

# CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association

## PRESIDENT'S COLUMN

Corinne E. Zupanick, Psy.D

In my first newsletter, I offered us all a challenge to find one way to serve as Citizen Psychologists in this coming year. APA defines Citizen Psychologist in this way:

*APA Citizen Psychologists serve as leaders in their various communities. Through prolonged engagement in significant activities, they contribute to improving the lives of all. This can include public service, volunteerism, board membership and other strategic roles often not directly associated with the day-to-day work of psychologists in our careers. APA Citizen Psychologists come from all branches of the field of psychology. They bring psychological science and expertise to bear on existing challenges to improve community well-being locally, nationally or globally.*

In reading and thinking about this role, it occurred to me that this role is closely tied to Social Justice. While there are varied and nuanced definitions of Social Justice, a homogenized version looks something like this: Social Justice is a moral value where systems and institutions operate to ensure all people reach their fullest potential. In some ways, Social Justice is what psychologists do, at a systems level, instead of an individual level.

## WHAT'S IN THIS ISSUE

Letter from the President

1

CAPA February Meeting

3

CAPA Meeting Information

5

2023 Membership

6

Meeting Minutes

9

Classifieds

11



Many authors delineate five core principles of Social Justice:

1. Access to resources is a fundamental principle of Social justice. This includes financial, legal, healthcare, and educational resources
2. Equity: The equitable distribution of resources is a key principle. This is not to be confused with equal. The effort and resources needed for two people to achieve the same goal can be very different. Therefore, there would need to be an unequal distribution of resources in order for both to achieve the same thing. Persons with privilege often take great issue with this principle insisting that resources be divided equally to achieve fairness.
3. Diversity recognizes the importance of human differences. By understanding the barriers to access created by these differences we have more opportunities to increase access to resources that optimize well-being.
4. Participation: Social Justice requires that people participate in the policies and decisions that affect their lives and their communities.
5. Human rights are fundamental to Social Justice. While human rights often conflict with one another, the APA code of ethics specifically includes human rights in its ethical principles (Principle E Respect for Human Rights and Dignity):

*Psychologists respect the dignity and worth of all people, and the rights of individuals to privacy, confidentiality, and self-determination. Psychologists are aware that special safeguards may be necessary to protect the rights and welfare of persons or communities whose vulnerabilities impair autonomous decision making. Psychologists are aware of and respect cultural, individual, and role differences, including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, sexual orientation, disability, language, and socioeconomic status, and consider these factors when working with members of such groups.*



There is significant overlap in these principles of Social Justice with psychologists' code of ethics. Specifically, Principle D Justice, and Principle E Respect for Human Rights and Dignity, certainly mirror the principles of Social Justice.

Besides the overlap of psychology's ethical principles and the principles of Social Justice, there are well-known developmental theories that overlap with the principles of social justice. Kohlberg's theory of moral development posits that the process of moral development rests upon a maturing conceptual understanding of justice that culminates in embracing the desired outcomes of social justice: equality, dignity, respect for human rights, and optimizing each person's fullest potential. Thus, one explanation for our culture clashes, where "Social Justice" is disparaged as wokeism, may simply be due to moral immaturity. Justice is a fundamental moral value. It defines what is right and wrong. When a society cannot agree upon what is right and wrong, this may be attributed to differing degrees of moral maturity. Culture wars and conflicts result.

Or perhaps these conflicts arise because the pursuit of Social Justice would require our institutions and social networks to re-distribute power so the people have equal access to healthcare, education, justice, and economic opportunities. It is this re-distribution of power that creates political uproar as the privileged are fearful of losing the power afforded them through no merit of their own. Therefore, they are reluctant to recognize and admit these inequalities are deeply embedded in our institutions.

Thus, in order to fulfill a role as a Citizen Psychologist, we can look for ways to apply Social Justice Principles in our communities. When serving on a volunteer Board of Directors, what are the barriers in the institution we serve that prevent access to under-served persons? How can I best educate my peers and co-workers to better understand how equity in access is important even when that mean certain people get more than their "fair" share? How can we increase meaningful participation in the populations our organizations serve? Do the people we serve have a voice in the policies and decisions that affect them? Which human rights do we promote in our institutions? Which ones do we ignore? What systemic changes are needed to make these corrections?

As a Quaker, I grew up with a keen understanding of social justice without having those words to describe what my heart felt. I understood that conceptually it required an action be taken to right wrongs, so that the act of being created equal (as stated in our Constitution), continues on throughout a person's life, not just at the moment of creation. I became a psychologist with this keen desire and now have come to see the various ways we can make a positive difference far beyond the psychotherapy room. Ultimately, psychologists strive to help people reach their fullest potential. Our next challenge is to see what systemic barriers limit their potential and to consider how we can contribute to systemic changes that remove these barriers.

Respectfully submitted,

Corinne E. Zupanick, Psy.D.  
Licensed Clinical Psychologist  
President Capital Area Psychological Association



# CAPA FEBRUARY MEETING

## ADHD IN ADULTS: ASSESSMENT AND TREATMENT

**PRESENTER: JOHN GODFREY, PHD**

**FEBRUARY 10, 2023  
12:00 PM - 1:30 PM**

**1.5 HOURS PROFESSIONAL DEVELOPMENT AVAILABLE**



This workshop will equip psychologists with an understanding of essentials required to assess and treat adults who may be showing an ADHD brain style. In this regard we will review a brief history of ADHD, myths and the current diagnostic criteria. We will describe what an ADHD assessment should consist of, intervention and coaching, explore the interplay among co-occurring conditions and how to work with physicians to treat patients with ADHD effectively.

### Learning Objectives:

By the end of this workshop, participants will:

1. Describe ways that ADHD may manifest in their adult patients in an outpatient clinical setting;
2. Understand how augment and refine their diagnostic process to efficiently elicit and identify the symptoms of ADHD within an understanding of the DSM- V criteria for ADHD;
3. Be able to construct an assessment protocol (including questionnaires, checklists, and inventories) to consider common co-occurring and/or alternative diagnoses (sleep disorders, mood disorders, drug and alcohol use, learning disorders, anxiety and depression);
4. Be able to implement a variety of targeted, pragmatic, practical, effective behavioral interventions, utilize resources (biblio-therapy and internet) and understand the role and current state of pharmacological treatment (stimulant and non-stimulants);
5. Construct an efficient and effective report to facilitate communication/collaboration with the patient's physician or psychiatrist.

## About the Speaker:

**Dr. John P. Godfrey, Ph.D** (He/Him/His) became a Texas licensed psychologist in 1994. 28 years later, he continues to provide evidence-based outpatient psychological services to children, adolescents, adults and families in his independent practice in Austin, Texas. He is twice past president of the Capital Area Psychological Association and recently rolled off the Board of Trustees for the Texas Psychological Association and the chair of TPA's Membership committee. He has testified in support of psychology at the TSBE in Texas Senate and House Committees hearings. From 1994 to 2004, he served as psychologist and clinical director for Integrated Mental Health Services, a multi-clinic multi-disciplinary managed care organization serving greater Austin.



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Dr. Godfrey's path, similar to others with an ADHD brainstyle, has been mostly forward except for setbacks and meanders largely of his own doing. He continues to be astounded at how fortunate he has been and grateful for the support and tolerance over the years from mentors, family and friends who thought he had potential despite his myriad character defects (a line borrowed from a beloved mentor, Dr Robert Setty, Ph.D.). His ESTJ personality is uncommon among psychologists and has rubbed some the wrong way (Dr Ray Hawkins, another patient mentor can elaborate on this). I offer the following as an object lesson on the difficult forward progress for those with untreated and undiagnosed ADHD.

In 1976, after six years at three academic institutions and four different majors, the future Dr. Godfrey obtained an undergraduate degree in psychology from the University of Missouri - St. Louis with a 2.17 grade point average. Grad schools quietly shook their heads. The month he graduated, he was fired from his job waiting tables (he remains adamant it wasn't his fault. Really.).

Having no other useful skills or experience, and needing to pay rent, he was offered and took a position funded by the Comprehensive Employment and Training act (CETA) with St. Louis County Government's County Youth Programs (formerly the Office of Drug Abuse Prevention). This was the best thing that could have happened. There, under the remarkable mentorship of Mr. Tom Robards, he was schooled in the development and provision of community-based Primary Prevention program services including community organizing, giving presentations, team supervision and planning, leading process groups and ROPES course team building, teaching rock climbing and rappelling, leading New Games events and learning how to arrive at work on time. He also designed and conducted the volunteer training program in crisis emergency phone services for Youth Emergency Services in St. Louis, Mo.

Five years on, in 1980, he entered the Master's in Counseling program at the University of Missouri - Columbia (on probationary status) graduating in 1982 with excellent grades for change. During his master's he worked as a weekend supervisor at a residential group home for adolescent boys and directed the Columbia, Missouri YMCA summer camp,

In the fall of 1983, he was admitted (mistakenly, he suspects) to the doctoral program in Counseling Psychology at the University of Texas at Austin. He paid the bills working as a waiter at Threadgills, a group counselor at Child and Family Services - Domestic Violence Diversion program, teaching Defensive Driving and Bad Check Classes, and as a TA for the Education Department at UT. He completed his internship year at Audie Murphy Veterans Hospital (1988 to 1989) including a rotation in Family Therapy at San Antonio's Community Guidance Center. Now, married with children, he worked at the Austin Child Guidance Center from 1989 to 1994 under the supervision of the sagacious and patient, Dr. Leslie Moore, Ph.D. At ACGC, he served as their program director for their ROPES Challenge Course program, while also co-leading their middle school groups, providing in-school intervention groups for at risk youth at Austin middle schools, and conducting individual/family and multi-family group therapy. During this period, he completed his dissertation under the also patient and practical guidance of Chair Dr. Toni Falbo, Ph.D. with the anxious contributions of his wife and parents. He received the Ph.D. in Counseling Psychology in 1993





## MEETING INFORMATION: WHAT YOU NEED TO KNOW

In response to popular demand, the Executive Committee has arranged for CAPA members to begin meeting once more in person at the Carillon at the AT&T Center.

Our new agreement with the Carillon covers January through April 2023. This contract requires CAPA to provide a guaranteed minimum guest count of at least 20 attendees, at least one week prior to the meeting. A substantial penalty will be charged if we fail to reach that minimum number.

What does that mean for you?

As always CAPA will charge \$20 to members for lunch and professional development units, if they register by at least seven (7) days before the meeting. Please note, the fee the Carillon charges is \$22.95 per plate so CAPA is subsidizing lunches for members as always.

In addition to the minimum, the Carillon will charge up to \$11.00 per plate for registrations made with fewer than seven (7) days notice. The Executive Committee has decided we must pass that expense onto those CAPA members who register with fewer than seven days prior to the meeting.

This is still below what it actually costs CAPA:

Registration cost 7 days in advance (same as previous years)	\$20
Registration cost fewer than 7 days in advance	\$30

We are excited at the prospect of meeting one another face to face again and hope to see you soon.

**REGISTER ONLINE: [WWW.AUSTINPSYCHOLOGISTS.NET](http://WWW.AUSTINPSYCHOLOGISTS.NET)**

# CAPITAL AREA PSYCHOLOGICAL ASSOCIATION

## MEMBERSHIP FORM

Complete the form below to renew or sign up for membership in the Capital Area Psychological Association

☐ 2023 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	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 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 HealthAscensio |
| <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 EXECUTIVE COMMITTEE MEETING MINUTES

## JANUARY 13, 2023



The CAPA Executive Committee met on Friday, January 13, 2023 with the following members present: Corinne Zupanick, PsyD, Dan Roberts, PhD, Elisabeth Middleton, PhD, David Heckler, PhD, and Stephen Kolar, PhD.

Dr. Zupanick called the meeting to order at 11:15 AM (after A/V setup). The board discussed getting nominations for CAPA president at today's meeting. Dr. Zupanick planned for each table to come up with at least one candidate during today's meeting. Board members will contact nominees if they are not present to let them know they have been nominated. Dr. Roberts noted that we needed a date for Amber Nicholson to send out ballots and the group agreed to send these out by January 27, 2023 for voting. Dr. Zupanick reported that voting would be completed and results announced at next CAPA meeting on February 10, 2023.

The board discussed upcoming meetings and workshops. They agreed that Ms. Nicholson has been doing a fine job with the CAPA newsletter. Dr. Middleton noted that some members would prefer an online option for meetings. The board discussed this and does not think a live option is viable at this time. Dr. Zupanick introduced the idea of recording meetings and the board will further investigate this possibility. Dr. Middleton especially likes the idea of using teleconferencing to bring in an excellent speaker from another state for a meeting or workshop. Dr. Heckler will research options for recording meetings and video presenting for speakers who are out of state. Dr. Middleton welcomes members to provide suggestions for speakers for meetings and workshops.

Dr. Roberts motions to adjourn the Executive Committee Meeting at 11:45 AM.

## CAPA GENERAL MEETING MINUTES

### JANUARY 13, 2023

Dr. Zupanick welcomed members to the first in-person CAPA meeting since February 2020. She stated that one of her goals as CAPA president is to focus on increasing membership and diversity of members. Dr. Zupanick reported that about half of overall members are retired or considering retirement. Because of this, the executive committee approved of a way to bring new visitors to meetings without them needing to pay for a first visit. A CAPA member may bring a guest to a meeting and CAPA will pay for their first meal and CEU for free. Dr. Zupanick encouraged members to bring guests and talk to their colleagues about joining CAPA. Memberships numbers in 2021 were 176 and this year are 153 members.

Dr. Zupanick gave a brief Treasurer's Report. CAPA has about \$72,000 invested in CDs.

Dr. Zupanick announced that each table had ballots for nominating individuals for the CAPA president elect position. Members were asked to discuss at their tables and come up with at least one nominee. Members did so and nominations were collected to be reviewed, contacted, and voted upon.

Albert Cantara, PhD, read a poem, The Anthem, to members to note how we have all persevered during the pandemic. He thanked members for helping their clients and each other through this period.

Dr. Middleton introduced today's speaker, Lloyd Berg, PhD, ABPP. Dr. Berg is the Chair of Psychology and Special Services at Ascension Seton. He is board certified in clinical health psychology and has received two excellence in teaching awards from Dell Medical School. His presentation was titled, "The Expanding Influence of Psychology at Dell Medical School."

Dr. Berg noted that Dell Medical School (Dell, DMS) is well represented by psychology. His talk provided an overview of psychology faculty within the Division of Psychology at the school and noted psychologists in key positions there. There are teaching and training opportunities in Dell Medical School's Department of Psychiatry and Behavioral Sciences.

Dell Medical School is the first US medical school in 50 years developed at a top-tier research university. The first medical students were accepted at Dell in 2016. The new dean is Claudia Lucchinetti, MD. There are 50 medical students per class. Dell has 13 different departments. The psychology division was formed in 2019 is located within the Department of Psychiatry and Behavioral Sciences. Psychologists are also well represented in the departments of Population Health and Neurology. There are 25 psychologists in the Department of Psychiatry and Behavioral Sciences, with additional psychologists in other departments.



photo courtesy of [www.larryspeck.com](http://www.larryspeck.com)

Dr. Berg reviewed psychologists and their programs at the school. Puja Patel, PhD is the Director of Pediatric Psychology and the director of TCHAT. This is a school-based program that provides telepsychology/telepsychiatry services to 13 counties in central Texas, to 27 school districts and 310 campuses. One goal of TCHAT is to provide for areas that have limited mental health services. This program helped 1982 students last year.

Sasha Jaquez, PhD, is the Director of Clinical Training at DMS/DCMC (Dell Children's Medical Center) and oversees internship and fellowship programs. Dr. Jaquez also works with the Children's Blood and Cancer Center.

The training program for DMS/DCMC has a pediatric psychology internship program that is APA accredited. They typically take four pediatric psychology and two neurology psychology track interns annually. The program includes fourteen pediatric psychology faculty. Dr. Berg introduced Janie Black, PhD, who works with trans youth at DMS. Drs. Brinster and Cannady work with children with cognitive and developmental issues. Alex Lamair-Fisher, PhD works with NICU patients and Lynn Monnat, PhD with patients and TFCBT.

Dr. Berg introduced David Heckler, PhD, ABPP, who is the Director of Clinical Operations for Outpatient Services (DCMC outpatient services). Dr. Heckler is also the Director of Diversity and Inclusivity via Education (DIVE) in the psychology program. He is also the CAPA treasurer.

Dr. Berg presented slides of more clinical and research faculty in child and adult services (some names of which are contained in these notes). Josh Cisler, PhD, does research on trauma and the brain imaging of PTSD. Suzannah Creech, PhD, is the Assistant Dean of Research at the DMS Office of Research. Dell is establishing a center of excellence for the study and treatment of trauma.

Dr. Berg reported on the Integrated Behavioral Health Scholars Program. This is an innovative cross-campus collaboration that prepares psychology, psychiatry, social work, and nursing training. In this program, 38% are bilingual and many currently work in underserved populations in Texas.

Dr. Berg noted that Robin Hilsabeck, PhD, ABPP is the Director of the Comprehensive Memory Center. Within Population Health, Brittany Houston, PsyD is the Behavioral Science Director. Ryan Sutton, PhD, is the Assistant Dean for Diversity, Equity, and Inclusion.

Dr. Berg reported that psychologists can get involved with DMS. The psychiatry residents need psychotherapy supervision and CAPA psychologists could be a good fit. These are third and fourth year residents that could use supervision for evidence-based treatment modalities. There are also opportunities for teaching psychiatry residents.

Dr. Berg addressed questions from the audience.

The meeting was adjourned.



# 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](mailto: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.

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### Seeking Office Lease or Sublease M-F in S. Austin

I'm an LPC/LMFT seeking a full-time (Monday - Friday) sublease of a single office within an office suite in South Austin. I currently office at Menchaca Rd and Davis Ln and would love to find another location close by. I'm open to leasing a full suite if it will fit in my budget. So please reach out if you know of any available spaces!

Contact Kelly Ryan at [paramountcounselingATX@gmail.com](mailto:paramountcounselingATX@gmail.com)

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### Full-time Office Available in Round Rock

Full-time and part-time weekend office space available now in a small house that has been converted into 5 offices, just 4 blocks north of Downtown Round Rock on Fannin Avenue off of North Mays Street (and dangerously close to Round Rock Donuts, Kawaii Shaved Ice, Liberty BBQ, and several coffee shops!) Currently, there are two psychologists and several psychotherapists working in the space (with independent practices). There is parking directly in front, a furnished shared waiting room with large air filter, a staff kitchen/breakroom, a private therapist bathroom, a small group/meeting room with work space and printer, and a client bathroom with changing table. Amenities include paid utilities, waiting room magazines, Wi-Fi, security alarm, paper products for bathrooms, a shared printer with paper and ink, and cleaning services (including individual offices). There is one full-time office available with a monthly rent of \$700 and an 11 month lease. There is a furnished part-time office available on Saturday and Sunday for a monthly rent of \$200. There are also mailbox rentals available for those working from home that need a physical address for their business for insurance companies. The office environment is friendly, quiet, and respectful, and all of the current therapists enjoy working together.

If you would like to see a floor plan, arrange a time to tour the office, or ask any questions, please contact me (Sarah Sirbasku Williams) by calling or texting at 512-942-7171 or by emailing at [drsarah71@gmail.com](mailto:drsarah71@gmail.com).

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### Office Space, Sublet for Part-Time

Office space available for sublet, either per day or per hour in South Austin, 78748. Beautiful space with natural light and great location. Suitable for work with adult clients.

Contact Rachel Stroud at [rachelstroudphd@gmail.com](mailto:rachelstroudphd@gmail.com) for more information.

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### Private Office Off South Lamar

We have an office available for rent in our suite of wellness/mental health professionals! Located in the Windsong Office Park, just off South Lamar. Office is approximately 100 sq ft, has a window overlooking a landscaped walkway, and is currently furnished. Suite includes a waiting room, bathroom, and kitchenette with fridge and microwave. There is ample free parking on site. \$825 a month for the space, which also includes wifi and utilities, b/w printing, and coffee/tea.

Contact Edward Dreslinski at [admin@socopsychotherapy.com](mailto:admin@socopsychotherapy.com)



# 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](mailto: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.

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### Part Time Office Space in Cedar Park

Beautifully furnished office space available for immediate move in. One office remaining for part time clinician. Brand new furniture and flooring with a nature/boho vibe. Includes warm and welcome waiting area and kitchenette. Internet, printing, janitorial, coffee service provided. Office is conveniently located near Parmer and 1431. The office is 1 of 4 in a suite with 4 other therapists and a coach. Consultation group and supportive community of professionals working from Systems approaches (natural family systems and Internal Family Systems) are available depending on each clinician's need. Part time (20 hours) \$410/month.

Feel free to reach out directly [aaron@balancementalhealthcounseling.com](mailto:aaron@balancementalhealthcounseling.com)





CAPITAL AREA PSYCHOLOGICAL ASSOCIATION  
ADVOCACY, COMMUNITY, PROFESSIONAL DEVELOPMENT

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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

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