

SEPTEMBER 2022

CAPA COMMENTARY

The Newsletter of the Capital Area Psychological Association



WHAT'S IN THIS ISSUE

Letter from the President

1

September Monthly Meeting

3

Classifieds

4

PRESIDENT'S COLUMN

Dan Roberts, PhD

The schools are open, the weather is hot, and Austin remains fairly weird. That's the old news. I hope you all had a healthy and enjoyable summer. More old news: we will continue to hold our monthly meetings virtually for the time being while awaiting significant improvement in the COVID-19 situation before attempting a return to in-person meetings. As always we will be monitoring the incidence and severity of the new strains as they appear.

What's new? Nominations for the 2023 CAPA President Elect are wide open! If you know someone or if you yourself are ready to increase your involvement in your local psychological association, now is the time to throw a Stetson into the ring. If you have ideas about what CAPA does or should do or should do better, the best way to get those in play is to run for office and join the CAPA Executive Committee. Watch your email for the nominating information.

The White House just announced a student loan forgiveness program that may benefit some of our members. President Biden's plan would reduce a former student's debt by 10 to 20 thousand dollars and may also allow credit for working in a non-profit organization, the military, various governmental entities, etc. Click or paste this link in your browser to see the announcement:

<https://www.whitehouse.gov/briefing-room/statements-releases/2022/08/24/fact-sheet-president-biden-announces-student-loan-relief-for-borrowers-who-need-it-most/>



In other news, the FDA just approved a new “fast acting” antidepressant drug called Auvelity. It reportedly starts working on major depression within one week. It is a combination of bupropion (Wellbutrin) and dextromethorphan (cough syrup). Watch for the upcoming television commercials on your favorite channel. I’m not making this up! Huey Lewis (I Need a New Drug) would be pleased.

Last month Molecular Psychiatry published an article by Mancrief, J., Cooper, R.E., Stockmann, T, et al. Their study, The Serotonin Theory of Depression: A Systematic Umbrella Review of the Evidence, revealed that there is NO association between serotonin and depression. Prozac, the first SSRI, was FDA approved in 1987. After 35 years the research is overwhelming in demonstrating that what appeared to be a treatment that worked somewhat better than a placebo does not. Viva el placebo! It may take years for this revelation to trickle down as the pharmaceutical industry has a lot invested in SSRIs.

The concept of a chemical imbalance producing depression remains widespread and firmly entrenched because we all talked about it and listened to it and brought the concept into conscious existence. At least to some extent, reality becomes what we think it is. Will we see fewer ads touting the value of SSRIs for depression? Will a new use for SSRIs be discovered soon? Anything is possible. After all, who would have guessed that cough medicine could cure depression?

A recent TSBEP meeting led to, among other things, a proposed rule that would significantly reduce the required Professional Development hours for psychologists who provide supervision for those who practice in a Health Professional Shortage Area. Another proposed rule change would allow psychologists to bank 10 hours of PD for use in the subsequent licensing period. It was noted that thirty one states have now signed on to PSYPACT and around 6000 psychologists have registered to participate. About 10 or 11% of those are Texas psychologists.

I look forward to seeing you all soon at the September virtual CAPA meeting. Please register for that after you scroll down to read the information about the program and the speaker. Again, think of nominating yourself or another worthy member to be the next President Elect!

{As you may have always known or guessed, the opinions, suggestions, and musings found in this column are those of the President alone and should not be assumed to represent the thoughts or positions of any other CAPA officers.}

Dan Roberts, Ph.D.
CAPA President 2022

SEPTEMBER MONTHLY MEETING

OVERVIEW OF LOCAL MENTAL HEALTH & INTELLECTUAL AND DEVELOPMENTAL DISABILITY AUTHORITY SYSTEMS

PRESENTER: KYLE A. MCCALL, MA, LPC, LCDC, NCC, CPP®

**SEPTEMBER 9, 2022
12:00 PM - 1:30 PM**

**1.5 HOURS PROFESSIONAL DEVELOPMENT AVAILABLE
MEETING WILL BE HELD USING ZOOM PLATFORM**

Bluebonnet Trails Community Services leaders will provide you with an overview of the local mental health authority / local intellectual and developmental disability authority systems including crisis services, children and family services, early childhood intervention, IDD services, family healthcare, and substance use services. You will learn what resources are available to individuals in the community, how to access them, and how BTCS can work collaboratively with you in service to these individuals. Although this presentation will be about BTCS, many LMHA systems function similarly and we can provide you information on how to access Integral Care for similar resources for folks in Travis County. BTCS often works collaboratively with other LMHA systems to support individuals when they come in contact with our services in our service area. This presentation is important for all psychologists to have a broad understanding of local community services.

After this presentation, you will be able to:

- Articulate the mission, vision, and services offered by Bluebonnet Trails Community Services
- Explain to other colleagues a general understanding of the LMAH/LIDDA systems
- Discuss with others BTCS services and describe the referral process
- Identify when BTCS services might be appropriate for individuals you serve

ABOUT THE SPEAKER:



Kyle A. McCall, MA, LPC, LCDC, NCC, CPP®

Kyle McCall is the Program Manager for the Diversion Center at Bluebonnet Trails Community Services (BTCS), the local mental health authority and local intellectual and developmental disability authority for an 8 county region in Central Texas serving individuals in Burnet, Williamson, Lee, Bastrop, Caldwell, Fayette, Gonzales, and Guadalupe Counties. BTCS envisions Healthy and Fulfilled Lives and accomplishes this through its mission which includes the provision of valued services to adults with serious mental illness; to children and adolescents with serious mental illness or emotional disorders, autism or pervasive developmental disorders; to persons with developmental disabilities; to infants and toddlers with developmental delays; and to adults and children with family health care needs. BTCS is Accredited by the National Committee for Quality Assurance (NCQA), Commission on Accreditation of Rehabilitation Facilities (CARF), and is a Certified Community Behavioral Health Clinic by Texas Health and Human Services.

Kyle holds a Master of Arts in Counseling and is a national board certified Licensed Professional Counselor and Licensed Chemical Dependency Counselor. Kyle has worked for BTCS since late 2021 but has previously worked for Integral Care in the Expanded Mobile Crisis Outreach Team

(EMCOT), Mobile Crisis Outreach Team (MCOT), Psychiatric Emergency Services (PES), and the Judge Guy Herman Center for Crisis Care. Kyle was hired at BTCS to work collaboratively with community partners such as law enforcement, hospital systems, emergency medical services, and local governments to develop a new resource for the Central Texas Region to assist law enforcement and the crisis teams help those experiencing a crisis. This resource is being recognized across the State and other agencies and LMHAs have toured the facility seeking to replicate this model. The Diversion Center has been a work in progress after years of conversations. Williamson County has been one of the biggest partners in helping make this a reality by providing fiscal and in-kind resources.

Kyle also has a private practice at Austin Counseling and Trauma Specialists and sees adolescents and adults. Kyle specializes in chronic suicidality through the use of Collaborative Assessment and Management of Suicidality (CAMS-care) and is one of the few trained outpatient providers in the State of Texas. Kyle also specializes in treating complex trauma through the use of EMDR. Kyle has experience in residential and outpatient settings treating substance use disorders and co-occurring disorders. Kyle works heavily with first responders, their families, and the LGBTQIA+ community. Finally, Kyle is a Certified Protection Professional® and owns Bizaan Holdings, LLC which provides licensed physical security, training, investigations, a consultation services to private, commercial, and governmental entities.

Kyle is joined by a few other leaders at BTCS.

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.

Office Space in Quiet Building

Office space for lease in psychotherapy practice setting. We are a group practice and we provide services to clients 16 and older. We have space available for therapists or similar professionals in a quiet building with peaceful surroundings. The office is located in the Wild Basin area (78746). We have three available offices ranging from 110 to 165 sq ft. Utilities and furniture are included. Rooms are appropriate for individual therapy, couple's counseling, and groups. Prices for full time use are 1st office, about 11' x 10' is 400/month; 2nd office, about 14' x 9' is 500/month and; 3rd office, about 11' x 10' is 700/month. We have flexible schedules; you may also rent office space for specific days or hourly.

For more information, please call Ivonne at 512-494-4162

FT/PT Office Space Available in Modern East Austin Building

Hello! I am subletting my beautiful, fully furnished office space at Ridgeway Counseling Center (near 12th and Airport Blvd) during my maternity leave September 1st, 2022 - December 31st, 2022. The space is available either full-time or part-time, and I am happy to negotiate a part-time sublet continuing into 2023 when I return to work. My office is housed in a bright and modern office building made up of 6 offices for mental health professionals and includes use of the waiting room, kitchenette, two restrooms, and business services (printing, wifi, etc.). All utilities, cleaning services, and amenities are included in rent. There is a small client parking lot, ample street parking, and my ground floor office is accessible for all abilities.

Full-time sublet: \$1,100/month Daily sublet rate: \$60/full day

This office (and overall space) is filled with big windows, well-cared for plants, and midcentury inspired furniture.

If you are interested in detailed photos, an in-person tour, or price negotiations, please feel free to get in touch via phone, text, or email: Karina Rabinowitz, PhD karinarabinowitzphd@gmail.com (512) 710-8615

Three Offices Available For Rent in Balcones Drive Office Building

3 offices available for rent in a brand new, fully renovated 6-office suite on the first floor of Balcones Drive Office Building. There is a waiting room and full kitchen inside the suite. The building offers ample parking with quick access to Mopac and nice restrooms in the exterior hallways. Rent includes internet, nightly cleaning services, mail, and common area supplies. The space is currently under construction and will be available to move-in during the month of September. Leases are for a minimum of 12 months. 3 offices are already rented and 3 offices are still available for rent. Please see prices below:

Office 1: \$950 a month (no window)
Office 2: \$950 a month (no window)
Office 5: \$1,200 a month (with windows)

For more information, contact Ashley Cooper, PsyD at drashleycooper@gmail.com or 512-708-0361.

CAPA CLASSIFIEDS



Office Space & Opportunities

Office Space Available in Round Rock

Newly Renovated Office Available September 1st

Join a cohort of experienced mental health professionals with a sense of community, support, and referral potential in a newly renovated eight-office suite located at 600 Round Rock West Dr. Suites 403 & 404, Round Rock, TX

The Space:

Entire office suite will be remodeled in mid-August with a modern yet comfortable and welcoming feel.

Three office sizes to choose from to accommodate therapist needs – individuals, couples, families, play therapy, etc.

Full and part-time lease terms available. Furnished office possible with prior coordination.

Eat-in kitchen space includes a sink, microwave, refrigerator, cabinets for storage, dishes, and cutlery.

ADA-compliant office suite with two restrooms and a large waiting room

The Perks:

Be part of a therapist network – support, referrals, consultation – without sacrificing a percentage of your income! Office suite occupied by therapists – from associates to seasoned veterans with 30+ years of experience. LPCAssociate supervision possible, pending availability.

Free bi-weekly consultation group (virtual or in-person) with therapists of all levels and a variety of specialties and preferred techniques.

Some consultation group meetings qualify for free CEUs!

Internal referrals highly encouraged, and we are well-networked with other therapists and wellness professionals in the area to support growing practices or to maintain developed practices.

Office suite is owner-occupied, so all building repairs are conducted quickly and with as little impact to operations as possible.

Office Fee Schedule: Full Time / Part Time

Office Type 1 (170 ft²): \$750 / \$475

Office Type 2 (132 ft²): \$700 / \$450

Office Type 3 (100 ft²): \$650 / \$425

Office Type 4 (100 ft²): \$575 / \$400

Office pricing based on relative square footage. There are three office sizes and one office priced lower as it does not have a window.

Pricing is all-inclusive – utilities, internet, cleaning service, etc.

For more information or to schedule a tour please contact: Hannah Platt at (512) 677-9859 or hannahplattlpc@gmail.com

Now Hiring Psychologist, LPA, LCSW, LPC

Providers needed in Round Rock, Dallas, Rockwall, Ennis, and Greenville, Texas to provide therapy and one-time diagnostic interviews.

Opportunities are also available to provide services in nursing homes, memory care, skilled nursing, and assisted living.

The Ludden Group, P. C., is a Christian private practice group including psychologists, a psychiatrist, LPCs, an LCSW, and Externs (Needed for one-time diagnostic interviews), outpatient practice located in Round Rock, near Austin, and in Rockwall, TX, 25 miles east of the Dallas Metroplex.

The Ludden Group is seeking psychologists for a long-term position, Full or Part-Time.

Duties will include diagnostic assessments, testing, and weekly psychotherapy with the Geriatric population.

Informal Psychology Internship is also available. Services are also available in the Ludden Group's outpatient private practice where we treat patients throughout the life span.

Areas served: Rockwall, Round Rock, Athens, Farmersville, Greenville, Terrell, Dallas, and Ennis.

The Ludden Group, P.C. is well established with over 35 years' experience.

Send your curriculum vitae and any questions to Dr. Linda Ludden, Ed.D, Texas Licensed Psychologist, linaluddensivls@gmail.com (214) 403-7266. Our website is www.theluddengroup.com.



CAPA Officers & Chairs:

President:

Dan Roberts, PhD
drroberts78681@gmail.com
(512) 293-4775

President Elect:

Corinne Zupanick, PhD
drcez2@gmail.com

Past President:

John Godfrey, PhD
johng23447@gmail.com
(737) 202-5789

Vice President:

Elisabeth Middleton, PhD
elisabeth@emiddletonphd.com
(512) 517-4812

Secretary:

Stephen Kolar, PhD
stevekolar@yahoo.com
(512) 451-2242

Treasurer:

David Heckler, PhD
(512) 324-3315
drheckler@gmail.com

Practice Representative:

Shalini Leena Batra, PhD
lbatra.lb@gmail.com
(512) 826-1152

Student Representative:

Kyle McCall
kylemccall@me.com
(512) 423-1808

CAPA Commentary Editor:

John Godfrey, PhD
johng23447@gmail.com
(737) 202-5789

CAPA Information & Referral Service:

(512) 451-4983

The CAPA Commentary is a regular publication of the Capital Area Psychological Association, P.O. Box 996, Boerne, TX 78006.

Its eight issues, January through May and September through November, are free to CAPA members.

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

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

Deadline for submissions is the third Friday of each month preceding month of publication. Submit to John Godfrey, PhD at johng23447@gmail.com

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