

MARCH 2023

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

Corinne E. Zupanick, Psy.D

Many of you may have been, or currently are, members of book clubs. I've been a member of various book clubs over the years. Some had a very specific focus such as one that formed within my church ladies' group. Even then, the focus was broad enough to merely require nominated books were to have religious-spiritual themes (of any faith) and included both non-fiction and fiction. Other book clubs had more practical considerations: e.g., less than 400 pages. Some book clubs were formed with people who all knew each other beforehand. Others were formed with folks who were strangers (at least in the beginning) and who had little if anything in common other than a love of reading or learning.

Despite these differences, each offered many benefits that kept me coming back. First, I liked the challenge of being exposed to, and being "forced" to read genres that weren't in my comfort zone. There were plenty of books that would not have otherwise shown up in my radar. Second, I often encountered people I might not normally interact with. Thus, these groups were often a convenient cultural mixer that enabled us to interact with a common purpose. Likewise, book clubs expanded my creative thought processes by being exposed to thoughts and opinions that were contrary to my own. It was tricky for me to thoughtfully respond to ideas and beliefs I've never encountered, nor considered before. And of course, there was always a lovely social component with snacks, wine, and other refreshments accompanied by laughter and camaraderie.

Only recently did I see my current book club as an opportunity for me to fulfill my own call to us to find ways to serve as citizen psychologists. I offer this tale as a way for us to consider the many ways, big and small that we can serve our local communities as citizen psychologists for the greater good of our communities... and therefore our country...and therefore our world. These small interactions are the way we correct what is wrong so that we may breathe meaningful purpose into our profession beyond the therapy room, and into our personal lives as well.

I helped to launch this particular book club while I was the HOA president of a newly forming community. As such, I became the group's de facto leader which allowed me to establish certain group norms, just as we would in group therapy. Our book club represents the diversity of our community: progressive/conservative, multi-ethnic, blue collar/white collar, old/young, men/women, single/married. We are only missing an LGBTQ+ member to round things out. Since we use a membership model, (it is not drop-in) a certain trust has developed among members over time.

As president of the HOA, I saw the book club as an opportunity to bring neighbors together to limit the types of conflicts so common in other HOA communities. I knew that when people know and understand each other outside of a conflict, they are more reasonable and desirous of seeking win-win solutions to problems. Okay, this was even before I understood what a citizen psychologist was but I was already intuitively working to use psychological principles to strengthen harmony in my community. I'll bet if we all think about it, we can see examples like this where we utilized our profession's science and professional experience in ways that benefited groups of folks who never entered our therapy rooms.

For those unfamiliar with the inner workings of book clubs, a brief orientation of our process might be useful. In our club, each member nominates two books, every 4 months. Then we independently review all the nominated titles and rank order our top 4 selections. These are tallied and the group's top 4 selections are announced. We take turns serving as the group facilitator whose role is to propose the discussion questions, and facilitate the discussion. Given our political climate, it would seem that such a diverse group would be incapable of choosing or discussing anything other than cheery fiction stripped of any meaningful message. But this is not the case. We have read such titles as *Caste: The Origins of Our Discontent* (Isabel Wilkerson, 2020), *American's Bank: The Epic Struggle to Create the Federal Reserve* (Roger Lowerstein, 2016), and most recently *Forty Autumn's A Family's Story of Courage and Survival on both sides of the Berlin Wall* (Nina Willner, 2016). I'll use this title to provide examples of a citizen psychologist at work.

Forty Autumns is a story about a large, close-knit family in East Germany following WWII. Some family members decided to escape East Germany, leaving other members behind. It takes us deep inside the realities of living behind the Iron Curtain, in an authoritarian regime. It illustrates how government control or manipulation over information, along with personal values, influences people's choices without their knowledge. The author's mother, Hanna, escaped when she was 20 years old, but left her family behind and moved to America where she became an intelligence officer. The story compares the different lives simultaneously: The lives of Hanna's family members who were left behind in East Germany, and Hanna who escaped. The similarities to present day socio-political climate are obvious. I feared for the discussion leader approaching this book as I saw it was ripe for contentious discussion.

My fears were not realized. Not only did we learn about a poorly understood part of history, but we also learned how to hear and understand different causes of conflicts and explored them: values conflicts, information conflicts, interest conflicts, structural conflicts, and relationship/communication conflicts. For example, one of the discussion questions was this, "Before 20-year-old Hanna escapes East Germany for good, she spends weeks "anguishing over whether to succumb to a stifling life in the East or make a run for it." In the end, she decides to take the risk. What would you have done if you were in her shoes? Would you have had the courage to flee, knowing you might die or never see your family again?" Immediately, and not surprisingly, one book club member latched onto personal choice, depicting any other option as not being "true to oneself." Another member countered with the importance of family.



An argument ensued, each speaking respectfully in tone, but demeaning the others choice as less-than, incorrect, or immoral. As I sat and watched this unfold, I had an epiphany that this is EXACTLY what happens in every socio-political debate. It isn't the differences that block the discussion and subsequent understanding, it is the certainty of one's position as THE correct one, the other person's simply WRONG and therefore requiring no more consideration, with personal values underneath both positions being obscured. And then I had an internal town crier shouting, "Wake up the Citizen Psychologist!, this is your moment!" So I waded into the controversy, with trepidation, asking just one question but making sure to get values out from the darkness, "Isn't the choice of family over personal freedom being 'true to oneself' if one values family over personal needs and desire?" And that opened up such a meaningful discussion (after both parties got over their stunned expression and the group's initial silence). Somehow, I even steer the discussion into topics like false moral equivalency when one member attempted a "...but what if..." scenario attempting to prove the correctness of her position.

Post-group contact with me indicated many people benefited by truly trying to understand how and why people think differently. Other people said they became more aware of their own values, but now recognized that their values may not be "correct" as much as just a personal choice. And last, my favorite feedback came in the form of someone saying this changed the way they think about people with whom they disagree.

The success and cohesion of our book club could become a study of an ecosystem that survives differences without hostility and points to a way to correct faulty group-think without defensiveness and arguments. For me, it demonstrates the way we can move from the helplessness and despair that comes from knowing what is causing all these systemic social problems but not seeing any viable solutions. (see my CAPA Jan 2023 newsletter). And just as in family systems theory, we only need one small change, to create a larger systemic adjustment that continues outward, like a pebble thrown into the lake. Be that pebble!

And last, as I was writing this letter, I thought wouldn't it be fun to have a CAPA book club? Well, actually Amber, our support staff extraordinaire planted the seed and it bloomed while I was writing. So lemme throw this out there....if you are interested in forming and joining a CAPA book club (details and processes to be decided by persons expressing interest, write to me and I'll try to organize a brainstorming session to see how we might make something like that work drcez2@gmail.com. Please write CAPA Book Club in the subject heading.

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

CAPA MARCH MEETING

DISABILITY AS DIVERSITY 101 FOR PSYCHOLOGISTS

PRESENTER: ERIN E. ANDREWS, PSYD, ABPP

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

1.5 HOURS PROFESSIONAL DEVELOPMENT AVAILABLE



This presentation will focus on the diversity model of disability and how although disability is included in most definitions of diversity, it is rarely fully integrated into diversity, equity, and inclusion efforts. Dr. Andrews will present contemporary trends in disability language and introduce the concept of disability culture. Attendees will learn how implicit and explicit attitudes and microaggression toward disabilities affect the lived experience of disabled people. The ways in which both stereotypically negative and overly positive attitudes are harmful toward people with disabilities will be explored. Clinically relevant suggestions to provide culturally competent psychological services for persons with disabilities will be offered.

Learning Objectives:

By the end of this workshop, participants will be able to:

1. Name two examples of ableism experienced by disabled people
2. Analyze how both stereotypically negative and overly positive attitudes are harmful toward people with disabilities
3. List three core values of disability culture

About the Speaker:

Erin E. Andrews, PsyD, ABPP is the Psychology Program Manager for the VA VISN 17 Telemental Health Clinical Resource Hub. She is an Associate Affiliated Clinical Professor in the Department of Psychiatry at Dell Medical School, the University of Texas at Austin. She is Board Certified in Rehabilitation Psychology. Dr. Andrews' areas of clinical and research interest include disability identity and cultural competence, disability inclusion in psychology training, sexual and reproductive rights of people with disabilities, disabled parenting, and reducing bias in disability language. She is the author of *Disability as Diversity: Developing Cultural Competence*, published in 2019 by Oxford University Press.





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

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 GENERAL COMMITTEE MEETING MINUTES

FEBRUARY 10, 2023

Dr. Dan Roberts brought the meeting to order. He was overseeing the meeting in place of the absent CAPA president Dr. Zupanick. Dr. Roberts welcomed members and informed them that the CAPA election had been completed. He introduced members to Dr. Swapmila Das, the new CAPA president elect for 2023. Dr. Das spoke with members about her 25 years of experience conducting psychotherapy with children and adults, particularly regarding anxiety and trauma.

Dr. Roberts told members that CAPA is looking for a volunteer to be the equipment manager for meetings. This person would set up audio visual equipment before meetings each month. CAPA member Dr. Ray Hawkins asked members if they would like to work part-time for New Life Institute for five to ten hours a week.



Dr. Roberts introduced today's speaker, John Godfrey, PhD. Dr. Godfrey is a graduate from the UT counseling psychology program who sees adults and children in private practice. In addition to being a former member of the TPA board or trustees and CAPA president, Dr. Godfrey has testified before the legislature and state board for psychologists. His presentation was titled, "ADHD in Adults: Assessment and Treatment."

Dr. Godfrey talked about criteria for Attention-Deficit/Hyperactivity Disorder (ADHD) from the DSM V TR and the ICD 11. DSM V TR criteria identifies ADHD as a neuro-developmental disorder defined by impairing levels of inattention, disorganization, and/or hyperactivity-impulsivity. ADHD criteria per ICD 11 is similar. ADHD can be combined presentation, predominantly inattentive presentation, or predominantly hyperactive-impulsive presentation. Specifiers for ADHD can include in partial remission or mild, moderate, or severe levels of severity. Dr. Godfrey gave examples of how ADHD presents in adult populations.

Assessment for ADHD typically requires a behavioral screener or checklist. Dr. Godfrey shared the six item World Health Organization (WHO) Screener for ADHD. This is incorporated into his screening for ADHD, as Dr. Godfrey has the client and two people they know, love, and trust complete an ADHD Symptom Checklist for their behavior (a spouse, friend, colleague, etc.).

Dr. Godfrey noted that ADHD can be both under and over diagnosed. From his experience, school teachers often refer disruptive children for testing but may miss day dreamers and/or females (girls often present as inattentive and not hyperactive and this lack of behavior issues leads to fewer referrals). Research has shown that approximately 50% of children with ADHD will have symptoms that continue into adulthood. ADHD can lead to more chaotic lifestyles with increased risk for substance abuse and imprisonment. It is often accompanied with other psychiatric comorbidities (such as major depressive disorder, anxiety, and alcohol abuse). ADHD is found in 5-10% of the population and its symptoms typically wax and wane over the lifetime. Females with ADHD are more likely to have internalizing symptoms resulting in a later diagnosis and a greater time to develop strategies to mask core symptoms. In one study, women with ADHD had high rates of suicide contemplation (46%), comorbid generalized anxiety disorder (36%), comorbid major depressive disorder (31%), or having a substance abuse problem (39%) at some point in their life.

ADHD is often comorbid with Bipolar I Disorder or anxiety disorders. However, adults with ADHD are more likely to seek treatment for a comorbid condition rather than their ADHD. Fewer than 20% of adults with ADHD are currently diagnosed and/or treated by psychiatrists. Symptoms similar to ADHD may be caused by physical issues such as medication interactions, hearing issues, thyroid disorders, or hypoglycemia. Dr. Godfrey recommended clients have a medical physical to rule out these and other potential causes of symptoms.

Dr. Godfrey refers to ADHD as a brain style and referred to the work of Lynn Weiss, PhD and her book "The Wounded Self." Dr. Weiss talks about a person being born with a style of brain construction. She categorized individuals with ADD (ADHD) as Outwardly Expressed ADD, Inwardly Directed ADD, and Highly Structured ADD. The Outwardly Expressed person shows quickness, high energy, and risk taking (like sales or entertainment). Those who are Inwardly Directed are the restless dreamer that does technical or hands on work, trouble shooting, and creative endeavors. Highly Structured ADD individuals are usually successful in fields like the military, computer science, or financial planning that benefit from attention to detail in a fixed structure.

Dr. Godfrey broke down his assessment and summary for a client with ADHD. The first session involves a detailed initial diagnostic interview and the client is told that there is no test for ADHD. Instead, an interview with behavioral observations and checklists are used. Dr. Godfrey asks why the client is seeking an evaluation at this time and asks for specifics about challenges they are having (turning in work late, difficulty with school or work, underperformance or employment). The client may show incomplete paperwork for session, missed appointment times, being late to session, etc. Family history is important, with genetic relatives with ADHD and/or mood disorders/drug/alcohol abuse. There may be a history of family chaos or trauma. Dr. Godfrey assesses sleep with a Circadian Rhythm Questionnaire.



Session two with a client involves a review of checklists and questionnaires where Dr. Godfrey reviews responses and can ask clients about specific questions (Why did you answer it this way?). This is an opportunity to share conclusions from the first session and checklists and provide a diagnosis if there is one. He emphasizes to clients that ADHD is not an emotional disorder but can have emotional impacts. Dr. Godfrey then may write up a summary report for the client and their MD if needed.

Treatment involves medication and skill building. Dr. Godfrey consults with clients about their thoughts about medication, their beliefs and concerns. He does not tell clients that medication should be used, this is up to their evaluation with an MD. Dr. Godfrey will tell clients that medication can greatly improve focus while it is in your system. It does not create motivation to study or work, however. Dr. Godfrey will talk about side effects and potential risks of medication. He will give a client referrals to an MD if they are interested.

Dr. Godfrey discussed behavioral elements of treatment for ADHD. These include increasing knowledge and expertise about your brain style: [ADHD 2.0](#) by Hallowell and Ratey, [Attention Deficit Disorder in Adults](#) by Lynn Weiss, and CHASS.org. Clients should maintain their body with exercise, a good diet, and healthy sleep and relaxation. It can be helpful to look at how ADHD may impact relationships ([The ADHD Effect on Marriage](#) by Orlov) and time management and productivity ([Getting Thing Done](#) by Allen). There are pros and cons with seeking accommodations at school or work for ADHD. Dr. Godfrey provided a sample of how he reports his findings to an MD.

Dr. Godfrey 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

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.

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

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.

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 for more information.

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

CAPA CLASSIFIEDS



Office Space & Opportunities

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

Looking for Office Space

I'm looking for a sublet that's available 1 weekday and Saturday (I prefer T/W/Th) a week. Located in North/Central Austin and furnished. With all that said...I am flexible except for the furniture part. I hope to hear from you soon!

Contact: Robin Shaw at robin@drrobinshaw.com

Therapy Office in South Austin by Radio Coffee

Looking for 1-2 therapists who want to rent a well situated corner lot house in South Austin. Very close to Radio Coffee. Right now property is a long term rental, but with a lease can convert the space within 30 days. The property is a 2/1 that was remodeled down to the bones in 2019. The rent is \$1250 per office/per therapist. We can be the office for your entire practice, reach out to discuss. You can decorate or we can, already have a nice front office couch and chairs, will negotiate on as much furniture as you want for the practice. Great outside sitting area also.

Contact: Laura LeMond at lauraslemond@gmail.com

INTERESTED IN A CAPA BOOK CLUB?



Email CAPA President, Dr. Corinne Zupanick, PsyD for more
information: drcez2@gmail.com



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