

MARCH 2024

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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PRESIDENT'S COLUMN

Swapnila S. Das, PhD

Bridging the Mental Health Gap: Equality and Inclusivity in Texas

As we gather to address the pressing issue of mental health services in our state of Texas, it is with a heavy heart that we acknowledge our current standing: **almost last in the nation for mental health care accessibility!** This stark reality demands our attention, urging us to delve into the root causes and, more importantly, to explore avenues toward equitable and inclusive solutions.

The state of mental health care in Texas reflects a multifaceted challenge stemming from systemic issues, socioeconomic disparities, and a lack of comprehensive support structures. Despite the growing recognition of mental health issues, access to quality care remains elusive for many Texans, perpetuating cycles of distress and **social disenfranchisement**.

At the heart of this disparity lies a complex interplay of factors, including limited resources, insufficient funding, and geographical barriers that disproportionately affect marginalized communities. Rural areas, in particular, face a dearth of mental health professionals and facilities, exacerbating the disparity between urban and rural populations. Additionally, cultural stigmas surrounding mental health within certain communities further impede access to care, perpetuating cycles of silence and suffering.

To bridge this gap and foster equality and inclusivity within our mental health care system, we must undertake a concerted effort encompassing policy reforms, community engagement, and enhanced resource allocation. Here are some critical steps we can take together:



Policy Advocacy: We must advocate for policy reforms aimed at increasing funding for mental health services, expanding Medicaid coverage to include mental health care, and implementing telehealth initiatives to reach underserved populations, particularly in rural areas.

Community Outreach: Engaging with local communities through culturally sensitive outreach programs and educational initiatives can help destigmatize mental health issues and encourage individuals to seek support without fear of judgment or discrimination.

Workforce Development: Investing in the recruitment and training of mental health professionals, especially in underserved areas, is essential to ensure adequate access to care for all Texans. This includes incentivizing practitioners to work in rural communities and offering scholarships or loan forgiveness programs for those pursuing mental health careers.

Integration of Services: Collaborating across disciplines to integrate mental health services into primary care settings, schools, and community centers can improve accessibility and early intervention, thereby reducing the burden on specialized mental health facilities and fostering a holistic approach to wellness.

Crisis Intervention: Establishing comprehensive crisis intervention systems that prioritize de-escalation, trauma-informed care, and culturally competent practices is crucial to providing timely support for individuals experiencing mental health crises, regardless of their background or circumstances.

As members of the Psychological Association, we have a unique opportunity and responsibility to lead by example in championing equality and inclusivity within our mental health care system. By advocating for systemic change, fostering community partnerships, and prioritizing the needs of marginalized populations, we can work together to build a Texas where mental health support is accessible to all, regardless of zip code, socioeconomic status, or cultural background.

In closing, let us reaffirm our commitment to the values of compassion, empathy, and social justice as we embark on this collective journey toward a more equitable and inclusive future for mental health care in Texas.

With gratitude and determination,

Swapnila S. Das, Ph. D

Licensed Clinical psychologist
CAPA President 2024

CAPA MARCH MEETING



“PSYCHOLOGY AND MENTAL HEALTH LEGISLATION: UPDATES AND ENGAGEMENT RECOMMENDATIONS”

PRESENTER(S): AARON GREGG, JD & HANI TALEBI, PHD

**MARCH 8, 2024
12:00 PM - 1:30 PM**

1.5 HOURS PROFESSIONAL DEVELOPMENT OFFERED

Attendees will explore the intersection of psychology and legislative advocacy in Texas, specifically as related to psychologists working and living in Central Texas. Dr. Talebi and Mr. Gregg will aim to empower psychologists to actively participate in the legislative process, both as professionals and citizens. The presentation will delve into the inner workings of the Texas Psychological Association's advocacy efforts, the outcomes of this work, and how these initiatives have impacted the field of psychology in the state. Attendees will gain valuable insights into the legislative process, including the various stages and the key players involved. Finally, specific recommendations will be provided relative to practical considerations when called to testify for/against proposed bills during a Texas legislative session.

Workshop Learning Objectives:

At the end of this presentation, attendees will be able to:

- Articulate the key stages and actors involved in the general legislative process in Texas.
- Describe the Texas Psychological Association's legislative advocacy efforts and their impact on the psychology profession in Texas.
- Identify the key legislative issues addressed during the most recent Texas legislative session that were relevant to the Texas Psychological Association's priorities and evaluate the outcomes of the association's advocacy efforts on those issues.
- Detail various strategic and practical considerations when testifying for/against a bill during a Texas legislative session.

ABOUT THE SPEAKERS

Aaron Gregg, JD



Aaron Gregg is an experienced attorney and lobbyist with a demonstrated history of success on behalf of corporate, non-profit and trade association clients. As a Texas public policy consultant, Aaron advances clients' interests by closely tailoring their strategies and actions in response to the ever-changing political landscape. He has experience monitoring state budgets and advising on creative strategies to pursue funding. In addition, Aaron counsels clients on compliance issues related to a wide variety of legislative policy areas, including: state appropriations, public education, energy, economic development/tax, health care/public health, technology & media, privacy, criminal justice, and disability rights, among others.

Hani Talebi, PhD



Dr. Hani Talebi is the Chief Clinical Officer and Senior Vice President of Health Systems Integration at the Meadows Mental Health Policy Institute. Prior to joining Meadows, Dr. Talebi was the Director of Pediatric Psychology at Dell Children's Medical Center in Austin, Texas. A dually licensed psychologist and licensed specialist in school psychology, Dr. Talebi is an affiliate faculty member in the UT Austin Dell Medical School Department of Psychiatry and Behavioral Sciences and courtesy affiliate faculty in the Department of Pediatrics. Additionally, he is the 2024 President of the Texas Psychological Association.

In his role at the Meadows Institute, Dr. Talebi's work focuses on advancing collaborative care and measurement-based care in primary care and health system settings. With more than 20 years of clinical experience, he has served in a variety of roles including Director of Psychological Services at Del Valle Independent School District, Director of Clinical Programming in various community mental health centers, and as a clinical/consultative leader in the private sector. Dr. Talebi's administrative efforts at the juncture of the medical and mental health models have resulted in innovative program development, various quality improvement initiatives and fiscally sustainable service provision platforms across milieus.

REGISTER ONLINE: WWW.AUSTINPSYCHOLOGISTS.NET



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 Presents:

**"Maintaining Ethics Without Panic When Dealing with Families
Involved in Litigation"**

Presented by Dr. Mary Alvarez, PhD & Kendra Dalrymple, JD

3 Hours of Ethics Professional Development

THE INVESTMENT:

2024 CAPA MEMBERS:	\$99
NON-MEMBERS:	\$120
STUDENTS:	\$30

Registration: www.austinpsychologists.net



April 5, 2024



2:00 PM - 5:00 PM



**Thompson Conference
Center, Room 2.120**

THE WORKSHOP:

The majority of clinicians just want to work with families or children and not the family law system. However, many clinicians who work with families or children find themselves inadvertently tossed into the family law litigation arena during a divorce or post-divorce modification. This presentation will focus on understanding how to navigate expectations of some attorneys and parents, as well as knowing the basics about how to ethically and legally manage records requests, subpoenas, and aggressive attorneys.

Learning Objectives:

1. Avoiding multiple roles in high conflict families
2. Protecting yourself with detailed therapy agreements
3. Ethics related to high pressure tactics from attorneys

THE SPEAKERS:



Mary Alvarez, PhD, a licensed psychologist for more than twenty-five years in Texas, has both a forensic and a clinical practice and she specializes in evaluating and treating high conflict families. As a result of her forensic work in family law as a custody evaluator, Dr. Alvarez has evaluated and witnessed the devastating psychological effects on children whose parents are involved in chronic high conflict, including parental alienation. Dr. Alvarez recognized the need to focus on prevention and early intervention of parental alienation, so she co-developed a set of programs, *Resetting the Family*, to evaluate and intervene with high conflict parents and families that include mild and moderate parental alienation as part of the conflict. Dr. Alvarez is involved in several research projects with university colleagues concerning parental alienation and she is the second author for a book chapter concerning the psychological split continuum that children who exhibit mild, moderate, or severe alienation show.



Kenda Brashear Dalrymple, JD is a former partner in the firm of Carls, McDonald & Dalrymple, LLP. She was previously Of Counsel to the firm of Brown & Carls, L.L.P., and a Shareholder with the firm of Davis & Davis, P.C. She received her Bachelor's degree in Communications from Baylor University in 1985, and her law degree from Baylor University School of Law in 1993.

Ms. Dalrymple practices in the areas of administrative law and health law, including related hearings and litigation. The special emphasis of her practice is representing and defending licensed professionals in licensing and complaint cases before various licensing and regulatory boards and defending and advising corporate and individual healthcare providers in administrative and transactional matters related to their practice.

Since 1993, she has represented hundreds of physicians, nurses, pharmacists, chiropractors, psychologists, mental health counselors, dentists, and other licensed professionals in proceedings before their licensing and regulatory boards and other state agencies.

Ms. Dalrymple is a member of the State Bar of Texas, Texas Association of Defense Counsel, Austin Bar Association (including membership in the Health Law, Administrative Law, Appellate Law and Employment Law Sections), American Health Lawyers Association, Texas Counseling Association, Texas Pharmacy Association, The American Society for Pharmacy Law and the Texas Association of School Psychologists. Ms. Dalrymple frequently speaks before professional organizations and industry groups regarding administrative and healthcare issues, including HIPAA compliance and Confidentiality of Medical and Mental Health Records.



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"/>	<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



Executive Committee Meeting Minutes

February 9, 2024

The CAPA Executive Committee met virtually on Friday, February 9, 2024 with the following members present: Swapnila Das, PhD, Elisabeth Middleton, PhD, John Godfrey, PhD, and Stephen Kolar, PhD.

Dr. Das called the meeting to order at 6:02 PM. Board members reviewed items for the agenda for the meeting. Items included increasing CAPA membership, hosting a CAPA party for the spring, and upcoming CAPA workshops.

The board discussed methods to increase membership. Dr. Godfrey suggested creating a membership committee to increase member numbers. Dr. Middleton recommended setting a goal for how many new members to join. Dr. Das suggested a meeting with the UT student body to increase membership of young psychologists. The board talked about seeking new members from the various programs at UT (clinical, counseling, school psychology), St. Edward's, Concordia, and Texas State. Dr. Godfrey noted that Dr. Jane Grey is the head of the UT graduate programs in psychology and Dr. Kolar noted that she had presented at a CAPA meeting in the past.

Dr. Godfrey discussed creating a list of non-members or former members of CAPA. He said there are 600 psychologists in the central Texas area. The board discussed seeking members assistance with contacting these non-members. Dr. Middleton noted that the message could include that psychologists should join CAPA to support psychologists in Texas (even if they cannot regularly attend meetings). Dr. Das suggested using social media and marketing for CAPA membership and Dr. Godfrey noted that Amber can update CAPA's Facebook and social media pages. Dr. Middleton recommended advertising CAPA meetings and workshops to Texas Psychological Association (TPA) and central Texas area psychological associations.

In order to get help from members for different committees, Dr. Middleton suggested sending a list to members of committees they could volunteer for including membership drive, officer nominations, and speaker committee. Dr. Godfrey will write an email to send to membership asking for volunteers.

The board discussed how the CAPA spring party might be another way to increase membership and increase member interaction. The group discussed two members who have hosted in the past and Dr. Middleton agreed to contact them to see if they would be willing to host again. The board talked about potential dates and times, considering April 13, 2024 or April 20, 2024 from 7 to 10 PM. They talked about catering options.

Dr. Das reminded board members that the CAPA Ethics Conference is scheduled for April 5, 2024 at the Thompson Conference Center. This has been reserved and Dr. Godfrey agreed to check with Amber Nicholson to see that they have received our payment. Dr. Das suggested paying for online advertisement through Facebook and other social media. The board is interested in having hybrid meetings and workshop, online and in-person, though there are some technical issues with this. CAPA would need to purchase a laptop and have a facilitator to manage the meetings online and assist with discussion from online viewers.

The board talked about the upcoming annual meeting with the Austin Psychiatric Society (APS). Board members agreed that CAPA members get value from this meeting and need to respond to recent communication from the APS board. Drs. Middleton and Kolar agreed to work on a response to APS regarding this meeting.

Dr. Das adjourned the meeting at 7:00 PM.



General Meeting Minutes

February 9, 2024

Dr. Das welcomed members and new members and guests introduced themselves. Dr. Das reminded members that the CAPA Board still needs a practice representative, student representative, and treasurer.

Dr. Middleton introduced today's speaker, Lara Dye, PhD, CSAT. Dr. Dye is a clinical psychologist who specializes in working with love and sex addiction. She has experiences working in clinics, hospitals, and on a mobile crisis unit in California and Texas. Her talk was titled, "Sex Addiction 101: Assessment and Treatment of Intimacy Disorders."

Dr. Dye talked about the recognition of sex addiction in the mental health field. Though there is no diagnostic category for sex addiction in the DSM-5, there is a diagnostic category of compulsive sexual behavior disorder in the International Classification of Diseases-11 (ICD-11). In addition, The International Institute of Trauma and Addiction Professionals (IITAP) sees sex addiction as a behavioral addiction disorder that should be explored for possible inclusion in future editions of the DSM and ICD. The DSM-5 does recognize substance use disorder and other similar addiction for further study (gambling disorder, internet gaming disorder).

Dr. Dye noted there are eight disorders in the DSM-5 called paraphilic disorders that address sexuality. These include exhibitionistic disorder, fetishistic disorder, pedophilic disorder, sexual masochism disorder and others. Some of these involve behaviors that are legal and others involve illegal behaviors. There is some controversy and concern that categorizing sexual behaviors as addictive will pathologize and further stigmatize and harm sexual minority groups. There is a fear that behaviors such as BDSM, polyamory, and kink will be further shamed and stigmatized.

Dr. Dye reported that most people who are sex or porn addicts are not engaging in "boundary pushing" or nonconsensual sexual behaviors. Most aren't involved in anything illegal due to their sex addiction, they are not sex offenders.

Addiction typically covers ten criteria. These include loss of control, compulsive behavior, and efforts to stop that are unsuccessful. The behavior is out of control and attempts to reduce or stop have failed. Additional criteria involve a loss of time in the activity, preoccupation with it, and an inability to fulfill obligations as the behavior interferes with work, school, and social interactions. This leads to additional criteria of escalation of behavior, withdrawal symptoms, continuation despite consequences, and losses due to the behavior.

Dr. Dye identified the Sexual Addiction Screening Text – Revised SAST-R) as a good measure of sexually compulsive behavior (can be found at www.sexhelp.com). Another assessment tool is the Sexual Dependency Inventory 4.0 (SDI 4.0). The SDI 4.0 includes the SAST-R and also measures behaviors, obsessive thoughts, sexual anorexia, and sexual bingeing and purging among other areas. There is often comorbidity with disorders such as depression, anxiety, and PTSD so it is helpful to assess for these as well.

The cycle of addiction involves the addict having skewed core beliefs that leads them to think they do not deserve help. They become preoccupied or obsessed with their behavior, act out, and then feel shame and the cycle repeats.

Dr. Dye reported that the origins of sexual addiction often have a history of childhood abuse or early trauma, whether that's sexual, emotional, or physical. Most addicts come from families that deal with addiction and often have unhealthy attachment styles. It is typical for offenders to grow up with little information about sex from their family, community, or faith organization. They often have overt or covert shame when their sexual acting out is discovered.

Dr. Dye spoke to the group about resources for treatment. These can include twelve step groups for addiction or places that provide more extensive training or treatment such as The Meadows in Arizona or The Ranch in Tennessee.

The meeting was adjourned.

CAPA CLASSIFIEDS



Office Space & Opportunities

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 the Neurobehavioral Institute of Austin- A Thriving Community of Neuropsychological Assessment Specialists

Are you a dedicated neuropsychologist or psychologist with expertise in the assessment of children, adolescents, and/or adults, seeking a vibrant community with whom to practice? We are committed to delivering the highest quality neuropsychological and psychological evaluations, while fostering a supportive environment for providers to excel.

Benefits:

- **Steady Referral Stream:** Experience a reliable flow of assessment clients through our established referral network.
- **Competitive Annual Income:** Anticipate an annual income within an expected range of \$150,000 to \$225,000.
- **Collaborative Environment:** Enjoy a collaborative atmosphere with weekly clinical meetings and informal get-togethers.
- **Shared Overhead Expenses:** Optimize your financial efficiency with the advantages of shared overhead expenses in a prestigious area of Austin.
- **Private Pay Office:** Upholding a long-standing tradition, we operate as a private pay practice.
- **Experienced Office Management:** Our proficient office staff takes care of essential administrative responsibilities, including patient scheduling, medical records management, and payment collection on behalf of the Provider.

Why Join Us?

The Neurobehavioral Institute of Austin is an established practice with an impeccable reputation spanning over two decades. We enjoy a consistent number of incoming referrals.

Requirements:

- State licensure and three years of experience providing assessment for children, adolescents, and adults.

How to apply:

If you're passionate about making a positive impact and ready to thrive as an independent provider, we would love to hear from you. To express your interest in this opportunity, please submit your CV to leslie.jackson@nbaustin.com.



CAPITAL AREA PSYCHOLOGICAL ASSOCIATION
ADVOCACY, COMMUNITY, PROFESSIONAL DEVELOPMENT

CAPA Officers & Chairs:

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sdas@yourpsychologist.net
(512) 710-6568

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Practice Representative:

Open

Student Representative:

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CAPA Commentary Editor:

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drcez2@gmail.com

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 at dr.john.godfrey.phd@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