

OCTOBER 2023

# CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



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## PRESIDENT'S COLUMN

Corinne E. Zupanick, Psy.D

Long ago, when “Home Ec” (women’s skills) and “Shop” (men’s skills) were still part of the required curriculum in public schools, I wondered why we don’t teach some things that are even more fundamental to successful adulthood: 1) basic financial management (e.g., household budgeting), and 2) raising healthy children. Look at the harm and expense that has been caused by failing to take a proactive approach to teaching these basic topics.

Instead of being proactive, we wait until someone has harmed a child, not because the parents are cruel or defective, but because of ignorance. These folks learned how to parent from their parents, so the harmful practices get passed on from one generation to the next, despite large bodies of research indicating better ways to manage children’s behaviors. Instead of insisting that no one should graduate from High School without this fundamental information, we wait until a child is harmed, and then further harm them by placing them into the foster care system (at taxpayer expense). With any luck, the child may be returned to the parents with a court order for parenting classes. These parenting classes are based upon psychological research. Wouldn’t this money be better spent offering these classes during high school to *prevent* such problems?

And what about the harm to marriages? Time and again we read that the content of conflicts in marriages are about children and money. Wouldn’t a universal course about money management improve a couple’s skills and limit some of that conflict? Wouldn’t a required course on emotional intelligence and communication skills (including conflict resolution) be helpful throughout a person’s life? We know that these skills can be learned, but instead we wait until these (privileged) folks enter marital counseling



Photo courtesy of: <https://rossier.usc.edu/news-insights/news/social-emotional-learning-gets-its-moment-spotlight>

years after the harm to their families has already begun.

I was just beginning graduate school (early 90s) when the construct of social/emotional intelligence (SEI) exploded in public awareness. The growing research base led to practical applications in both business (particularly sales) and education. Unlike so many psychological constructs, the benefits of SEI were so easily recognized that many schools began to implement courses teaching SEI skills, now called social emotional learning (SEL). I remember being so proud of my field and excited our research was being applied in a manner that could benefit so many people in a proactive manner. I found great hope and solace thinking of the positive influence this could have on so many of our cultural problems (conflict resolution, failing foster systems, failing marriages, preventable childhood problems)

I haven't really thought much about social/emotional intelligence curriculum until recently when I was wondering about the role of citizen psychologist with respect to education. I read in the newspaper that a Texas community where I previously lived, and that is 70% Hispanic, had their SEL curriculum challenged on the grounds that it was, "indoctrinating" students into an "illiberal" agenda. The group challenging this is called, Parents Defending Education (PDE). According to their website, "Parents Defending Education is a national grassroots organization working to reclaim our schools from activists imposing harmful agendas." (<https://defendinged.org/about/>) So naturally, I start to wonder what is considered harmful about a curriculum teaching SEI?

Digging further, I learn that the website that produces the objectionable curriculum [secondstep.org](https://secondstep.org) is research-based, and cites eight fundamental benefits: 1) empathy, 2) emotional management, 3) emotion recognition, 4) problem solving, 5) impulse control, 6) calming down, 7) communication, 8) assertiveness. So far, I don't see what could possibly be harmful.

However, under a tab called "Learn More" there was a section titled, "Resources" then yet another section called "anti-racism and anti-bias" that promises to direct the reader to other resources, "We're committed to addressing racial injustice and helping you drive real change in your school communities. These resources will help you implement social-emotional learning (SEL) in a way that builds on students' cultural assets, critically examines systems of power, and develops better ways of teaching, learning, and being." So, in a community that is 70% Hispanic, offering a set of resources, to school administrators and teachers, that could be used for more system applications of SEI if they were interested, is conflated with the curriculum itself. Thus, it is falsely promoted as indoctrinating a harmful, illiberal agenda.

As I've said, I can think of nothing more hopeful than teaching the next generation of citizens to have empathy for one another, to communicate well, to solve problems, to recognize and understand their own emotions and those of others. If we all received this sort of education, I suspect we would not have the divisive cultural climate that we now suffer. Longitudinal research suggests there is good reason for this hopeful optimism. Taylor, R.D. et al., (2017) found SEL benefits can persist for at least 18 years, and predict better social relationships, greater high school graduation and college attendance, and fewer arrests and health-related problems (Taylor, R.D., Oberle, E., Durlak, J.A & Weissberg, R.P. *Child Development*, Vol. 88, No. 4, 2017).

Therefore, in our role as Citizen Psychologist we could attend school board meetings prepared to discuss the benefits of SEI based upon research. We would need to correct disinformation about what SEI is and is not. We may need to help others understand the extensive research base. If we serve in organizations developing, producing, or teaching these curriculums, we will need to ensure that SEI curriculums are protected from political agendas, both liberal and conservative alike, so that these benefits do not become corrupted and misused. It saddens me that my initial optimism so long ago has been tainted by my failure to anticipate how something like SEI could be so wrongly distorted. But it energizes me to know that our work is not complete and that as Citizen Psychologist we can still make a meaningful difference in this fractured world.



# CAPA OCTOBER MEETING

## BEYOND DREAMS OF TRANSFORMATION

**PRESENTER: MACKENZIE STEINER, PH.D.**

**OCTOBER 13, 2023**

**12:00 PM - 1:30 PM**

**1.5 HOURS PROFESSIONAL DEVELOPMENT OFFERED**



### About the Workshop:

While some transgender children and adults have lived inside the conviction of their gender identity largely unadulterated by the contradictory viewpoints of others, many live inside a painful story of the dream-like fantasy of what they intrinsically feel themselves to be and the seeming impossibility of manifesting that dream. This talk will be exploring the process after crossing the boundary of dreams into reality, or what is conventionally called “transition.” I will share about common elements and challenges of transition as well as core principles and practices of gender affirming approaches to help ease the process. I will also raise awareness about a pernicious new therapeutic approach which cloaks itself in the pseudo-compassionate “save the children” narrative of the anti-trans movement and appears to be the “next generation” of conversion therapy. This will include discussing and undermining several common anti-trans myths that have been used as deceptive props in the media and legislative arguments to constrain the availability of healthcare for transgender children.

### Learning Objectives:

- Participants will be able to name and describe the 3 types of transition.
- Participants will be able to describe at least two differences between WPATH identified gender affirming approaches and Gender Exploratory Therapy.
- Participants will be able to identify two anti-trans myths and describe at least one important factor undermining validity of each.

### About the Speaker:



**Mackenzie Steiner, Ph.D.** is a clinical psychologist specializing in the treatment of complex trauma as well as addictions, with a particular focus on serving the TGD (transgender and gender diverse), broader LGBTQIA+, as well as veteran communities. She graduated from the University of Texas in 2002 and worked for 20 years as the lead psychologist and team lead for the Substance Abuse Treatment Program in the Austin VA Outpatient Clinic. During her time at the VA she modernized the program's approach to blend empirically based treatment approaches (e.g., CBT, DBT, & mindfulness-based strategies) with attachment-informed psychodynamic as well as somatic approaches. Additionally, she shepherded the transition from an abstinence-based addictions only program into an integrated harm-reduction treatment program for individuals with co-occurring substance use and other mental health conditions. In her practice she blends attachment, mindfulness, psychodynamic, somatic, parts-work, systemic and cognitive-behavioral treatment approaches. She has been teaching and training practicum students through licensed professionals in areas including military culture, addictions, co-occurring substance and mental health disorders, complex trauma and dissociative disorders, as well as somatic, attachment and short-term psychodynamic treatment approaches.



## 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 still below what it actually costs CAPA:

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

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

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





Photo courtesy of NPR

**Capital Area Psychological Association Presents:**

**“Cultural Considerations in Pregnancy Loss and Infertility”**

**Presented by Dr. Sunita Osborn and Margot Kahn, LMFT**

**3 Hours of Cultural Diversity Professional Development**

## THE INVESTMENT:

2023 CAPA MEMBERS:	\$99
NON-MEMBERS:	\$120
STUDENTS:	\$30



**November 10, 2023**



**2:00 PM - 5:00 PM**



**Thompson  
Conference Center  
Room 2.120**

**Space is limited, register today!**

**Registration: [www.austinpsychologists.net](http://www.austinpsychologists.net)**



# THE WORKSHOP:

Pregnancy loss and infertility is ubiquitous to all cultures and yet, each individual's cultural identities and intersectionalities can create a unique impact from these universal experiences. This attachment-informed, experiential workshop will discuss the psychological impact of pregnancy loss and infertility at the individual and systemic level as well as cultural assumptions around pregnancy, grief, and identity. Attendees will learn key concepts related to these experiences including the reproductive story and reproductive trauma and tangible ideas and culturally-informed interventions to best support individuals following pregnancy loss and/or infertility.



## Learning Objectives:

1. Utilize clinical, culturally-informed strategies to assess, conceptualize, and treat pregnancy loss and infertility.
2. Employ evidence-based grief and trauma interventions to treat pregnancy loss and to support clients in future reproductive journeys.
3. Build the development of greater insight in both clinicians and clients they are treating.

# THE SPEAKERS:



**Dr. Sunita Osborn** is a licensed clinical psychologist, writer, and is certified in perinatal mental health. After finding herself lost and without a map after her own experiences of pregnancy loss, she became committed to increasing awareness and decreasing stigma towards miscarriage. Her books, *The Miscarriage Map: What To Expect When You Are No Longer Expecting* and *The Miscarriage Map Workbook: An Honest Guide To Navigating Loss, Working Through the Pain, and Moving Forward* are based on her personal experience with miscarriage as well as her professional experience helping clients deal with life after miscarriage.



**Margot Kahn** is a licensed marriage and family therapist that is based in Houston and licensed in California, Texas, and Colorado. While living and working as an assistant program manager for a community mental health agency in San Diego, Margot was part of a comprehensive training with the Cultural Competency Academy. This specialized program equipped her with the necessary tools to navigate the complexities of working with BIPOC and immigrant individuals, couples, and families from diverse backgrounds. Having worked with both underserved and privileged populations, Margot has developed a nuanced understanding of the intersecting factors that influence her clients' lives. Margot's ultimate goal is to empower her clients to overcome challenges, foster personal growth, and build healthier and more fulfilling relationships and to support clinicians by having and starting authentic, culturally-informed, and meaningful conversations.



# CAPA EXECUTIVE COMMITTEE MEETING MINUTES

## SEPTEMBER 7, 2023



The CAPA Executive Committee met on Thursday, September 7, 2023 with the following members present: Corinne Zupanick, PsyD, Dan Roberts, PhD, Elisabeth Middleton, PhD, David Heckler, PhD, Swapnila Das, PhD, and Stephen Kolar, PhD.

Dr. Zupanick called the meeting to order at 8:00 PM. Dr. Middleton told the board that the presenter is sick and may not be able to present the following day. The board discussed options for the general meeting. Dr. Middleton agreed to ask the presenter if they could give their presentation at a later date via zoom.

Dr. Zupanick reviewed with members the recent CAPA survey results regarding monthly meetings and presentations. The results were tabulated this month and the board agreed that 104 respondents was a healthy number. Dr. Zupanick noted that about 25% of respondents said that the meetings were too far for them to attend on a weekday. A majority (65%) of respondents said they preferred a zoom presentation to one in-person. The board agreed to talk with members about these results at the monthly meeting on the following day and publish the results in the CAPA Commentary.

Dr. Heckler suggested the board incorporate this member feedback and attempt to offer meetings simultaneously for a period of two or three months as a pilot program. Dr. Roberts agreed and suggested possibly alternating meetings (one in-person, the next over zoom) or trying a zoom meeting for the summer. Dr. Middleton reported that there is competition with the Brazos Valley Psychological Association, because their meetings are on the same day as CAPA's. Additionally, many Texas psychological associations have their meetings via zoom. Dr. Middleton strongly encouraged CAPA to continue to meet in person for the networking and social aspects of the meetings. Dr. Zupanick said the board will pick next meeting from at least three options: in-person and zoom recorded, in-person and zoom alternating months, or in-person and zoom meetings at the same time.

The board discussed the committee to help with speakers for presentations. Dr. Zupanick will give Dr. Middleton a list with six individuals who expressed interest in helping with this committee. The board talked about increasing CAPA's social media presence and talking about this with Amber Nicholson. The board will further discuss what is or is not appropriate for this media.

Dr. Zupanick thanked Dr. Roberts for obtaining new A/V equipment for CAPA meetings. Dr. Roberts said he would be taking a leave from the board for a few months. He noted that CAPA needs to elicit nominations for officers for next year, especially president-elect. Dr. Zupanick said that CAPA needs to purchase DNO insurance due to board members' emails being hacked recently.

Dr. Zupanick adjourned the meeting at 9:05 PM.

# CAPA GENERAL MEETING MINUTES

## SEPTEMBER 8, 2023



Dr. Zupanick welcomed new members and members and guests introduced themselves. She told attendees that the speaker for today's meeting canceled at the last minute due to illness. CAPA will attempt to have this speaker provide two options for days to present their talk on zoom and members will be able to vote on which day they can attend.

Dr. Zupanick shared results of the CAPA survey regarding in-person versus zoom for monthly meetings. The results were tabulated in September of 2023 with 104 respondents total. When asked which they would prefer if given three choices, 32% said zoom, 23% in-person, and 44% said a mixture of both. If given just an either-or option, 65% of respondents would choose zoom meetings and 34% would prefer in-person meetings. Respondents noted that many (26.2%) said they live too far away to participate in in-person meetings at the AT&T Conference Center on campus. Dr. Zupanick told member that the next three CAPA meetings would be held in-person and jointly livestream/zoom as well. She let members discuss thoughts about this survey.

Dr. Zupanick presented on Citizen Psychologists. This is the concept that being a psychologist is more than just a career, involving psychology as a licensed profession that goes beyond one's normal job. Citizen psychologists use their role to advance science and help their communities beyond just providing therapy. They work to improve everyone's lives in society.

Dr. Zupanick talked about how citizen psychologists work in ways that are similar to social justice. Social justice commonly has five main principles that impact a community or society. First, is access to resources, including financial, legal, healthcare, and educational resources. The second principle, equity, involves a fair distribution of resources. Diversity is a principle that underscores the impact of differences in people and how these are valuable. This includes understanding the barriers to access that different populations encounter. The fourth principle, participation, requires that people participate in policies and rules that affect their lives and communities. It is especially important that people with mental health issues have a voice in their treatment and in areas that affect them such as housing and education. The last principle is human rights. This fundamental principle includes dignity and worth of all peoples regardless of different characteristics such as race, religion, sexual orientation, gender, or socioeconomic status.

Members then broke into groups and talked about ways they could act as citizen psychologists. Some ideas mentioned were to demystify mental health by helping people understand psychological issues and report language. Explaining terms and issues from the news for friends and family could be helpful. Helping to break down barriers to treatment for mental health is important, including the fact that Austin has lost half of its funding for integrated mental health. Working to increase diversity in the field of psychology was issue brought up. Community-based participatory research was championed. Confronting prejudice wherever it is found was mentioned. Dr. Zupanick concluded with noting that psychology is anchored in science and psychologists can affect the world globally through their work and actions.

The meeting was adjourned.



# 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"/>
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 HealthAscension |
| <input type="checkbox"/> Ambetter     | <input type="checkbox"/> Blue Cross Blue Shield | <input type="checkbox"/> Humana              | <input type="checkbox"/> Medicare           | <input type="checkbox"/> Oscar          | <input type="checkbox"/> Tricare               |
| <input type="checkbox"/> Anthem       | <input type="checkbox"/> Cigna                  | <input type="checkbox"/> Magellan            | <input type="checkbox"/> Optima Health Plan | <input type="checkbox"/> PHCS/Multiplan | <input type="checkbox"/> United Healthcare     |
| <input type="checkbox"/> Other: _____ |   |  |   |   |  |

### PRACTICE DETAILS & APPOINTMENT OPTIONS

I am currently seeing clients: (Check all that apply)

- ☐ In-Office ☐ Virtual/Telehealth

I am currently offering the following types of appointments: (Check all that apply)

- ☐ Individual ☐ Couples ☐ Family ☐ Group ☐ Workshops/Classes ☐ Colleague Consultation

I am currently seeing clients in the following age ranges: (Check all that apply)

- ☐ Children (Under 6) ☐ Children (6-12) ☐ Teenagers (12-18) ☐ Young Adults (18-24) ☐ Adults (24+) ☐ Elders (64+)

My practice is located: (Check all that apply)

- ☐ Central ☐ North ☐ South ☐ East ☐ Northwest ☐ Southwest ☐ Northeast ☐ Southeast ☐ Round Rock  
☐ Kyle/Buda ☐ Pflugerville ☐ Wimberley ☐ Georgetown ☐ Cedar Park ☐ Leander ☐ Other: \_\_\_\_\_

Languages Spoken Fluently: (Check all that apply)

- ☐ English ☐ Spanish ☐ French ☐ ASL ☐ Other: \_\_\_\_\_

### DONATE TO CAPA

I would like to make a voluntary contribution to the Capital Area Psychological Association to sustain CAPA programs and community charitable donations. I would like to make a donation in the amount of:

- ☐ \$10.00 ☐ \$15.00 ☐ \$20.00 ☐ \$25.00 ☐ \$50.00 ☐ \$75.00 ☐ \$100.00 ☐ Other: \$ \_\_\_\_\_

### ATTESTATION

I affirm that all of the information I have shown here is true. I agree to abide by the Code of Ethics of the American Psychological Association and by the guidelines of the Texas State Board of Examiners of Psychologists.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Checks and membership applications can be mailed to:  
Capital Area Psychological Association  
PO BOX 996, Boerne, TX 78006  
capitalareapsychassoc@gmail.com  
(512) 451-4983  
www.austinpsychologists.net

# CAPA CLASSIFIEDS



## Office Space & Opportunities

### **Job Announcement: Licensed Psychologist or Provisionally Licensed Psychologist**

Integrative Psychological Services, in Austin, TX, is seeking Provisionally Licensed Psychologists (or eligible) and Licensed Psychologists to join our busy practice. The primary responsibilities will be conducting intake assessments and providing therapy to adolescents and adults, with opportunities to work with younger children. We are looking for therapists to see (1) adolescents and adults and (2) children and adolescents. Opportunities to provide psychological assessments, couples therapy, family therapy, group therapy, and meditation groups are also available. Competitive salary is offered. Ideal Provisionally Licensed Psychologist applicants will stay on as staff psychologists once licensed, but this is not a requirement of the position. While we are a group practice, we aim to limit the number of professionals in our practice to allow for personal preferences and a close team environment. We strive to build a collaborative team of therapists, in which we support and value each other and promote work-life balance and self care as we provide high quality services to the people of Austin. To learn more about the practice, visit <http://www.integrativepsychologicalservices.com>.

### **Duties and Responsibilities:**

1. Provide therapy to a diverse range of clientele. Therapists are needed for the following age groups: (1) adolescents and adults and (2) children and adolescents.
2. While not required, ideal candidates will offer some after school hours, with opportunities to work on weekends.
3. Write clinical notes and reports in a timely manner and maintain client files in accordance with ethical, legal, and the practice's standards.
4. Attend staff consultation groups.
5. Provisionally licensed psychologists attend weekly supervision to present cases and consult on clinical information and practice.

### **Qualifications:**

1. Hold a graduate degree (Ph.D., Psy.D, MA) in clinical or counseling psychology from an accredited program.
2. Postdoctoral candidates must obtain a provisional license to practice under the supervision of a psychologist in Texas.
3. Experience working with adolescents and a desire to work with this population. For pediatrics only providers, experience working with children and adolescents. Play therapy is not required.
4. Training and experience with cognitive behavioral therapy. Demonstrate a willingness to learn and implement CBT with clients. There will also be opportunities for learning and implementing other therapies.

Services provided by Integrative Psychological Services:

- Provide clients and a busy caseload.
- Place on company website and provide business cards.
- Scheduling and billing.
- Competitive compensation.
- 1099 or W2 positions available.
- Office space with access to small kitchen break room.
- Use of EMR, company email, fax services, copy and scanning services.
- Regular staff consultation group.

### **Application materials:**

1. Cover letter
2. Current CV
3. 3 professional references

Send application or questions to: Jessica Buss, PhD [drjessicabuss@gmail.com](mailto:drjessicabuss@gmail.com) 512-261-8273

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### **Sale of Psychological Testing Equipment**

Gone out of business! Test kits for sale: Wechsler Adult Intelligence Scale-IV \$600 Gray Oral Reading Test-5th Ed. \$150 Test of Memory Malingering (new) \$250 Wechsler Intelligence Scale for Children-V \$950 Kaufman Test of Individual Achievement-3rd Ed. (Used only twice) \$450 Comprehensive Test of Phonological Processing-2nd Ed. \$220 Free pick up or delivery! Contact Dan Roberts Ph.D. at [drroberts78681@gmail.com](mailto:drroberts78681@gmail.com) or 512-293-4775

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### **Newly Renovated Office Available**

Newly renovated office available for rent in a 6-office suite on the first floor of a professional office building, centrally located on the corner of 2222 & Mopac. The suite has a waiting room, full kitchen and mail area. The building has available parking for clinicians and clients. Rent is \$950 a month and includes wireless internet, common area supplies, and cleaning services. Please note that this available office does not have any windows. For more information, contact Ashley Cooper, PsyD at [drashleycooper@gmail.com](mailto:drashleycooper@gmail.com) or 512-708-0361.



# CAPA CLASSIFIEDS



## Office Space & Opportunities

### Part-Time Psychological Associate for Telehealth Therapy

Thrive Psychology Group is an innovative and growing company specializing in enhancing mental health and wellness. We help our clients shift from surviving to thriving! We are looking for Psychological Associates to work with our incredible and inspiring clients. Thrive clients are primarily high-functioning, well-educated, diverse, professional women, couples, men, and families who are invested in their personal growth, wellness, and the therapy process.

We are currently hiring for part-time positions in Texas for telehealth Psychological Associate for therapy and assessment. Visit our website to learn more about our company and team - [www.mythrivpsychology.com](http://www.mythrivpsychology.com)

#### Our ideal candidate:

Psychological Associate who is earning supervised hours towards licensure. Ph.D. or Psy.D. from an APA Accredited Program. Experience and advanced training in Evidence-Based Practices. Certifications, advanced training, and experience beyond your graduate program will set you apart. Experience working with women and/or high-functioning professionals is strongly encouraged to apply. Is committed to working to advance the needs of ALL, regardless of ability, religion, gender expression, sexuality, etc.

#### Responsibilities:

Must be willing to see 12+ per week. Must be willing to work three shifts across the week to provide scheduling availability for clients, including high demand session times (evenings and early morning). Maintain current malpractice insurance. Maintains the highest level of integrity and ethical standards at all times. Adhere to the highest ethical standards required by our field.

#### What Thrive Provides:

Pay is based on a percentage of client session fee Supervision with a Licensed Clinical Psychologist Additional training and growth opportunities Flexible schedule Work from home Staff enrichment and development opportunities, including trainings, speaker series, and a Wellness Wednesday self-care program Established systems for scheduling, telehealth video platform, practice management software, electronic medical records, phone line, task management, in-team communication, and Thrive domain email. A dedicated and supportive administrative staff to handle billing, client screening, and matching. Professional development assistance, full-time options, and promotion opportunities are available.

#### How to Apply:

Please submit a CV/resume and cover letter to [admin@mythrivpsychology.com](mailto:admin@mythrivpsychology.com)  
The contact information for three references who can speak to your clinical skills.

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### Part-Time Clinical Psychologist for Telehealth Therapy

Thrive Psychology Group is an innovative and growing company specializing in enhancing the mental health and wellness of women and their families. We help our clients shift from surviving to thriving! We are looking for highly skilled and passionate therapists to work with our incredible and inspiring clients. Thrive clients are primarily high-functioning, well-educated, diverse, professional women, couples, men, and families who are invested in their personal growth, wellness, and the therapy process.

We are currently hiring for part-time positions in PSYPACT States for telehealth psychologists to work with individuals, teens, families, and/or couples for therapy and assessments.

#### Our ideal candidate:

Licensed Clinical Psychologist who is registered with PSYPact or is PSYPact eligible. Ph.D. or Psy.D. from an APA Accredited Program. Experience and advanced training in Evidence-Based Practices. Certifications, advanced training, and experience beyond your graduate program will set you apart. Experience working with women and/or high-functioning professionals is a plus. Licenses in New York and California are a plus, but not required. Training in trauma, mindfulness-based therapies, EMDR, ACT, DBT, mind-body/somatic interventions, and evidenced-based practices will set you apart as a candidate. If doing relationship therapy, must have advanced training in PACT, EFT, Gottman, or Imago training (at least Level 1). Prior experience working with relationships is required. Does the personal work of self-care, introspection, vulnerability, and growth in order to become a better person and therapist, especially with regard to issues of anti-racism, White supremacy, and systemic oppression. Thrive actively works to dismantle rather than perpetuate the problematic systems that impact our clients. Someone who wants to be an instrumental force of hope, encouragement, and empowerment for women going through seismic cultural and personal shifts Is committed to working to advance the needs of ALL, regardless of ability, religion, gender expression, sexuality, etc.

#### Responsibilities:

Must be willing to see 12+ per week. Must be willing to work three shifts across the week to provide scheduling availability for clients, including high demand session times (evenings and early morning). Maintain current license and malpractice insurance. Maintains the highest level of integrity and ethical standards at all times. Adhere to the highest ethical standards required by our field.

#### What Thrive Provides:

Pay is based on a percentage of client session fee, between \$90-\$115 per session. Clients who are committed to therapy, passionate about their healing journey, and are a joy to work with. Established systems for scheduling, telehealth video platform, practice management software, electronic medical records, phone line, task management, in-team communication, and Thrive domain email. A dedicated and supportive administrative staff to handle billing, client screening, and matching. Array of career tracks, full-time options, and promotion opportunities available.

#### How to Apply:

Please submit a CV/resume and cover letter to [admin@mythrivpsychology.com](mailto:admin@mythrivpsychology.com)  
The contact information for three references who can speak to your clinical skills. Please Note: You must be licensed before seeing clients.



CAPITAL AREA PSYCHOLOGICAL ASSOCIATION  
ADVOCACY, COMMUNITY, PROFESSIONAL DEVELOPMENT

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The CAPA Commentary is a regular publication of the Capital Area Psychological Association, P.O. Box 996, Boerne, TX 78006. Its eight issues, January through May and September through November, are free to CAPA members.

Submissions of informational or educational articles and comments are welcome for consideration for publication and are strongly encouraged. Recommended length of submitted materials is 500 words.

Accepted articles exceeding these limits may be published in successive issues.

Deadline for submissions is the third Friday of each month preceding month of publication. Submit to Dan Roberts, PhD at drroberts78681@gmail.com

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