

MARCH 2021

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



WHAT'S IN THIS ISSUE

Letter from the President

1

March Monthly Meeting

3

CAPA Meeting Minutes

4

Classifieds

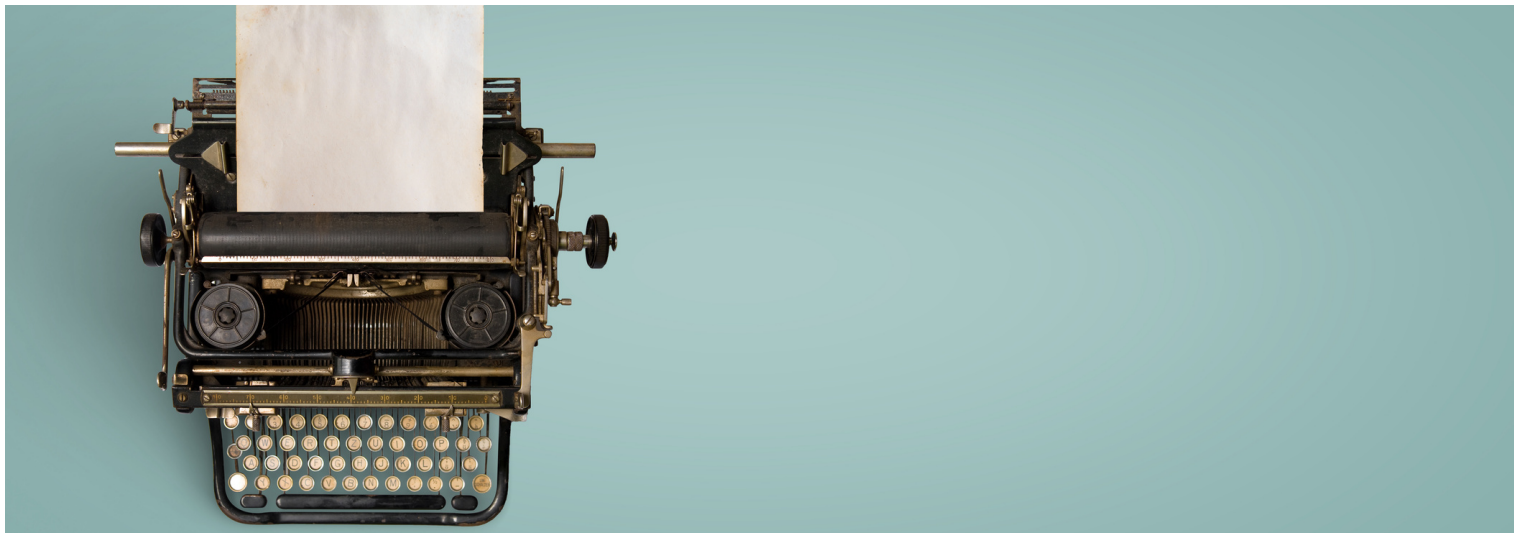
6

PRESIDENT'S COLUMN

John Godfrey, PhD

The first two months of 2021 have continued to be daunting if you were paying attention. I am going to tell you a personal story. I'll follow that with the latest CAPA news. So skip the first three paragraphs if you wish. I worked diligently to avoid COVID 19 - double masking, keeping distant, washing hands and sanitizing before and after. I see patients virtually. I order groceries for curbside pickup or delivery - mostly. But I admit to brief forays into HEB and Lowes. And I took my dog to the vet's office for a toenail trim (can't be done virtually) - the tech and I were both masked (although not the dog). I report these events because invariably people ask, "Where did you catch it?" The fact is I don't know.

On Saturday, January 16th I started having vague symptoms. By that Tuesday, I canceled my patients and hunkered in bed. The top three symptoms were 1) the most profound fatigue and weakness, 2) shortness of breath and 3) aches and pains, with a slight fever, brain fog and loss of appetite. And a list of 20 other weird symptoms about which the obsessive among you may inquire. But I kept my sense of taste and smell. On Wednesday morning, I drove myself through the Austin Public Health (APH) testing site off IH 35 - very well organized. They probed the back of my brain with a ten inch q-tip driven up my nose for ten seconds (they count it out). I drove home to bed. My wife had started coming down with the symptoms. Two days later, the email read, "Tested Assay Results: COVID-19 Coronavirus (SARS-CoV-2) (Positive)". This permitted me to



receive the Monoclonal Antibody Infusions the next day but with no perceivable benefit. I canceled patients for the week of January 25th. I remained bedridden.

Sunday evening, the 31st, a full two weeks into this, my breathing was worrying me. A friend drove me to St. David's North ER in the flat bed of his truck. That dark and chilly ride was a high point [/S]. An X-Ray revealed I had viral pneumonia due to COVID. Medical directives: Go home, get into bed and drink fluids. I was not deemed sick enough for steroids. I canceled my patients for a third week. I grew weary of chicken soup in all its variations. But by week's end, I was up to about 60% energy. I had lost 18 pounds; really looking good (; /). My wife was just beginning to feel little better as well. After 3 weeks of illness, I started seeing patients on Monday, February 8th. My wife and I are both fully recovered, and we are relieved it wasn't worse. I thank all of those who sent encouraging words, and chicken soup. In summary, I recommend you do not get COVID-19. OK, enough of me.

One week later on Monday, February 15, the "Snowvid" arrived, and the temperature dropped to about 9 or 10 F. Much of Austin and Texas lost power and some lost water. In our house the temperature hovered ~ 50 F and we had water to boil. However, when the power came back on we discovered our HVAC had a cracked heat exchanger – no heat for us. I observed so much kindness and generosity among our neighbors and strangers. So many had it so much worse than we did – with no heat, or water, no food nor ways to cook it. People died and families were changed forever. My heart goes out to them. Please donate to food banks if you are able to do so. I hope the Texas legislature does the right things to harden our power grid.

Our biennial Texas legislature is in session now, and they have a plate full. There are bills that affect and concern psychologists. Check out the legislative agenda at <https://www.texaspsyc.org/page/Advocacy> and see the discussions about liability protection, exemption from sex offender licensure; guardianship; and prescription privileges. Give a damn about our profession and make your voices heard with your representative and Senator.

Are you are a Life Member of CAPA? The last few years, CAPA has been renewing your membership automatically. As a result, to be frank, we don't know if you still want to be a CAPA Life Member or if you are alive. CAPA's Executive Committee has decided to email each of you and perhaps telephone to establish these facts. Next year, you will need to re-up to maintain your Life Membership so we can know that you are in fact alive and kicking. It will be nearly effortless because you are Life Members.

To all other CAPA members, have you renewed for 2021? You must renew by March 31 or you will be struck from the rolls. Don't get struck from the rolls. And when you renew, go to <https://www.austinpsychologists.net/> and check your contact and practice information to make your information current.

The perennial request: Encourage your fellow psychologists to join us. "Bring" a colleague to one of our virtual meetings. Now that our meetings are online there is no parking or travel time to explain your absence. Meet your Ethics and Diversity requirements with CAPA's Spring and Fall Workshops. New this year, we are providing a one-hour Human Trafficking training to help you meet this requirement.

Finally, please call me. Share your own news of transitions - births; death; marriages and unions; and other attainments. Whatever you find notable and want to share in the CAPA commentary about events and milestones in the members of our community. Stay safe out there, and let me know if I can return the favor by delivering some chicken soup.

John Godfrey, Ph.D.
2021 CAPA President

MARCH MONTHLY MEETING

THINKING ABOUT WHAT THEY'RE THINKING: UNPACKING THE ADOLESCENT'S SOCIAL MIND FROM AN ATTACHMENT PERSPECTIVE

PRESENTER: AMANDA C. VENTA, PHD

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

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

This talk will focus on the assessment of attachment and social cognition in adolescents and emphasize the clinical relevance of both constructs, linking them to psychopathology, treatment outcome, and neurobiology.

LEARNING OBJECTIVES:

- Define social cognition and attachment
- Describe measures available for the assessment of social cognition and attachment in adolescents
- Highlight the clinical importance of both constructs

ABOUT THE SPEAKER



Dr. Amanda Venta is an Associate Professor of Psychology, a licensed clinical psychologist, and Director of the Youth and Family Studies Lab at the University of Houston. Dr. Venta returned to the University of Houston as an Associate Professor of Psychology after five years on the faculty at Sam Houston State University. She received her B.A. from Rice University and her M.A. and Ph.D. in Clinical Psychology from the University of Houston. She completed her pre-doctoral internship at DePelchin Children's Center through the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine, where she remains Adjunct Faculty. Dr. Venta's clinical training focused on children, adolescents, and families, with practicum placements at DePelchin Children's Center and Texas Children's Hospital. She also provided psychological services within the University of Houston's Psychology Research and Services Center and in several Houston-area schools.

Her primary research interests are the development of psychopathology in youth and the protective effect of attachment security, with additional interests in emotion dysregulation and social cognition. She has recently focused on the psychological functioning of recently immigrated adolescents from Central America, with related research and clinical work. She has received research funding from the National Institute of Minority Health and Health Disparities, the National Institutes of Mental Health, and the American Psychological Foundation. She serves on the editorial boards of Attachment and Human Development, Child Psychiatry and Human Development, and the Journal of Clinical Child and Adolescent Psychology. She has published more than 80 scientific papers, chapters, and books.



EXECUTIVE COMMITTEE MEETING MINUTES FEBRUARY 12, 2021

The CAPA Executive Committee met on Friday, February 12, 2021 with the following members present: John Godfrey, PhD, Dan Roberts, PhD, Elisabeth Middleton, PhD, Leena Batra, PhD, David Heckler, PhD, Kyle McCall, MA, NCC, and Stephen Kolar, PhD.

Dr. Godfrey brought the meeting to order. The board discussed and assigned a few tasks. Dr. Godfrey will contract Dr. Hill to create a list of officer duties and responsibilities for individual board members. Dr. Heckler will meet with the previous treasurer, Dr. Cantara, to transfer CAPA's accounts and billing information. Dr. Godfrey will contact Amber Nicholson to straighten out issues with emailing out the monthly CAPA newsletter. The Treasurer's Report denoted that dues were up and expenditures were down from this time last year.

Dr. Middleton encouraged members to invite others to join CAPA and/or renew their memberships. Dr. Godfrey suggested obtaining a list from Sherry Reisman of CAPA members who have not renewed and having board members divide up the list and call them to do so.

Dr. Godfrey will create a CAPA Executive Service Committee Pledge for board members to sign. Mr. McCall will create a docusign for this and board members will read and sign in. Additionally, Dr. Godfrey will create a list of CAPA activities that occur each month of the year and board members will review it (this will include setting up zoom meetings).

There is discussion about monthly meetings and workshops for the spring. Dr. Middleton has a speaker for the March meeting and she suggested finding a speaker for a May monthly meeting. Mr. McCall has found a speaker for the April meeting who will present on human trafficking, a new requirement for license renewal. Dr. Middleton suggested advertising this meeting more widely with the Texas Psychological Association. Dr. Batra is working to secure a speaker for the CAPA Ethics Workshop and she recommended moving this workshop to May 2021.

Dr. Godfrey brought up the topic of social media activity and roles for board members. Current administrators of social media and CAPA LinkedIn pages are Dr. Godfrey, Dr. Hill, and Mr. McCall. Discussed using LinkedIn more to promote CAPA, including announcements of upcoming monthly meetings and workshops.

Board members will send contact information to Dr. Godfrey to compile and disseminate to the board. Dr. Godfrey recommended extracting some times from the bylaws to make them more malleable. The board will think about candidates for officer positions for next year, particularly president elect.

GENERAL MEETING MINUTES

FEBRUARY 12, 2021

Dr. Godfrey called the meeting to order via Zoom call. He reminded members of the upcoming legislative session and the importance of maintaining adequate psychological care for clients in Texas as well as the need for telepsych services. Dr. Godfrey encouraged members to join TPA to help with these endeavors.

Dr. Godfrey requested that each CAPA member ask one colleague to attend one meeting or join CAPA. He talked about how CAPA is looking to increase our presence on LinkedIn and Facebook. Dr. Godfrey also noted that the board is modifying the CAPA bylaws to make them more streamlined and easier to manage.

Dr. Middleton introduced Jessica Magee, JD as today's speaker. Mrs. Magee is the Executive Director of the Texas Psychological Association (TPA). She has worked in and around the Capitol for 10 years before going into the private sector. She holds a BA in English and a doctorate of jurisprudence from the University of Texas School of Law. Her presentation was titled, "On the Lege- Effective Advocacy during the Virtual Session of the 87th Legislature."

Mrs. Magee first gave an overview of the Texas Legislature. The Legislature is part-time and meets every other year in odd years. The legislature leans Republican and has been gerrymandered to continue this way. A recent campaign was conducted to inform members about psychological practices called, "What is a Psychologist?" Males outnumber females, such that 1/3 of members in the Texas Senate are female and an even lower percentage are female in the House of Representatives.

The Texas House of Representatives has a new Speaker (Presiding Officer), Dade Phelan. The House is composed of 150 members who serve two-year terms. The average district has 167,000 residents. A committee system determines which bills are heard on the House floor. With the new Speaker comes changes in staff and committee appointments. The Speaker determines committee appointments by both seniority and preference. For example, The House Committee on Insurance is the primary committee for current bills of interest to psychologists. This committee has a new chair, Dr. Tom Oliverson-R-Houston.

Mrs. Magee talked about how the Texas Senate has 31 members who serve staggered terms. The average district has 811,000 residents. The presiding officer of the Texas Senate is Lieutenant Governor Dan Patrick. The Lieutenant Governor determines committee membership.

The budgeting process alternates between Senate and House and is currently being run by the Senate. It is generally more difficult to get the ear of your senator, so for smaller issues Mrs. Magee recommended starting with your state representative in the House.

The Lieutenant Governor determines which bills are heard on the Senate floor. Bills require a 5 out of 9 majority to make it to a vote. Bills must be passed by both the House and Senate to become law. This process is a challenge for bills, as more bills are filed than can be heard. Because of this, the process often impedes the passing of bills rather than improves their chances of being passed. In general, a bill has a 20% chance to become law and this process takes three to four sessions to complete. Currently, virtual testimony will be allowed for bills but they will limit the number of witnesses.

Mrs. Magee discussed bills that specifically impact psychologists that are the focus of TPA. For the 87th Session, TPA has four primary legislative items of interest. HB 461 seeks to protect psychologists from civil liability for reporting of patients who may be a danger to themselves or others. The second bill, HB 4515, would remove barriers for psychologists to provide treatment to sex offenders. This is especially important as there are only about 500 licensed sex offender treatment providers in Texas. The third bill, HB 1092, would improve patient access to health care by allowing specially trained psychologists to prescribe mental health medications to clients. These three bills have already been filed. A fourth bill involves eliminating unnecessary delays in the guardianship process by authorizing psychologists to certify recommendation letters related to mental capacity of an individual. An additional bill of interest is HB 522 that deals with telehealth coverage provided by insurance panels.

Mrs. Magee addressed questions from the audience. Drs. Middleton and Gofrey thanked the presenter and the meeting was adjourned.

CAPA CLASSIFIEDS



Office Space & Opportunities

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.

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

Therapy Office Available

Therapy office with a view in suite in quiet, beautifully landscaped NW complex with plentiful parking. Approximately 11' by 12' and completely handicapped accessible with private restroom and kitchenette area. Nicely furnished waiting room. Office is \$650.00 a month plus one third of utilities. Contact Bonny Gardner Ph.D. at 512-338-0201 or gardnerb@swbell.net.

CAPA CLASSIFIEDS



Office Space & Opportunities

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

candice@candicefraserlpc.com

(512) 572-1352

FT and PT South Austin Office Space in 78748 (\$300/2 days)

We have two furnished 125 square foot offices (12' x 10.5') in south Austin, available immediately for a flexible lease term. Yes, the offices have windows! One office is available part-time-- Tuesdays, Thursdays, Saturdays, and Sundays. The other is available full-time.

Both offices are full of amenities, including:

- new furnishings (West Elm, Etsy, World Market)
- a big window with lots of natural light
- a writing desk for doing notes between sessions
- soundproofed walls and doors
- high ceilings, crown molding
- laminate wood floors, 9 foot ceilings
- spacious, furnished lobby that seats 6
- in suite bathroom
- kitchen with full-sized fridge and microwave, with pantry room to store your snacks
- a peaceful, wooded trail within walking distance
- free, ample parking
- single story, ADA compliant building
- secure, keypad entry lock provides additional privacy for clients and therapists
- filtered water offered in the lobby
- sound system for ambiance
- wall space where you can prominently display your license
- high speed internet

Ready to come take a look? Have a question? Contact Ann at ann@labyrinthhealing.com or go here for more pictures:

<https://labyrinthhealing.com/office-space-available>



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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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