

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

John Godfrey, PhD

Dear CAPA Members:

We shall have the results of our election at our next meeting. I am eager to see who the membership picks. I admit I am looking forward to becoming CAPA's "past president" again. I am grateful I had the opportunity to serve, but I am also grateful that others are willing to step up to the plate and do the job. A parting thanks to Dr. David Hill who has served as CAPA's past president this year (soon to be free of that role). David has deftly edited my musings in the newsletter. Now it will be my turn to take over the role of editor for Dr. Dan Roberts, 2022 CAPA President.

One last reminder: TPA Convention here is Austin, November 10th through 12th. Be there or be square. 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. Read the last newsletter for more details about what you would be doing as a greeter.



As with all human endeavors, the work never ends in maintaining what others have built for us through the years. It is always easier to tear things down than it is to build institutions. Or as the sage, Roseanne Roseannadanna used to remind us, “Well Jane, it just goes to show you, it’s always something, if it’s not one thing it’s another”. That being said, I call your attention to the following:

The TSBEP and BHEC are proposing a rule change that would permit the TSBEP to waive training components from the licensing requirements for psychologists. If you are a TPA member you would have received an email, showing you a link to the October 1, 2021, Texas Register Proposed Rules. You can see this text at p. 12, <https://www.sos.state.tx.us/texreg/pdf/backview/1001/1001prop.pdf>

As a TPA communique noted, **“WHY ARE WE ALARMED WITH THE PROPOSED SUPERVISION RULE AT TSBEP?”** The proposed rule adds language to “§ 463.11, Supervised Experience Required for Licensure as a Psychologist: (g) Remedy for Incomplete Supervised Experience” allows for, in the opinion of TPA and APA, a waiver of virtually every formal internship requirement. Subtly, the proposed rule removes the word “pre-doctoral” from the requirements for a formal internship and allows for a potential reduction of supervisory experience by 500 hours.” By the time you read this, the October 31st deadline for submitting comments online will have passed. But all hope is not lost. If you wish to share your views on this. This just means you need to show up at the next TSBEP meeting on November 4th or BHEC meeting February 1, 2022.

Now you might ask yourself: How did this arise? Well, let me tell you. There is a “case currently pending before TSBEP which was the impetus for the proposed rule. A candidate’s application was accompanied by a letter from a county judge who strongly endorsed the candidate’s competence and implied that this person “functioned as a psychologist.” It was argued that waiving the rule in this case would improve access to care in this region, despite the fact that the candidate holds two other mental health care licenses and has been providing mental health care services for two decades.” Just what we need, random judges granting psychology licenses. That is no basis for a system of governance - any more than a sword handed to me by a lady in a lake would make me king.

Finally, 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. Life Members, don’t forget to renew as well so we know who is still with us in that category.

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

John Godfrey, Ph.D.

John Godfrey, Ph.D.
2021 CAPA president

NOVEMBER MONTHLY MEETING

“EVIDENCE BASED INTERVENTIONS FOR ADULT AND PEDIATRIC EATING DISORDERS”

PRESENTER(S):
DR. HANI TALEBI, PhD, LSSP
& **SEAN KERRIGAN, MD**

NOVEMBER 19, 2021
12:00 PM - 1:30 PM

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

This presentation will provide attendees an update on evidence-based interventions for adult and pediatric eating disorders. Basic diagnostic criteria for common eating disorders will be reviewed. Both psychopharmacology and psychotherapy interventions as related to common eating disorder presentations will be explored.

Learning Objectives for the Presentation:

- Provide overview of diagnostic criteria and differential diagnoses for common eating disorders;
- Review contemporary evidence base for psychopharmacological interventions for eating disorders;
- Examine the role of evidence-based psychotherapy in the treatment of eating disorders.

ABOUT THE SPEAKERS



Hani Talebi, PhD, LSSP

Hani Talebi, PhD, LSSP, is a licensed psychologist and licensed specialist in school psychology with focused experience in consultation-liaison psychology, parent management training, and evidence-based interventions for medically fragile children. He is also an affiliate faculty member in the UT Austin Dell Medical School Department of Psychiatry and Behavioral Sciences.

With more than 20 years of clinical and research experience, he has served in a variety of roles including Director of Pediatric Psychology at Dell Children's Medical Center, Director of Psychological Services at Del Valle Independent School District, and management of his own private practice. As the Psychology Service Chief of the C/L service at Dell Children's Medical Center, Dr. Talebi created an interdisciplinary pediatric eating disorder workgroup to address the increasing prevalence of patients requiring medical stabilization in this patient population.

In his new role as Vice President of Health Systems Integration, Dr. Talebi's work focuses on advancing collaborative care and measurement-based progress monitoring in primary care settings. In addition to technical aptitude in numerous evidence-based modalities, his administrative efforts at the juncture of the medical and mental health models have resulted in innovative program development, various quality improvement initiatives and fiscally sustainable service provision platforms across milieus.

Dr. Talebi earned his combined doctorate degree in clinical, counseling, and school psychology from The University of California, Santa Barbara, and his bachelor's degree in cognitive science from The University of California, Irvine. He completed an internship in pediatric psychology at the Children's Hospital of Orange County and a fellowship in pediatric trauma at Child Abuse Listening and Mediation at the University of California, Santa Barbara.



Sean Kerrigan, MD

Sean Kerrigan, M.D., is an assistant professor in the Department of Psychiatry and Behavioral Sciences at Dell Medical School and a child and adolescent psychiatrist at Dell Children's Medical Center of Central Texas. Kerrigan has clinical interests in eating disorders, family-based treatment, anxiety disorders, pediatric psychopharmacology and inpatient mental health treatment.

Kerrigan received his medical degree at the Louisiana State University School of Medicine in New Orleans and was awarded both the Board of Supervisors Scholarship and the Phi Kappa Phi Fellowship for academic achievement. After discovering a passion for mental health, he completed his psychiatry residency at Harvard Medical School, training at Brigham and Women's Hospital, Beth Israel Deaconess and Children's Hospital Boston. He then completed a two-year fellowship in child and adolescent psychiatry at Stanford University, where he practiced in clinics focused on anxiety and eating disorders research.

Prior to joining the faculty at Dell Medical School, he served as the medical director for an adolescent residential treatment center and an attending psychiatrist for The Outlook, an inpatient eating disorders program at Weill Cornell and New York-Presbyterian Hospital.

In addition to his clinical and administrative roles, Kerrigan enjoys the opportunity to teach medical students and supervise psychiatry residents in training through Dell Medical School. He is a published author, has led multiple community-focused educational initiatives around the early recognition and prevention of eating disorders and is a frequent contributor to both local and international medical conferences.

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
Alderman	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	Rogarian
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 Sexual Abuse/Neglect	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 MEETING MINUTES



Executive Committee Meeting Minutes October 8, 2021

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

Dr. Hill hosted the meeting in Dr. Godfrey's absence. He noted that CAPA elections for officers are next month and the board continues to seek nominations for officers. A nomination for president elect has been accepted by a CAPA member. The board will remind members today to vote by responding to a ballot that will be emailed to them.

The board voted on and approved the use of Wild Apricot base level for the new CAPA website.

The board discussed ways to facilitate membership renewals each year. Dr. Roberts suggested sending an e-blast to members who had not renewed in 2 or 3 years with a deadline to renew or be removed from CAPA rolls. He will check with Amber to see if members get a reminder email to renew each year. Dr. Hill recommended giving members 15 days to reply to that email or to be removed.

Mr. McCall will reach out to his contact about being a speaker at a future CAPA meeting.

The board voted to keep membership dues the same for the following year. Dr. Hill noted that life members still need to renew their memberships each year.

Dr. Hill brought up CAPA meetings potentially returning to the AT&T Center in the future. The center has appeared to have changed its rates and the board is uncertain if meetings could resume there in the future. Dr. Middleton noted that we should remind the center of CAPA's long history of working them when discussing a potential contract in the future. CAPA would prefer meals upstairs if the buffet is not an option.

Dr. Hill brought up renewing Amber's contract. Board voted to renew at the same rate and agreed to meet again if a rate increase is proposed.

Board members discussed ideas about a new CAPA logo, website, and motto. Dr. Middleton suggested board members submit ideas and we discuss again next meeting. Board members would like a website that is attractive and pulls in members. Suggestions for a logo included having the capital in the background, use of a tree and/or the color green to signify growth. Dr. Heckler recommended Amber join the next board meeting to talk about ideas related to CAPA website/logo/motto.

Dr. Batra recommended that emails and advertisements on days with a regular meeting and a workshop clearly emphasize that there will be two presentations on that day. Dr. Hill suggested advertising workshops with TPA for at least a month in advance of the event. Dr. Roberts suggested a reminder in the monthly newsletter for members to schedule the second Friday of every month for CAPA meetings.

CAPA MEETING MINUTES

General Meeting Minutes October 8, 2021

Dr. Hill called the meeting to order via Zoom call and welcomed members. He noted that Dr. Godfrey was out of town so he would lead today's meeting. Dr. Hill reminded members that CAPA elections would come up next month and to respond to email ballots so enough votes will be cast to make the results official. He told members that they should submit nominations for positions to Amber via email.

Dr. Middleton introduced the speaker for today's meeting, Nazrul Islam, MD, MPH. Dr. Islam's practice, MH Austin, has provided adult psychiatry in Austin since 2002. Dr. Islam has served as the Director of Acute Care Services for Austin Lakes Hospital, has been a consultant for St. David's Hospital, and was formerly the Director for the Electroconvulsive Treatment Program at Seton Shoal Creek Hospital. His presentation was titled, "Delivering Evidence-Based Treatments." Dr. Islam began by explaining that a primary component with medicine is to listen to your patient to hear the clues they give you about their diagnosis. Psychiatry is often a process of going up and down with treatments and acceptance by patients. The main reason patients have medication failure and keep returning to hospitals is due to noncompliance. Dr. Islam noted this is really nonadherence to a medication treatment rather than noncompliance.

One must take into account how medication use fits into a patient's lifestyle. Many patients have multiple medications prescribed for a long period of time. However, the more medications a patient is prescribed then the less likely they will take them. The more complex the directions are for medication use, then the less likely they will be followed correctly. For example, requiring one to take medications multiple times a day may make compliance difficult. The more medications one is prescribed then the more adverse effects may be encountered.

Dr. Islam noted that sometimes medications do not appear to work but the real reason is that the patient is not compliant in their use. The challenge is that the doctor often cannot tell the patient is being noncompliant. In these cases, the doctor may increase the dosage or add a medication when compliance might improve the situation greatly.

Patients are likely to stop using their medications if they perceive that the side effects are worse than the benefits. For example, the most common reason patients stop using antidepressant medications is due to sexual side effects. Other common adverse effects are sweating, sleepiness, and weight gain.

There is a real cost to the patient if a medication fails, with possible impacts to their job, family, physical health, and direct costs of treatment. Dr. Islam said that patients have seen a "magic bullet" with advertisements on television and when this does not occur they can get resistant to medications and changes in medications. It is important to take into consideration the expectations of the client, to identify what can and can't be improved by medication, and to coordinate care between mental health persons involved with the patient.

Progress of treatment outcomes should be measured objectively. Identify what are the most important things to change from the patient's perspective and then figure out which of these can be treated and prioritize them. Dr. Islam stated that many patients identify their therapist as their primary care person, and so they may be more comfortable talking with them about issues they are having with their medication. It is important to let your patient's know that their care is collaborative between therapist and psychiatrist and to give permission for them to share information about patient care.

Dr. Islam offered some suggestions to improve patient response to medications. Access to care is very important. There are many new medications on the market and most do not have enough research to claim that they are better than the currently used medications. Newer and more expensive medications do not mean they are more effective. He recommended not exposing a patient to too many medications because this increases the risk of cumulative adverse effects. Dr. Islam stressed the need to educate one's patient before prescribing them a medication. He talked about using scales to measure improvement with medications (he prefers more discussion of benefits of medications and less emphasis on side effects). Simple directions help increase medication compliance and thus effectiveness.

Dr. Islam talked about medication and specific illnesses. Medication for ADHD is such that individuals put on this medication will not come off of it. These stimulants can be used as needed rather than every day. If they are used daily, then running out of medication may lead a person to look very tired and dependent on the medication. One stimulant, Adderall, is responsible for 85% of recreational stimulant abuse. Anxiety medications may also be used as needed, while daily use may cause an individual to be caught off guard if these medications run out. There is a risk that sleeping medications are habit forming and associated with cognitive impairment. Additionally, there is a large risk of fall and hip fracture among older clients and this may be exacerbated by sleep medications. The mixing of sleep medications and alcohol is dangerous and should be avoided.

There used to be great concern about stimulant use during pregnancy but this has decreased somewhat recently. Dr. Islam noted that overall medication use is safer than in the past. With a majority of Americans overweight or obese, use of medications and their potential effects on weight gain remains a concern. Most of the time, the benefits of medication are greater than the side effects.

Dr. Islam 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

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.

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.

Contact person:
Mandy Menzer
512-696-1970
mandy@drmenzer.com

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.

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

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



CAPA Officers & Chairs:

President:

John Godfrey, PhD
johng23447@gmail.com
(737) 202-5789

President Elect:

Dan Roberts, PhD
drroberts78681@gmail.com
(512) 669-2799

Past President:

David Hill, PsyD
david@discovery-psych.com
(512) 766-7792

Vice President:

Elisabeth Middleton, PhD
elisabeth@emiddletonphd.com
(512) 517-4812

Secretary:

Stephen Kolar, PhD
stevekolar@yahoo.com
(512) 451-2242

Treasurer:

David Heckler, PhD
(512) 324-3315
drheckler@gmail.com

Practice Representative:

Shalini Leena Batra, PhD
lbatra.lb@gmail.com
(512) 826-1152

Student Representative:

Kyle McCall
kylemccall@me.com
(512) 423-1808

CAPA Commentary Editor:

David Hill, PsyD
david@discovery-psych.com
(512) 766-7792

CAPA Information & Referral Service:

(512) 451-4983

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