

JANUARY 2024

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

Swapnila S. Das, PhD

Fostering Unity, Equality, and Inclusivity: A Psychologist's Call to Action in the Aftermath of Recent Strife

Dear Esteemed Members of Capital Area Psychological Association (CAPA)

Salutations and greetings to dear psychologist of CAPA. When you read this the 2023 will be history and we would be in 2024. I wish and pray for a better future for everyone.

As we come together in the aftermath of recent conflicts and war, it is imperative that we, as psychologists, reflect on our role in promoting unity, equality, and inclusivity in society. The events of the past have left deep scars, and it is our duty to leverage our expertise to contribute to healing and positive change.

Psychological research has consistently shown that fostering unity and breaking down divisive barriers significantly contributes to the well-being of individuals and communities. We know that the effects of war and conflict extend far beyond physical injuries; they permeate the fabric of societies, leaving psychological wounds that may endure for generations. Our mission as psychologists is not only to address these wounds but also to actively promote reconciliation and harmony.

One of the fundamental principles that emerges from psychological studies is the understanding that human beings share a common humanity. Regardless of race, religion, gender, or any other identifying factor, we are all driven by similar fundamental needs for connection, belonging, and understanding. As we engage in our work, it is crucial that we emphasize these commonalities to bridge the gaps that have been widened by recent events.



Research has shown that promoting inclusivity enhances not only the mental well-being of individuals but also contributes to the overall health of communities. By embracing diversity and fostering a sense of belonging for all, we can create environments where people feel valued and understood. This inclusivity is not only a moral imperative but also a strategic move toward building resilient and harmonious societies.

Our duty extends beyond the confines of our offices and research labs. We must actively engage with communities, policymakers, and educators to advocate for policies that promote equality and inclusivity. Through public awareness campaigns and educational initiatives, we can challenge stereotypes, debunk myths, and break down the prejudices that fuel division.

Moreover, as we navigate the complexities of post-conflict environments, it is crucial that we collaborate with other disciplines, organizations, and communities. Unity cannot be achieved in isolation. By working together, we can harness collective knowledge and resources to address the intricate psychological challenges that arise in the aftermath of war.

To guide our efforts, we can draw upon psychological interventions proven effective in promoting reconciliation and reducing intergroup tensions. Techniques such as perspective-taking, empathy-building, and conflict resolution have been shown to facilitate understanding and cooperation among individuals from diverse backgrounds. As psychologists, we can develop and disseminate resources that empower communities to implement these strategies and promote lasting positive change.

Education is a powerful tool for transformation, and it is our responsibility to ensure that psychological insights are integrated into educational curricula at all levels. By fostering an early understanding of the psychological underpinnings of prejudice, bias, and conflict, we can equip the next generation with the knowledge and skills necessary to build a more inclusive and compassionate society.

In our pursuit of unity, equality, and inclusivity, we must recognize and address the intersecting identities that shape individuals' experiences. Research on intersectionality emphasizes the importance of considering how various aspects of identity, such as race, gender, and religion, intersect and influence one another. By incorporating an intersectional lens into our work, we can develop more nuanced and effective interventions that resonate with the diverse experiences of those we aim to support.

As we move forward, let us stand united in our commitment to promoting psychological well-being, social cohesion, and global harmony. Let us leverage our knowledge, skills, and influence to contribute meaningfully to the healing process and to advocate for a world where every individual is valued, respected, and embraced for their unique contributions.

Together, we can be catalysts for positive change, fostering a future where the lessons learned from recent strife propel us toward a more compassionate, equitable, and inclusive world.

I encourage everyone to renew your membership if you have not renewed for 2024. CAPA continue to provide professional development hours, a great opportunity to meet fellow professional colleagues, build relationship and a very excellent lunch during our training every month at a very low cost. In 2024 we will try a hybrid model for our meetings. Let us stay united in building a better future with unity and compassion for all. Please watch your email for further information.

Sincerely,
Swapnila S. Das, Ph.D
CAPA President, 2024

CAPA JANUARY MEETING



Photo courtesy of: <https://www.aamc.org/>

GENDER AFFIRMING MENTAL HEALTH CARE

PRESENTER: JANIE E. BLACK, PHD

**JANUARY 12, 2024
12:00 PM - 1:30 PM**

1.5 HOURS PROFESSIONAL DEVELOPMENT OFFERED

Workshop Learning Objectives:

1. Increased "LGBTQIA+ IQ"
2. Meet the 'Genderbread Person'
3. Overview of 2023 TX Legislation regarding minors
4. Overview of mental health statistics
5. Gender-affirming care in action

About the Speaker:



Dr. Black is a licensed clinical psychologist and Assistant Professor in the Department of Psychiatry & Behavioral Sciences at UT Dell Medical School. She specializes in pediatric psychology with a focus on providing evidence-based, family centered treatment of restrictive eating disorders and gender-affirming mental health care for youth and young adults of all ages. She provides didactics and direct supervision to psychiatry and psychology interns and fellows who seek to gain advanced knowledge and training in these areas. Prior to her return to academia and earning her PhD in clinical psychology from Fielding Graduate University in 2011, Dr. Black spent 10+ years working as a certified operating room and labor/delivery nurse, affording her a unique and deeper understanding of the comorbid medical concerns her patients and families often face.



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 September through November 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 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

CAPITAL AREA PSYCHOLOGICAL ASSOCIATION

MEMBERSHIP FORM

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

☐ 2024 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 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.

☐ Aetna ☐ Beacon ☐ Covenant Management ☐ Medicaid ☐ Optum ☐ Smart HealthAscension
☐ Ambetter ☐ Blue Cross Blue Shield ☐ Humana ☐ Medicare ☐ Oscar ☐ Tricare
☐ Anthem ☐ Cigna ☐ Magellan ☐ Optima Health Plan ☐ PHCS/Multiplan ☐ United Healthcare
☐ 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 CLASSIFIEDS



Office Space & Opportunities

Office Space in Lakeway Available

Bright and spacious office available. Lots of windows and modern decor and furnishings. Includes private waiting area and small office. Wifi and utilities included. Plenty of parking. Located close to restaurants and shopping area. For more information, please contact Cristina Castro at cristinacastrophd@gmail.com

Therapy Room for Rent in Group Private Practice

Are you a licensed mental health provider (e.g., psychologist, psychiatrist, social worker) looking for a serene and professional space to meet with your clients? Look no further! We have a fantastic opportunity for you to rent a therapy room within our well- established and supportive group private practice.

Location: 1613 W 6 th St., Austin, TX 78703. Conveniently located in a downtown Austin and easily accessible from I-35 and MoPac, your clients will find it easy to reach you.

Room Features:

□ Comfortable and beautifully furnished therapy room, □ Welcoming and calming common spaces, □ Suitable for individual, couples, and family therapy, □ Ample natural light, □ Privacy and confidentiality assured

Amenities:

□ Access to a waiting area, □ Free Wi-Fi, □ Utilities included, □ Shared staff resources (e.g., kitchen, printer), □ Flexible rental hours, □ Secure and professional environment, □ Networking opportunities with fellow therapists, □ Free on-site parking

About Us: Join our supportive community of mental health providers dedicated to providing high-quality care to our clients. The current 4-space office suite is shared by three psychologists who specialized in evidence-based care for children, adolescents, and young adults.

Rental Details:

□ Competitive rental rates, □ Flexible scheduling options, □ Negotiable lease length to fit your needs, □ Room available full-time (\$1,500/month) and part-time (1 day weekly = \$350/month OR 2 days weekly = \$675/month)

Contact Us: Don't miss this opportunity to enhance your practice in a comfortable and welcoming environment. If you're interested in renting this therapy room or would like to schedule a viewing, please contact our practice at admin@clearmindcollective.com or (512) 859-6591. Take your private practice to the next level in a space that reflects the professionalism and care you provide. We look forward to welcoming you to our community!

Office Space in Westlake, Fully Furnished

Light filled corner office (three windows) with shared waiting room. Stylishly decorated and comes fully furnished. Office is part of a three office suite of mental health professionals. One year sublease full- time. Most appropriate for adult clients. \$875/month includes all bills. If interested, please contact Dr. Sarah Rivers Deal, PhD at drdeal@2psych.com

Northwest Austin Office for rent

Light filled 12x13 office for rent, part of a tree lined boutique office complex in Northwest Austin with direct access to Mopac.

Seeking additional professional to fill a vacant office in our suite for monthly/yearly rental.

Suite includes:

- Furnished reception area
- Two restrooms
- Small outdoor patio
- Wi-fi
- Refrigerator
- Air-conditioning & central heating
- Free onsite parking
- Easy access walk-up space with direct entry from parking lot
- Wheelchair access
- Available January 1, 2024. \$850/month

*other spaces available in suite, with photos to come after completion of modification.

Room sizes are as follows:

- 12x17 (great for Group Therapy or Children's Therapy)
- 12x14
- 12x 6

Please contact Whitney at whitney.arp@gmail.com to inquire about space.

Join Our Team! Full-Time position available.

Join a well-respected, private pay practice in Austin, Texas. The Neurobehavioral Institute of Austin (NBAustin) is seeking experienced full-time Neuropsychologists and Psychologists specializing in neuropsychological and psychological assessments with children, adolescents, and/or adults. Become a part of a thriving, collaborative team of accomplished colleagues with a consistent flow of referrals. Send your CV to: Leslie.Jackson@NBAustin.com For more information, visit: NBAustin.com/Join-Our-Team



CAPITAL AREA PSYCHOLOGICAL ASSOCIATION
ADVOCACY, COMMUNITY, PROFESSIONAL DEVELOPMENT

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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 Corinne Zupanick, PhD at drcez2@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

CAPA Information & Referral Service:

(512) 451-4983