

FEBRUARY 2022

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



WHAT'S IN THIS ISSUE

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PRESIDENT'S COLUMN

Dan Roberts, PhD

One of my rare resolutions for the New Year was to catch up on simplifying life. Reorganizing and decluttering seemed to be the easiest ways to start, beginning with clearing out a storage unit that contained a massive pile of old office records. Starting with just a few boxes, I began opening old patient files to check for dates of last service and dates of birth to sort them into stacks, those that had to be retained and those that could be shredded. Either way, I knew the people would never come back because I had retired. It was a surprise to feel uncomfortable about getting rid of some of those files. They were my memories of people with whom I had an attachment and it felt odd to finally and completely let go of the charts that would meet the shredder.

The great Texas poet and philosopher Willie Nelson once wrote "Circles and cycles, phases and stages, scenes that we've all seen before". Learning to ride a bicycle or drive a car, moving to a different city or country, dealing with parents' divorce, finishing school, living alone, living with someone else, getting married, starting a career, starting a business, having a child, having an empty nest, losing a job, mergers, layoffs, changing careers, losing a friend or family member, disease, injury, disability, and retirement are a few of the phases and stages we all may experience. But if we can manage the sense of loss and the trepidation that accompany big changes in circumstances, the transitions in life



always offer opportunity. That applies to individuals, groups, and organizations of every size. Some of the changes are relatively painless and involve mostly “good stress”, but others can be so excruciating that even observers feel the pain.

As psychologists we have the often rewarding privilege of watching and helping some of our fellow humans address these transitions. Sometimes this is a successful process and effective adaptation occurs. Sometimes it does not. Sometimes we never get to know the final outcome. Changes happen, some are planned and others are unexpected. COVID -19 was largely unexpected and our reactions to that change have ranged from denial to overwhelming fear or anger. Most of us are coping, somewhere in between.

CAPA, like many other organizations, is still reacting to COVID changes by trying to make the best of the restrictions on large gatherings. There is an now opportunity to obtain speakers for our Ethics and Diversity seminars and perhaps some monthly meetings who are willing to present virtually from afar in lieu of traveling to Austin. When that happens we can get quality speakers on contemporary topics who may not have been available or affordable if they had to spend extra time flying in, staying overnight, etc. Without a doubt, 2022 will be a year of changes. We will judge some to be positive and others to be terrible. Either way CAPA will endeavor to let go of what has gone and embrace what is, while taking the opportunities that will inevitably appear.

Dan Roberts, Ph.D.
CAPA President 2022

FEBRUARY MONTHLY MEETING

"IS IT TIME TO RE-THINK "SUICIDE PREVENTION" AS TOP PRIORITY IN PSYCHOTHERAPY?"

PRESENTER: THOMAS E. ELLIS, PSYD, ABPP

**FEBRUARY 11, 2022
12:30 PM - 1:30 PM**

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

Learning Objectives:

- Describe differences between conventional and new generation approaches to working with suicidal patients.
- Explain the importance of relationship and collaboration as foundational to treatment strategies.
- List various possible avenues to continued professional and personal growth in working with suicidal patients



ABOUT THE SPEAKER:



Dr. Thomas E. Ellis, PsyD, ABPP

Thomas E. Ellis, PsyD, ABPP, is Clinical Professor of Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine in Houston, Texas. Prior to retiring in 2017, he served as Senior Psychologist and Director of Psychology at the Menninger Clinic, Houston, Texas. He earned his bachelor's degree at the University of Texas at Austin and his doctorate at Baylor University. He is a Fellow of the American Psychological Association (Clinical and Psychotherapy Divisions) and Diplomate of the American Board of Professional Psychology (Cognitive Behavior Therapy). He is a Founding Fellow of the Academy of Cognitive Therapy and Associate Fellow and Supervisor at the Albert Ellis Institute. His research and publications focus primarily on the problem of suicide, including cognitive characteristics of suicidal individuals and the effectiveness of suicide-specific therapeutic interventions. His books include *Suicide Risk: Assessment and Response Guidelines* (with W. Fremouw and M. dePerczel, 1990), *Choosing to Live: How to Defeat Suicide through Cognitive Therapy* (with C. Newman, 1996), and *Cognition and Suicide: Theory, Research, and Practice* (2006). He is the 2011 recipient of the Roger J. Tierney Award from the American Association of Suicidology, in recognition of distinguished contributions to the organization and the field of suicidology.

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.

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>

University of Texas at Austin is currently hiring for an Outpatient Psychologist position.

Apply Here: <https://faculty.utexas.edu/career/87977>

Description

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