

JANUARY 2022

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



PRESIDENT'S COLUMN

Dan Roberts, PhD

Greetings and salutations fellow psychologists of CAPA! When this newsletter is published, the old year will be history and the new one will be in progress. As always, some unexpected things will appear as well as some that we do expect. One of 2021's rather unexpected events occurred when the Behavioral Health Executive Council and the Texas State Board of Examiners of Psychology proposed a rule that would allow TSBEP to essentially *wave* training requirements for psychologists that exist in TSBEP's rules. This appeared to be part of or a result of a nationwide deregulation movement to decrease or eliminate licensure requirements in a variety of disciplines and occupations. As you probably know now, that proposed rule was withdrawn by a TSBEP vote, after TPA mobilized a protest via the commentary process allowed for proposed agency rules. APA also sent letters to help, but the great number of Texas psychologists who complained about the rule and an important few who communicated directly with TSBEP board members turned the tide. If TSBEP and BHEC had implemented that rule, a standardized training protocol required for licensure in Texas would have gone out the window. That rule would have opened the door to potential corruption within TSBEP as well as confusion about what excuses would be valid (if any) for applying such a waiver. Fortunately, enough psychologists came together and loudly objected and pointed out the folly of such a rule.

WHAT'S IN THIS ISSUE

Letter from the President

1

January Monthly Meeting

3

2022 CAPA Membership

4

CAPA Announcements

7

Classifieds

8



As it is, among the general public there is plenty of confusion over what a psychologist is, in spite of the fact that we have listed and published differences (and similarities) among psychology, psychiatry, and psychotherapy for years. We are not confused about it at all. But there are some who want to *identify* as psychologists without adequate preparation and training. The desire to identify is admirable, but fortunately the training is a prerequisite. A few years ago, one of those (an attorney who ran for public office) was responsible for changing our licensing law. In the end, the result was probably positive for psychologists in Texas (“diagnosis” was added as part of our job). But the court decreed that anyone could claim to be a psychologist under the cover of free speech or “political speech,” where truth is not a requirement.

We all have individual identities that describe us to some extent. Identity has long been an important concept in psychology. As psychologists our differences can add to our strengths by bringing a variety of specialties and perspectives to our awareness. In CAPA we *identify* as psychologists by similar interests, training, aspirations, and careers. We affiliate and get to know each other mainly for those reasons, but through our activities we also become acquaintances, collaborators, referral sources, and friends. If you are a long-term member then you know. If you are a new or recent member I hope you will soon discover that.

Please remember to renew your membership right away if you have not already renewed for 2022. CAPA continues to offer a real bargain for PD hours and a great option to meet regularly with your colleagues and avoid professional isolation. As always, we expect to have a broad array of professional development offerings this year, whether in person or virtually. Please watch your email for info on those. The first meeting or two will certainly be virtual, but after that...we'll see. I look forward to seeing you all at the meetings and hopefully at some actual parties this year. To that end, I will endeavor to have us resume in vivo CAPA meetings as soon as it seems a reasonable and healthy option. That covers the expected for now. As for the unexpected...well you know what Forest Gump's mother said about that box of chocolates!

Dan Roberts, Ph.D.
CAPA President 2022

JANUARY MONTHLY MEETING

"USING VISUAL THINKING TO ENHANCE EXPLORATION"

PRESENTER: KATHARINE S. BROOKS, ED.D.

JANUARY 14, 2022

12:00 PM - 1:30 PM

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

The focus for the presentation will be:

- The basics of using visual thinking: how to proceed
- How visual thinking enhances ideation, clarity, and focus
- Sample visual thinking exercises and activities
- Questions/feedback



ABOUT THE SPEAKER:



Dr. Katharine Brooks, Ed.D.

Dr. Katharine Brooks is a board-certified counselor and coach. She has directed Career Centers at Vanderbilt University, Wake Forest University, The University of Texas at Austin, and Dickinson College. She is the author of several career books including *What Color is Your Parachute For College*, *What Color is Your Parachute* (2020, 2021, 2022), *You Majored in What?*, and *Picture Your Career*, and also writes a blog for *Psychology Today*. She has been twice designated a "Top Ten Most Visionary Leader in Career Services" by CSO Research, and is a recipient of the NACE Kauffman Award and the NACE/Chevron award for outstanding innovative programming.

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"/>	<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	<input type="text"/>		
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
- ☐ **Life Member: Updating Information Only**

PLEASE RESPOND TO THE FOLLOWING QUESTIONS:

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 Custody Evaluation	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 HealthAscension |
| <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"/> United Healthcare |
| <input type="checkbox"/> Other: _____ | | | | | |

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 ☐ Other: _____

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 IS GETTING A NEW LOOK!



CAPITAL AREA PSYCHOLOGICAL ASSOCIATION
ADVOCACY, COMMUNITY, PROFESSIONAL DEVELOPMENT

In 2022, the Capital Area Psychological Association will be transitioning to a new website platform with enhanced event management and directory search options.

Part of this transition includes a new logo. Thank you to all CAPA members who voted on our winning design!

DID YOU KNOW?

CAPA MEETINGS ARE HELD ON THE SECOND FRIDAY OF EACH MONTH.

JOIN US FOR NETWORKING AND PROFESSIONAL
DEVELOPMENT

WE LOOK FORWARD TO SEEING YOU THERE!



CAPA CLASSIFIEDS



Office Space & Opportunities

If you are interested in submitting a classified on CAPA's website, please submit the following information to capitalareapsychassoc@gmail.com

Classified Title Classified Description
Contact Name Contact Phone Number
End date for posted classified

Office space ads can be posted for free for up to 3 months. The cost for all other classified listings on the CAPA web site is \$30/up to 3 months. All non-office space ads must be prepaid before they will be approved for display. Once you have submitted your classified request, someone from site administration will contact you for payment.

Please note that posting in the CAPA Commentary is a separate process. You should email your ad to the editor for review.

Therapist space in Central Location

We have 2 offices available in a commercial office located in 2006 Koenig Lane. Great corridor for therapists in 2222 and Burnet Rd. The space has a cozy waiting room (see image with the green sofa), private bathroom, and back office fridge and microwave. Rent covers all utilities, wireless internet, weekly cleaning services, supplies and free parking. The space is currently occupied by two other therapists.

One of the office spaces is available for a full time lease. It is fairly sizable (approx.14'x13') and has great natural light (See navy blue sofa image). It leases for \$700 per month.

The other office space is being sublet by an LPC who works part time. This office is furnished and fully available Tuesdays and Thursdays for \$350 per month. (See white and yellow sofa image).

Contact Name: Rosy Fuentes, LPC 512-740-2343 or rosy@bilingualcounselorsoftx.com

Office available in South Austin

Suite of therapists looking for mental health practitioner to rent the 4th office within our suite beginning in January. The suite includes waiting room, kitchen and bathroom. The rent includes all utilities, including high speed internet as well as cleaning fees. We also provide printer/copier/fax machine and we cover all costs related to that (printer paper, cartridges etc).

Our office is a warm and welcoming place, and we are looking for colleagues who are interested in building relationships and supporting each other in the work that we do.

Please contact us with any questions, preferably via email: Mandy Menzer, 512-696-1970, mandy@drmenzer.com

FT South Austin Office Space in 78748 (150sf, \$850)

Contact Name: Ann Stoneson at 512-850-6781 (email preferred at ann@labyrinthhealing.com)

We have one unfurnished 150 sf office in south Austin coming available January 1, 2022. Yes, the office has windows! This office is large enough to run small groups if desired. Rent includes all utilities, paper products, and weekly cleaning service in common areas. The office suite common areas are furnished and designed for practices serving adult clients.

This office is full of amenities, including: two large windows with lots of natural light, 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, high speed internet (200/mbps)

Our practice has covid-19 policies in place regarding use of masks in common areas, deferred use of the lobby by clients for the time being, use of a large HEPA air filter in the office common areas, and frequent changes of medical grade return air vents.

The office is a great option for someone seeking a lower-risk and low traffic office space for seeing clients in person.

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>

CAPA CLASSIFIEDS



Office Space & Opportunities

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University of Texas at Austin is currently hiring for an Outpatient Psychologist position.
Apply Here: <https://faculty.utexas.edu/career/87977>

The Department of Psychiatry and Behavioral Sciences at The University of Texas at Austin Dell Medical School, in conjunction with UT Health Austin (UTHA), seeks a well-qualified psychologist to provide time-limited, evidence-based mental health services in their Outpatient Psychotherapy Integrated Practice Unit (IPU). This full-time position includes a non-tenure track Assistant Professor appointment within the Department's Division of Psychology. Opportunities exist to provide psychotherapy supervision and training to psychiatry residents and psychology externs.

Responsibilities

- Provide psychological assessment and short-term individual and group psychotherapy for adults referred from other UTHA clinics in an academic outpatient clinical setting
- Utilize culturally-informed, evidence-based treatment approaches to treat a variety of presenting mental health concerns, including substance misuse
- Develop effective treatment plans and monitor on-going treatment progress
- Coordinate clinical interventions with other interprofessional treatment team members
- Assess and manage mental health emergencies
- Facilitate community referrals as appropriate
- Timely completion of all clinical documentation and submission of required information for billing within the UTHA electronic medical record system
- Participate in program improvement and/or academic efforts to support Department and organizational initiatives
- Compliance with UTHA policies and procedures
- Compliance with all relevant professional, ethical and legal standards

Qualifications

- Doctoral degree from an APA-accredited program in clinical or counseling psychology
 - Completion of an APA-accredited psychology internship
 - Unrestricted license to practice psychology in the State of Texas, or the ability to obtain prior to appointment
 - Demonstrated commitment and competence in providing culturally-informed, evidence-based clinical services for a wide variety of presenting mental health concerns in the outpatient clinical setting
 - Competence in providing clinical services both in-person and virtually
 - Eligibility and commitment to pursue board certification through the American Board of Professional Psychology
 - Eligible for appointment as an assistant professor in the Department of Psychiatry and Behavioral Sciences
 - Bilingual in Spanish and English preferred
 - Prior experience working in an academic medical setting preferred
-



CAPA Officers & Chairs:

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The CAPA Commentary is a regular publication of the Capital Area Psychological Association, P.O. Box 996, Boerne, TX 78006.

Its eight issues, January through May and September through November, are free to CAPA members.

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 John Godfrey, PhD at johng23447@gmail.com

CAPA Membership: For information about joining CAPA as a full, associate, affiliate, or student member, call 512-451-4983 or email capitalareapsychassoc@gmail.com

Advertisement and Announcement Policy: Appropriate payment made out to CAPA may be mailed to P.O. Box 996, Boerne, TX 78006 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