \*Suite includes a reception area, a kitchenette, restroom, and fully furnished conference room to be shared by 3 practitioners. \*Free, ample parking is available in a tree-filled complex. \*Rent includes internet, business phone service with voicemail, copy/printer/fax access, coffee/tea/hot & cold water dispenser, cleaning services, your name on the suite door, and mail - \$960/month. \*The suite is best suited for therapists, although it is lovely for anyone needing a calm, quiet spot to work. Perfect place to conduct telehealth sessions, with reliable internet service, and is the ideal location for when we start seeing our clients in person again. \*Pictures available upon request. \*For more information, please contact Michelle Natinsky, Ph.D. at michelle at drnatinsky dot com or 512-596-5566.

### Office Near UT Available

Beautiful office near UT available, with ample parking, waiting room, kitchen, two restrooms, and shared storage/file room. Office also has large closet for storage. Join a collegial group of clinicians in a recently remodeled cottage on West 29th Street for approximately \$850.00 per month plus utilities. Available January 1st, 2021. Clinicians in the office have a long running bi-monthly case conference, and new tenant will be encouraged to attend. Please contact Lee Edwards, Ph.D. at ledwards.phd@att.net or 737-333-6051.

### Blog Writer

Hi everyone! I am looking for a copy writer to help me create blogs to post on my website. Must have experience writing for mental health issues. Any referral would be appreciated. I can be reached at 512-289-4646 or robin@drrobinshaw.com thank you!

### 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.



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**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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