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Winter 2005

Interview with Seth Axelrod, Ph.D.

Dr. Seth Axelrod, like many other psychologists here in the state of Connecticut, leads a full, rewarding life. While doing so he also adds richness to the lives of countless others in his direct clinical work, through his supervisory role, and with his voice.

Dr. Axelrod remembers being fascinated with personality styles and the interpersonal problems with which individuals struggle from an early age. His interest grew while in graduate school at the University of Kentucky, where he developed interests in personality theory, treatment of personality disorders, and dialectical behavioral therapy (DBT). When it came time to apply to internships, Dr. Axelrod was drawn to a DMHAS-sponsored internship at River Valley Services, in part because of their focus on DBT and in part because the lifestyle offered by central Connecticut was appealing to him. Originally from New York, moving back to the east coast with his then fiancée was a bit like “coming home.”

Working with individuals diagnosed with personality disorders is an interest that has continued throughout Dr. Axelrod’s two-year postdoctoral position at Yale, a research position at the West Haven VA, and his current position as Assistant Professor with Yale’s School of Medicine and Team Leader for the intensive outpatient DBT/DBT-S (DBT modified for comorbid substance dependence) program at Yale New Haven Hospital, where he works directly with patients, trains predoctoral and post-MSW fellows, and conducts lectures and seminars as well as administrative work. He sees DBT as a compassionate approach to working with individuals with challenging styles of relating and coping. Dr. Axelrod’s own sense of compassion was easily detectable as he described following the progress of individuals who are in the two DBT groups he now conducts. His love of the work, not the least of which is participating in the professional development of trainees, was also readily apparent as he talked about his position at Yale.

On May 5, 2006 the National Education Alliance for Borderline Personality Disorder (NEA-BPD; www.neabpd.org) will co-sponsor a one-day conference at Yale. Dr. Axelrod is intimately involved in the planning of this conference, as he was for the successful event last year, and notes that speakers will include Thomas McGlashan, M.D., George Davis, Ph.D., and Perry Hoffman, Ph.D. The conference will be open to mental health providers, consum-



Seth Axelrod

ers, and family members of those diagnosed with the disorder. Collaboration with family members and consumers reflects a trend in the treatment of individuals with BPD. This direction engages families of such individuals and acknowledges that many families are, in the empathic words of Dr. Axelrod, “doing the best they can.” Educating family members can lead to further support of individuals diagnosed with the disorder, and it is yet another activity with which Dr. Axelrod is involved, providing DBT and other training and consultation in schools and agencies across the state.

In addition to organizing this conference, Dr. Axelrod recently founded the Connecticut DBT Network, the aim of which is to provide support for the practice and professional development of

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The CT Psychological Association (CPA) represents psychologists in this state. You are invited to become a member. Membership information can be obtained from:

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The mission of this newsletter is to expand the CPA professional readership in new and relevant ways. We strive to create a balance between sound bites and lengthy discourse on topics that affect and reflect the practice of psychology in this state.

CPA members are invited to submit letters, original articles, and notices to the editor. Submissions are usually 500 words or less. Please send your copy electronically in Word 95 or text file format to:

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Copy deadline for the next issue is **March 17, 2006**.

Christine Farber, Ph.D.
Contributing Editor

Liz Kohanski
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BANNER Year for CPA

By Jan Owens-Lane, Ph.D.

With staggering gasoline prices in the state ranging anywhere from \$2.09 to \$3.13, we can be assured that CPA membership is a real bargain at about 75 cents a day! It is well worth the mileage for your bucks. Let me elaborate on this by



noting that numerous CPA member-volunteers have worked tirelessly on committees, task forces, the Board of Directors and in other capacities and have made significant accomplishments in 2005. These accomplishments have come through advocacy of the profession, public interest participation pertaining to issues in our local communities, and Legislative action at the Connecticut State Capitol. While the list is not inclusive of all accomplishments made throughout the year, it does highlight significant strides made to protect and enhance our profession.

Major CPA accomplishments in 2005 include:

1. Appointment by Governor Rell of the CPA President to the Department of Mental Health & Addiction Services (DMHAS) Board
2. Participation on Lieutenant Governor's Mental Health Cabinet and in a legislative study on Connecticut's comprehensive mental health parity law
3. Development of a legislative study on prescriptive authority after a successful hearing in front of the Public Health Committee, with powerful testimony from several CPA members
4. Agreement from Medicare (First Coast Service Options) to recognize the Health and Behavior CPT Codes following an informational hearing where CPA members provided stories and clinical data
5. Successful regional meeting in Fairfield County (Region 4), which provided networking opportunities for all in attendance; more regional meetings planned for 2006
6. Focus on Early Career Psychologists (ECPs) marked by our Professional Development Series and including a December 2, 2005 Winter Social; Future workshop on "The Value of Our Professional License" in 2006 is planned.
7. New graduated dues structure for Early Career Psychologists, effective January 2006

8. A very successful state forum on bullying, planned by the Children & Youth Committee, hosted well over 600 attendees and included a keynote from James Gabarino. The Children & Youth Committee also implemented community "family nights."
9. A lively and educational BOPN breakfast sponsored by the Psychologically Healthy Workplace Committee at the Bushnell Center for the Performing Arts on "Stress in the Workplace"
10. Participation of CPA liaison and Board of Examiners on licensure requirements
11. Active community outreach by the Ethnic Diversity Task Force, which continued depression screenings and high school career days. The Ethnic Diversity Task Force also developed the Professionals of Color Directory and raised funds for student scholarships in record numbers for the annual CPA Convention
12. Continuing education programs such as the well-attended convention on October 20 -21 and workshops on HIPAA Security, Ethics, and Medicare Practice
13. Revitalization of the Managed Care Committee with successful convention managed care panel that included managed care company representatives.

Jan Owens-Lane, Ph.D., CPA President

Interview with Seth Axelrod, Ph.D.

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DBT practitioners in the state. Creating a *Clinical Resource Directory* of Connecticut DBT practitioners is one of the objectives of the network, and a draft is already under way. If you have training in DBT and incorporate it into your practice or if you otherwise work with a DBT treatment team and would like to be included in the directory, please contact Dr. Axelrod at seth.axelrod@yale.edu. Or, you could try to catch him on March 30 or April 1, 2006 after *Cavalleria Rusticana*, the opera in which he will be performing with his wife, Rebecca. He has performed with the Connecticut Opera about once per year for the past six years and looks forward to a seventh year of performing this Spring!

Ten Things I Love About CPA: Part 2

By Daniel J. Abrahamson, Ph.D.

As part of my process of saying goodbye and thank you to CPA for all it has given to me, I have dedicated my final two columns in the *CP* to recognizing 10 of the most salient things for me about the association. Of course, whenever one creates a finite list there is always the risk of leaving out something or someone that has been significant. I apologize in advance, therefore, if I fail to mention any of the innumerable folks who have influenced me in my years of active involvement in CPA.



In the first installment I recognized the incredible contributions made over the years by CPA staff. I singled out Betty Ann Foy, our current administrative director, both for her many contributions and for the wonderful working relationship we have evolved over the past seven years. I also focused on CPA's involvement in coalitions, its relationship with APA, and the association's commitment to legislative advocacy as highlights of my tenure. Now for the rest of the story...

6. CPA Veterans. This item could also be labeled "CPA Elders," because it is about colleagues whose contributions to CPA can be measured in decades, not years. It is not just the duration of their involvement that has influenced and motivated me, but also their wisdom and commitment to the profession that has inspired me. For me this list includes Randy Lee, Jack Plummer, Laura Toomey, George Allen, Ralph Welsh, Bob Horwitz, Bert Ibelle, and the late Catherine Acuff. Again, I have undoubtedly left someone significant to me off the list, and if so, be sure to let me know.

7. CPA Committees. Many of my most enjoyable and fulfilling memories of my years at CPA have stemmed from my involvement with a range of CPA committees. I have been awed by the incredible contributions of time and energy volunteered by so many. It is at the committee level where ideals and values are turned into action. Over the past 17 years I have had the honor and privilege of observing or participating in numerous committees that have made a lasting impression on me and an immeasurable contribution to CPA and the field of psychology. They include the Convention Committee; the Ethnic Diversity Task Force; the Children & Youth Committee; the Business of Practice Network; the Insurance & Managed Care Committee; the Mentoring Subcommittee; the Legislative Committee; the Lesbian, Gay, Bisexual, and Transgender Task Force; the Ethics Committee; the Disaster Response Network; the Psychopharmacology Committee, and others which I am sure have slipped my mind. More recently I have been extremely impressed by the contributions from the Student and Early Career Psychologists Divisions which are helping to expand involvement in CPA to colleagues in the formative stages of their careers. And while it is not exactly a committee, the editors and other volunteers who have produced the *Connecticut Psychologist*, issue after issue, and year after year, hold a special place in my honor roll of CPA contributors.

8. The CPA Convention. I almost feel sorry for my colleagues who have missed out on the convention over the years. It continues to be a premiere event for which we can be extremely proud as an association. The workshops, symposia, social events, awards programs, exhibitors and special features always add up to an extremely educational, enjoyable, and fun event. I had the good fortune of attending the very first CPA Convention in 1987 and missed only one of 19 along the way. I am hopeful that my position at APA will afford me the opportunity to attend CPA's 20th anniversary convention in 2006 and many more to come. My hat is off to the Convention Co-Chairs of the past eight years, Ilene Grueneberg and Deena Robbins, for their tireless efforts to make the Convention a first-class event.

9. CPA Presidents. During my nearly 12 years as CPA's Director of Professional Affairs I have had the incredibly good fortune of working with seven extraordinary Presidents (Jeff Zimmerman, John Cline, Nina Rossomando, David Greenfield, Michael Schwarzchild, David Abrams, and Jan Owens-Lane). Each has made a significant contribution to the evolution of CPA into an essential resource for psychologists and an increasingly visible contributor to the broader health care and public policy arenas. So this is my opportunity to salute these seven heroes, all who served before them, and all yet to serve (including CPA's President-Elect, John Mehm). Thank you.

10. The CPA Board of Directors. When all is said and done it takes a great Board of Directors to fuel an organization for the long run. In addition to a series of terrific Presidents, I have been very fortunate to have served with many dedicated Board members. I value the contributions of each and every one of them. While I have not always agreed with every position taken by individual Board members, I have always respected the willingness of my colleagues who "put their money where their mouth is" and contribute instead of complain. I have always found CPA Board meetings to be interesting, challenging, and fun. I will look forward to keeping abreast of developments with the Board from my new position at APA.

Thank you to everyone. I look forward to working with you in the future.

Daniel J. Abrahamson, Ph.D. has been the CPA Director of Professional Affairs since 1994 and APA Council Representative for Connecticut since 2000. Since 1986 he has been affiliated with the Traumatic Stress Institute/Center for Adult & Adolescent Psychotherapy in South Windsor. On January 3, 2006 he will begin the next chapter of his professional journey as the Assistant Executive Director for State Advocacy at the APA Practice Directorate.

You Need CPA

CPA Needs You

PAY YOUR DUES!

Election Results - 2006 Newly Elected Board of Directors Effective January 1, 2006

President-Elect (2006)

John G. Mehm, Ph.D.

Treasurer (2006-2007)

Steven D. Moore, Ph.D.

Secretary (2006-2007)

Christine Farber, Ph.D.

Practice Representative (2006-2007)

Virginia M. Shiller, Ph.D.

Public Interest Representative (2006-2007)

Gretchen Chase Vaughn, Ph.D.

Region 1 Representative (2006-2007)

Nancy A. Eiswirth, Ph.D.

Region 2 Representative (2006-2007)

Candice L. Weigle-Spier, Psy.D.

Region 3 Representative (2006-2007)

Allison N. Ponce, Ph.D.

Diversity Representative (2006-2007)

Ree L. Gunter, Ph.D.

Student Representative (2006-2007)

Christy Trombley

APA Council Representative (2006-2008)

Laura C. Toomey, Ph.D.

Remainder of 2006 Board Members is as follows:

President (2006)

Jan Owens-Lane, Ph.D.

Science Representative (2006, Appointed)

Janice Tondora, Psy.D.

Region 4 Representative (2005-2006)

Patricia Otis Cook, Ed.D.

Region 5 Representative (2005-2006)

Robert E. Muro, Jr., Ph.D.

CPA Educational Foundation

Robert A. Horwitz, Ph.D.

LETTER TO THE EDITOR

The Satisfaction of Collegiality

By Ralph S. Welsh, Ph.D., ABPP

In the last few weeks I have attended two meetings involving my colleagues, and have rediscovered the real value of keeping in touch with my professional colleagues.

On September 22, I attended the Region 4 networking social hosted by Pat Cook at the Mid-Fairfield Child Guidance Clinic, in Norwalk. I had a chance to talk with



Psychologists

colleagues I had not seen for some time, and had a chance to put in my two cents for the RxP Committee.

On October 7, I attended the monthly Forensic Study Group, hosted by Sid Horowitz at his office in Waterbury. His conference room was filled, and the issues discussed are those all of us working in forensic psychology wrestle with day after day.



Psychologists

The question of sexually abused children was discussed at length, and it was the general agreement of the group forensic work in

this area is a potentially hazardous activity, which, nevertheless, the court makes it difficult to avoid.

The topic of evaluating a dangerous person was discussed, as were the consequences of testifying or writing a report that would displease such an individual. One case involved a little girl who watched her father stab her mother, and the man was now wanting to visit the girl while in jail.

The value of such groups is the richness of information that is cited and referenced, and each person's unique experience in



Psychologists

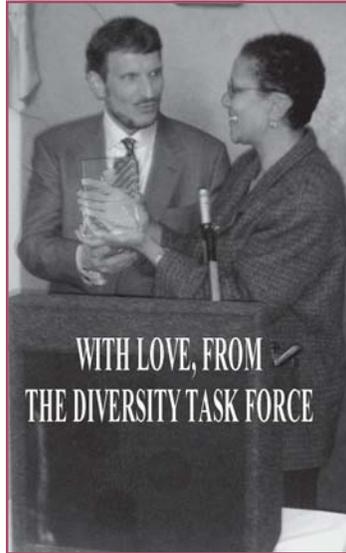
dealing with the thorny problems that forensics presents. The members of CPA have set up many such groups that the membership can enjoy. Check out your interests, and join up.

Dr. Welsh has an independent practice in Danbury. He is Co-Chair of the RxP Committee.

A Tribute to One of the Best: Dr. Dan Abrahamson

In November many people gathered at a banquet in East Hartford to credit the work of Dr. Dan Abrahamson. At the end of the year, Dr. Abrahamson will resign as CPA Director of Professional Affairs in order to take a new position in Washington D.C. as Assistant Executive Director for State Advocacy in APA's Practice Directorate. There was much praise for this man who has left a footprint on the psychology landscape in Connecticut. Master of Ceremonies Dr. Randy Lee divided the footprint groups into colleagues from the Traumatic Stress Institute (TSI), members of CPA and other groups, and Past Presidents.

Dr. Abrahamson and Co-Director Dr. Laurie Pearlman built TSI/CAAP in South Windsor on a foundation of the Boulder Model, wherein staff are encouraged to bring science into their treatment and treatment into their science. Throughout the evening, a picture of Dr. Abrahamson emerged as a person who responded to the personal needs of staff, had a strong sense of business costs, and placed a high priority on public service. Dr. Robert Horwitz commented that TSI moved from the Boulder Model to the "South Windsor Model" with the incorporation of advocacy. Dr. Richard Nicastro teased that although Abrahamson was a clinician, entrepreneur, mentor, and author, his dark side was that he could not play golf. "Decimating that much earth can't be good for the environment," he said.



Dr. Horwitz thought that the creation of the position of Director of Professional Affairs was perhaps the most significant decision that the CPA Board ever made. Betty Ann Foy, Administrative director of CPA, said that Dr. Abrahamson was her "rock," and CPA's "rudder." Stephen Karp, MSW, Executive Director of the National Association of Social Workers Connecticut Chapter, credited the success of Connecticut's Parity Legislation to Dr. Abrahamson's work. Parity Legislation stipulated that mental health needs would be insured at the same level as medical needs.

Many past presidents of CPA were present. While they acknowledged the lasting influence of collegiality, they also provided humor. Dr. Randy Lee sang a version of "Oh Danny Boy" with the line "...but come back when we can write prescriptions." Dr. Jan Owens-Lane hoped that

when Dr. Abrahamson went to D.C. he would lead line-dancing at the annual convention, as had his predecessor. Dr. David Abrams demonstrated some karate moves for "Grasshopper Abrahamson." Dr. Michael Schwarzchild played the guitar and sang a humorous version of "Daniel" with the line, "...oh we're so proud of Daniel, looks like he's really on his way."

Dr. Abrahamson thanked his colleagues for a wonderful evening. He credited CPA elders who for decades have been involved in CPA, who lived psychology everyday, and who showed what advocacy can do. Dr. Dan will be missed!



Listening to the words of Lt. Gov. Kevin Sullivan are Drs. Schwarzchild, Abrahamson, Lee and Moore.



David Abrams, Psy.D. enjoying the evening with Lynn and Dan Abrahamson, Ph.D.

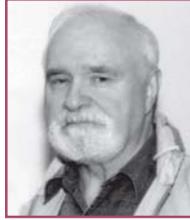


The banqueteers had a lot of laughs.

Preacher or Behavioral Scientist: Dr. Dobson Needs to Make Up His Mind

By Ralph S. Welsh, Ph.D., ABPP

In my opinion, psychologist and presidential advisor, the Rev. Dr. James Dobson, is a very dangerous man. I have been following his career for many years, from the time in the late '60s while I was teaching at Fairfield University and doing research on the relationship between physical discipline and delinquency. His odd little book *Dare to Discipline* caught my eye, and I was astounded to later find that it eventually became a runaway best seller. Unfortunately, it launched his career as a darling of the far right.



Although the book does seem to have a folksy, common sense approach to childrearing, its stealth message is far more disturbing. In short, going against all research then and now, Dobson advocates the “judicious” spanking of children. One is immediately struck with the vivid descriptions of the brutality of his own mother, in *Dare to Discipline*, who he doggedly insists “taught me right from wrong”—and I might add, in very short order. Unfortunately, that was not all it taught him. Extreme discipline produces anger, and Dr. Dobson is one angry man.

Dobson is now seen as the primary spokesperson for the Christian right. Recently Bush prevailed upon him to speak out for the Harriet Miers nomination to the Supreme Court. Clearly the man is currently one of the most influential persons in Washington.

Dobson’s influence in regard to the administration’s decision to go to war may be far greater than anyone realizes. While Bush was wavering on the war, Dobson counseled him to pray and “look for a sign from God.” Apparently Bush followed his advice. According to news reports Bush told Palestinian Prime Minister Abbas, “God told me to strike Al Qaida and I struck them, and He instructed me to strike at Saddam, which I did.” I suspect God failed to realize what a mess this would get us into.

Dobson has characterized gay marriage as “a looming catastrophe of epic proportions.” He described late trimester abortion as a procedure where “the brains are sucked from a baby’s head” and insists that all abortions are murder. He called the cartoon character SpongeBob SquarePants a leftist effort to promote homosexuality, and the concept of “diversity” a liberal catchword which encourages gay unions.

Closer to home, Dobson’s organization, the Family Research Council, at the urging of radio host Dr. Laura, spearheaded a vicious attack on APA for publishing what his organization considered an endorsement of pedophilia. This extreme reaction was in response to a scholarly article published in the *Psychological Bulletin* that drew the controversial conclusion that many victims of pedophilia are minimally damaged. In April 1999, Rep. Tom DeLay denounced the APA on the floor of the House of Representatives, claiming that our association and all of its members were supporters of pedophilia. Nearly all of the March 2002 issue of the *American Psychologist* is devoted to this historic volcanic upheaval to our association.

In spite of the utter absurdity of the theory of Intelligent Design, Dobson is one of the primary advocates of teaching this anti-science, faith-based nonsense in the classroom. If he is successful (the president thinks it is a good idea), America could well become the laughingstock of the world’s scientific community. The ability to attract the best and brightest to a scientific career could be compromised.

If, indeed, Dobson contributed to the war when he encouraged the president to take unilateral action against what he termed an “axis of evil,” he will have to take some measure of responsibility for all of those young Americans and innocent Iraqis who have died in this senseless war. As the readers of this newsletter know, I was against the war before it began, and am sorry that my predictions of a disaster came to pass. In admonishing other nations to join his war, Bush cautioned, “He that is not with me is against me” (Matthew 12:3); this is vintage Dobson.

James Dobson does not believe in global warming; his Family Research Council is a darling of big business. It’s a good thing his Focus on the Family is headquartered in Colorado. The rising oceans, burning of the rainforests, and increased ferocity of hurricanes will probably affect him less there than if he were in Florida.

Feeling emboldened by his White House connections, Dobson targets specific Democrats if they try to hold up presidential appointments. He has even threatened the political life of Bill Frist for taking a less extreme stance on the stem cell issue. How many people will die because of the life saving research that has been scotched by a partial ban on stem cell research?

Psychologists should not be quiet about this man’s growing power and influence in the inner circles of Washington. He needs to be exposed for the charlatan he is, and I am ashamed to call him a colleague—someone so visible in our profession who has strayed so far away from his scientific roots. On Dobson’s Web site one can read his words: “Science can be a wonderful instrument of good as long as it respects the bounds of moral principle.” This one brief statement exemplifies his total lack of understanding of what science is all about. Faith-based science is an oxymoron.

Psychology is a science based on empiricism and careful theory building. When a psychologist operates outside of the parameters of fact gathering, nonsectarian, objective, slogging science, he/she has lost his/her credibility with our collective scientific community. Those who ignore objective reality in favor of “subjective faith” run the risk that reality will jump out and bite them—including all of the innocent people that nonreality has affected.

Dr. Welsh has an independent practice in Danbury and is Co-Chair of the RxP Committee.

**Take a psychologist to lunch . . .
and invite him or her to join CPA.**

State Legislature Spends Fall in Special Session; CPA Focused on 2006 Legislative Agency

By Linda A. Kowalski

Fall is usually a period of respite for state legislators, but not this year. In October, the House and Senate reconvened in a special session to take on the contentious issue of campaign finance reform. As of the writing of this news article, a tentative compromise bill has been drafted. In addition to campaign finance reform, the special session has addressed several other matters, including:



- Energy assistance programs
- Liability insurance for commercial vehicles
- State purchase and contract procedures (The underlying measure has been ensnared in a debate between Governor M. Jodi Rell and Legislative Democrats over provisions relating to the privatization of services.)
- Lower premiums in the state HUSKY B Insurance Program
- Prescription drug co-payments and deductibles for “Dually Eligible” clients under the new Medicare Part D program
- Eminent domain.

The air of “politics” permeates everything at the State Capitol now. Governor Rell has formally entered the Governor’s race seeking re-election, and she will likely face either New Haven Mayor John DeStefano or Stamford Mayor Dan Malloy.

Meanwhile, we continue to refine CPA’s Legislative Agenda for the 2006 Legislative Session, as well as network and monitor sev-

eral significant activities. Michael Schwarzchild, Ph.D. represented CPA at a November 7 meeting with representatives of the Connecticut State Medical Society. The purpose of the meeting was to hear from CSMS about their priorities for next session and to determine ways that our organizations can work together. A major topic of discussion was managed care policies and contract standards. Both the CSMS and CPA will pursue legislation to “level the playing field” and provide fairness and equity to health care providers. Finally, the Office of Health Care Access has been conducting a review of the availability of in-patient psychiatric beds in Connecticut, with an emphasis on Region 5 (Northwest Connecticut). CPA continues to monitor this important project and will await a final report by OHCA due in January 2006.

Finally, regarding the issue of the special session and campaign finance reform, it appears that compromise legislation will be enacted. The latest proposals would create a system of public financing for statewide offices and legislative races. The sticking points remain how to pay for the new system as well as when it would start. One proposal would have the gubernatorial and under ticket races begin public financing in 2010, while State House and State Senate races would begin in 2008. Either way, it seems fairly clear that the 2006 election cycle will *not* be affected. Thus, it remains important that CPA members continue to support the political action committee and remain active in the election process.

Ms. Kowalski is CPA’s lobbyist. She is with the Kowalski Group, LLC.

Business of Practice Network (BOPN) Announcement

By Joan Franklin, Psy.D.



The BOPN Committee is gearing up for the 2006 *Psychologically Healthy Workplace Best Practices Award* to be presented next fall to organizations with notable psychologically healthy best practices. Since the launch of the awards program in Connecticut in 2000, CPA has honored 10 Connecticut companies and organizations that have

demonstrated a commitment to workplace health and well-being with innovative, yet proven, programs and policies that support a psychologically healthy workplace environment. The awards are granted in five basic areas recognized as related to a psychologically healthy workplace: employee involvement, employee growth and development, employee recognition,

work-life balance, and health and safety. If you know of a worthy organization please inform them about our program, or even better, nominate them yourself for an award! Check out the CPA website for award and nomination information, as well as downloadable applications and nomination forms.

The BOPN Committee has two new co-chairs: Bob Muro, Ph.D. and Joan Franklin, Psy.D. We are always interested in new members for our busy committee. For more information please contact Joan Franklin, Psy.D. (phone: (203) 330-1852 or email: drjfranklin@yahoo.com). Our next scheduled committee meeting is January 13, 2006.

Dr. Joan Franklin is Co-Chair of Business of Practice Network with Dr. Robert Muro.

Cruising the Convention

By Alma Elder, Ph.D.
Photos by Ralph Welsh, Ph.D.

There's something comfortable about a CPA Convention. Maybe it's the routine of seeing Betty Ann Foy at the front table helping with registration or Ilene Grueneberg, Ph.D. selling raffle tickets. Maybe it's the chance you get to chat with former CPA officers in a hallway. Maybe it's seeing talented graduate students excited about this profession.

Maybe it's the presentations by professional peers who are doing stellar work in some niche that is close to your own practice, but not the same. Consider, for example, the three presentations that I attended. Richard Stillson, Ph.D. and Kathy McCloskey, Psy.D., ABPP used video, print, and verbal vignettes to discuss progress in acceptance of same-sex relationships. Individuals who are gay, lesbian, bisexual, and transgender can be more outspoken in their advocacy. Times have changed. For example, a talented gay organist locked his musical instrument and walked out in the middle of a service when an anti-gay message was delivered from the pulpit. He still worked at the church, but he wanted to express his opinion that acceptance is needed for different ways of life.

In another presentation, Beth Cooper-Hilbert, Ph.D. spoke on the legal, moral, and religious dilemmas that people face with modern medical technology. Biotechnology has redefined families, surpassing moral and legal systems. Life can be achieved without sex. A uterus here, a sperm there, an embryo from someplace else. Issues of moral and legal responsibility take on new considerations.

Finally, Les Martel, Ph.D. inspired people with a discussion of leadership optimization in contemporary organizations. Dr. Martel, who works for an international consulting corporation, used graphics, assessment methodology and principles from psychology that are well known. If an organization lacks a plan of succession, the next leader is more likely to fail. New leaders must have a high tolerance for ambiguity, because the business climate can change so quickly.

Yes, there was so much packed into 12 convention hours. Hey, I even got a bargain on a Marriott Vacation Club. What's not to love about the CPA Convention?



George Allen, Ph.D., Felicia Griffin-Fennell and John Mehm, Ph.D. are shown here. Dr. Allen received the "Catherine Acuff Award for Outstanding Contribution to the Profession of Psychology." Ms. Griffin-Fennell received recognition as "Outstanding Student of Psychology."



Pamela Taylor, Ph.D. and Darlene Sheldon, Ph.D. stand together. Dr. Taylor received the "Distinguished Contribution to Diversity in Psychology" award.



Listening, pondering, learning.

Tom Houle, Ph.D., RxP Committee Co-Chair, hosted an Issues Table.

Award Recipients 2005

New CPA Fellows 2005
Thomas W. Miller, Ph.D.
Barbara S. Bunk, Ph.D.

Distinguished Contribution to the Science of Psychology
Ronald M. Kadden, Ph.D.

Distinguished Contribution to the Practice of Psychology
Anne E. Pidano, Ph.D.

Distinguished Psychological Contribution in the Public Interest
Wayne Dailey, Ph.D.
Candice L. Weigle-Spier, Psy.D.

Distinguished Early Career Contribution to Psychology
Christine H. Farber, Ph.D.

Distinguished Contribution to Diversity in Psychology
Pamela M. Taylor, Psy.D.
Clifford Beers Guidance Center
(New Haven)

Outstanding Student of Psychology
Felicia D. Griffin-Fennell, M.A.

Award for Extraordinary Service to CPA
Joan Franklin, Ph.D.
Jean M. Stetz-Puchalski, M.A.

Outstanding Media Presentation
Michele Jacklin
(Hartford Courant)

Contribution to the Health and Welfare of Connecticut's Children
Elizabeth Cannata, Ph.D.
Virginia M. Shiller, Ph.D.

Outstanding Legislative Contribution
Representative
Walter M. Pawelkiewicz

Outstanding Lifetime Contribution to Psychology
Gerald P. Koocher, Ph.D.

Catherine Acuff Award for Outstanding Contribution to the Profession of Psychology
George J. Allen, Ph.D.

President's Award
Daniel J. Abrahamson, Ph.D.

CONNECTICUT PSYCHOLOGICAL ASSOCIATION

ANNUAL CONVENTION · OCTOBER 21, 2005



Listening, pondering, learning.

Tom Houle, Ph.D., RxP Committee Co-Chair, hosted an Issues Table.



Past presidents Bob Horwitz, Ph.D. and John Cline, Ph.D. chatted.



Members of the Children & Yourh Committee, Drs. Shulze, Ducharme, Chapman, Ward-Zimmerman and Kustron, join Virginia Shiller, Ph.D. with her award for Outstanding Contribution to the Health and Welfare of Connecticut's Children.



Thomas Miller, Ph.D. and Barbara Bunk, Ph.D. were recognized as "New CPA Fellows 2005."



Dr. Pidano received an award for "Distinguished Contribution to the Practice of Psychology."

Professional Privilege

By Anne E. Pidano, Ph.D.

On October 21, 2005 I attended the annual CPA Convention for the first time in several years. It was a welcome opportunity to learn, to connect with former colleagues and to meet new ones. In addition, one of the aspects of the convention that I most enjoyed was seeing high school students from New Haven, undergraduates and graduate students from several different programs. They contributed to the convention by participating in the many presentations, sharing their own work in the poster session and volunteering at the registration desk. Witnessing their energy, enthusiasm and involvement warmed the heart of this middle-aged psychologist and led me to think about my own training. It has been a privilege to have taught, trained and supervised students and interns for so much of my own career.

As an undergraduate, I was fortunate to have two professors who significantly influenced my interest in psychology. One was a steady presence for four years who demonstrated the value of psychology as a social science as well as the many paths that a psychologist might follow. The other offered me and a number of other students the experience of planning and implementing a behaviorally based treatment program on a locked ward for adults at a state psychiatric hospital. In graduate school my dissertation advisor was a mentor who not only guided my research efforts but who challenged me to become the best I could be. Finally, on internship, I worked with a psychologist and family therapist who helped me develop significant new skills in my clinical work. His influence remains with me today after more than 25 years. Looking back, I'm grateful to them and to other psychologists who had a positive impact on my professional growth.

Fast forward many years, and my attendance at this year's CPA convention coincided with my having resigned as director of a predoctoral internship training program and having accepted a position as Visiting Assistant Professor in the Graduate Institute of Professional Psychology at the University of Hartford. Working with students has been a privilege for me and I hope I have been able to facilitate their development in the same way others did for me — perhaps psychology's version of "pay it forward." The future of psychology depends on our students and interns, and they depend on us as supervisors, teachers and personal and professional role models.

Certainly not every CPA member's circumstances allow for teaching or supervision, but I would like to urge those of you who can to consider both formal and informal means of supporting the next generation of psychologists. Each of us has something to share, whether it's the content of a class, supervising, mentoring, showing a younger colleague the ropes about private practice, modeling active CPA and APA membership, or simply representing psychology well in our own lives.

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THIS SPECIAL SEASON

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Ethical Decisions

Stephen H. Behnke, J.D., Ph.D. presented challenges in the provision of ethical care to patients at a workshop on September 30 at the New Haven Tennis Club. He stated that good law, good ethics, and good clinical care often go hand-in-hand. Case in point, both the Connecticut Statutes and the *Ethical Principles of Psychologists and the Code of Conduct* specify that confidentiality stays within the psychologist-client relationship. Privilege belongs to the patient, who can invoke or waive that right. The problem with privilege is that it keeps information out of legal proceedings. Informed Consent is an important tool at our disposal, according to Dr. Behnke. In the workshop, the Ethics Code statements regarding Informed Consent were discussed at length. According to Dr. Behnke, Informed Consent basically explains, "Here is how I work and what I do."



Drs. Vincent Franco and Man Liu were among the large group of attendees at the workshop. The advantages of peer consultation were discussed.

The workshop was introduced by Dr. Jan Owens-Lane, CPA President. A large number of psychology graduate students from an Ethics Class at UConn participated. As in the previous workshop, Dr. Behnke reviewed the case of *Jaffe v. Redmond* (U.S. Su-

preme Court, 1996). The case has become a classic in the understanding of psychotherapist-patient privilege. According to the 7th Circuit Court of Appeals, "The privilege also serves the public interest, since the mental health of the Nation's citizenry, no less than its physical health, is a public good of transcendent importance." When the Supreme Court heard the case, Justice Stevens wrote for the majority that, "Effective psychotherapy ...depends upon an atmosphere of confidence and trust in which the patient is willing to make a frank and complete disclosure of facts, emotions, memories, and fears." In his dissenting opinion, Justice Scalia noted that there was no "reasoned development" of privilege in common law. Instead the Supreme Court relied on a privilege that is granted in all 50 states and the District of Columbia and may be the result of political pressure of organized interest groups.



*Two graduate students, Saasha Sutera and Michael Rosenthal, were among those who took part in the role-play of readings from the *Jaffe v. Redmond* decision. The role-play was under the direction of Dr. Behnke.*

*** Advertisement***

What is Long-Term Care? by Randi Oster, CLTC

When people consider the subject of long-term care, they often think about nursing homes. In fact long-term care has little to do with nursing homes. Understanding the difference can help you protect your family and finances.

The Consequences of Living Longer

Long-term care is a continuum of care services and housing you will need when you live a long life. Think you won't live a long life? Think back 25 years ago. If you had a stroke, cancer or a stroke, you simply died. Few ever heard of Alzheimer's. Today it is the leading cause for long-term care services. The longer you live, the more likely you are to need care. The question is not who will take care of you, because your family will most often, but rather what providing that care will do to your family and finances.

Long-Term Care is Usually Custodial Care

Long-term care is defined as needing assistance with your activities of daily living (toileting, bathing, dressing, eating, transferring from one point to another and continence). It also includes cognitive impairment so severe that the individual needs constant supervision.

If you need custodial care, chances are it will be delivered in the community, not in a nursing home. Every study conducted finds that care is overwhelmingly provided at home. The key question, of course, is who is going to pay for it?

Who Covers the Cost?

Medicare, the primary health care program for retirees pays only for skilled or rehabilitative care, not custodial care in any venue. Medicaid, a

federal and state program for financially needy individuals will pay for custodial care, but primarily in nursing homes. Funding for home care and assisted living is very limited and based on availability of funds.

The result is that consumers are forced to pay privately for their care. Unfortunately, the best thought-out retirement plan rarely takes into consideration living a long life. Put another way, those assets and income have been allocated to pay for retirement, not for the consequences of living a long life. This results in the need to invade principal and divert income. As a result, one of seniors' greatest fears - that of outliving their assets — literally may come true.

The Role of Long-Term Care Insurance

The use of long-term care insurance thus becomes an important part of planning for disability caused by living a long life. The product has two roles: helping keep families together and allowing your retirement portfolio to execute for the purpose for which it was intended, namely retirement.

From a family perspective, think about who will be providing your care. Like it or not, children will play a key role. Long-term care insurance (LTCI) doesn't replace the need for family involvement in providing care but rather builds on it. It pays professionals to assist the person with the toughest tasks such as toileting, bathing, feeding and continence. This, in turn, allows the family to provide care better and longer at home. That leads to a critical question: have YOU planned for the consequences of living a long life?

For more information please call (203) 331-1818, ext. 149 or email cpa@ltplan.com.

*** Advertisement ***

Accidents Do Happen

By Jeffrey Pingpank, J.D.

Cy looked like he had been through the wringer. "It was one of the worst weeks I have even been through," he said. "I have been sued twice in my practice, but since I got sued in my own name, not in the name of my company, Cy's Psych Services, LLC, I think I am okay." I told him not so fast, and asked him to explain what had happened.



First, he told me, somebody tripped over a tear in his rug in his office and broke a leg, and that person had sued. Next, one of his patients sued him for malpractice. Cy thought that because he had incorporated his practice, he did not have to worry about these lawsuits.

I asked him a few questions about the tear in the rug: how long did he know about the tear and what had he done about it. He said that he knew about it for quite a while, and that several people had tripped, but he had never gotten around to fixing it. As to the patient, Cy thought that maybe he made a mistake in this treatment, "but no big deal," he said, "I'm incorporated."

I told him he was wrong. While LLCs and other forms of business organization offer some protection, they do not offer complete protection. Connecticut law permits a plaintiff to sue a member of a limited liability company for that individual's own negli-

gence or other tort. Thus, Cy was potentially liable for both the slip and fall, and the claimed malpractice.

He asked me then what were the benefits of incorporating. I told him that for solo practitioners, the benefits were limited. Some people think calling a practice an LLC looks more professional. There are no tax advantages for a solo, and liability protection is limited. But as one's practice grows, and the psychologist is joined by other psychologists, there can be a benefit. The most significant benefit is that liability is limited. A psychologist may be liable for his or her own malpractice, but in an LLC would likely not be liable for the mistakes of his fellow psychologists. He may still be liable for those he supervises, and if Cy had ignored obvious shortcomings of his fellow practice-mates, he could potentially be liable for ignoring those shortcomings, although not for their actual mistakes. However, if he had aligned himself with competent psychologists, and found benefit in that cooperative arrangement, there were very real benefits to be gained by incorporating. I told him, regardless of all the legal niceties, the key was to have good insurance, insurance that would cover malpractice, and claims arising out of the operation of his business and the running of an office.

Attorney Pingpank is with the firm of Cooney, Scully and Dowling, the designated counsel for CPA's Legal Consultation Plan. CPA members are eligible to join the plan for a nominal fee.

Psychologists of Fairfield County Reunited!

Dr. Patricia O. Cook, Ed.D. convened a social/information session of licensed psychologists in Fairfield County. The meeting was held at Mid-Fairfield Child Guidance Clinic in Norwalk. Pictured here are some of the events



Conversations abounded. Rachel Weiss, Ph.D., who practices in Westport, chatted with Bob Muro, Ph.D. about her early experiences starting a mental health clinic in a primary care setting. Dr. Muro is Regional Representative from Region 5.



Career commitments were uncovered. Frank Safran, Ph.D. practices in Westport. He works with children and families at his Attention Deficit Disorder Institute. Ralph Welsh, Ph.D. is a former CPA Regional Representative who discussed his interest in the right to prescribe, especially for children.



Individuality was uncovered. Kay Campbell, Ph.D. is Chair of Education and Educational Psychology at WCSU in Danbury. Mark Beitel, Ph.D. is a psychotherapy researcher at Yale University. His research concerns the relationship between technical and relational aspects of therapy.



CPA literature was displayed. Here is Stephanie Ehrman, Ph.D., the Director of the Extended Day Treatment Center which hosted this social event. She and Ralph Welsh, Ph.D. looked over newsletters, announcements, and committee lists.



New career psychologists were discovered. Drs. Barry, Ehrman and Beitel grinned as they talked about prizes? roses? work the next day?



Established careers stood as beacons for new careers. Here is Patricia Cook, Ed.D., who works on the oversight committee of Health Net and CT State Medical Society. Josie Hinson, Ph.D. moved from Southern California and was licensed in Connecticut in May. In California there were more group practices than she found here. Pam Huebner, Ph.D. is also an early career psychologist. She works at the Clifford Beers Clinic and provides clinical case conferences for DCF.



Prizes were awarded. Dr. Barry was the first guest through the door and received a door prize.

Reflections on Katrina

By Jill Silverman, Ph.D.

I found myself repeating the Civil Rights marches as the van that was taking me to the disaster site traversed Alabama, then Mississippi. From Montgomery, to Selma, to Hattiesburg.... It was so surreal. I was enroute to whatever devastation existed along the Gulf Coast, under the aegis of the American Red Cross. I had trained as a Disaster Mental Health Provider, and a veteran of the September 11 terror attacks in NYC as well as numerous local disasters and drills. My job was twofold: to care for the disaster workers, and to care for the victims.



With every mile that passed, the evidence of devastation, and a pervasive sense of ensuing disaster, increased. The trees became less numerous and the mounds of disturbed earth more prevalent. Swaths of vegetation were missing as if a giant hand had brushed them away. I passed a church whose cross was bent at 45 degrees to the steeple. The trees that had grown in the center median of the road were uprooted and thrown helter-skelter like so many pick-up sticks. There were caravans of military vehicles, of FEMA trailers, of other Red Cross vehicles. There was a paucity of civilian cars and trucks.

And it was quiet, eerily quiet. There were no birds; they were either blown away by the massive winds of Katrina, or had escaped through their own understanding of nature.

I drove through unending devastation, about 25 miles west of Gulfport, and about 25 miles north to get to a shelter in underserved Hancock County. There were boats 40 feet up in the trees, cars scattered throughout the ditches along the road, seaweed waving from the top-most windows of homes, and all over, clothes and belongings waving from the uppermost aspects of the trees that remained.

Katrina robbed people of their homes, their belongings, their social support networks and their inherent emotionality. Children responded to death without affect, adults searched for ways to

identify where their homes were, people walked by decomposing, bloating corpses without a glance.

Down on Route 90, I walked and walked. The juxtaposition of the glorious Gulf of Mexico behind me, and what I imagined a nuclear disaster must look like in front of me. I walked away from the water, up and down streets that I suspected had comprised a lovely neighborhood. I was becoming inured to "routine" damage like missing roofs and windows, and corpses. But, no matter how many times I came across the orange diagrams drawn on the fronts of homes that had been searched for bodies, with symbols delineating who had done the searching, when it had occurred and what had been found, I couldn't help but stop and wonder.

What had happened to the inhabitants of those homes? What horror had they faced? What did it sound like? Why were some homes on one side of the road empty testimonies to people's lives and identified to be bulldozed, while homes on the other side were salvageable? And how would the people who lived in the salvageable homes ever be able to look out their front window, knowing what had happened a mere 50 feet from their house?

This couldn't be the US—my country? Where was the easy laughter, the loud if sometimes ribald comments, the familiar restaurants, the chatter that is so intrinsically American? It was quiet, too quiet.

It's been almost two months since I've been home, and not a day has passed that I don't think of my time down South. There are many stories to tell; most are terribly sad, and a couple are humorous. But, no matter how many I tell, somehow I still feel that the essence of this experience is hard to communicate.

When I left, the birds had not returned and the quiet could be deafening. I will be looking for the birds when I go back.

Dr. Silverman keeps busy. She is faculty member of Ferkauf Graduate School of Psychology, medical staff of Greenwich Hospital, community practitioner, and pilot of her own airplane.



Dr. Silverman got directions where she could.



Long Beach devastation.



Boat in Burger King drive-through.

Spotlight on Research

by Christine Farber, Ph.D.

In approximately the past decade, the field of psychology has seen an explosion of research, theorizing, and clinical applications with regard to attachment theory. According to attachment theory (Beebe, 2000; Bowlby, 1973, 1982, 1988; Cassidy, 1994; Fonagy, Gergely, Jurist, & Target, 2001; Tronick, 1989), individuals develop capacities for self-regulation via their relationships with primary caregivers and the physiological regulation that happens therein. Psychologists are increasingly implicating attachment in the development, or lack thereof, of self-regulation in cognitive, emotional, and physiological realms of experience.

Jessica Borelli is a Ph.D. Candidate at Yale and the Student Assistant Clinical Director of the Yale Center for Eating and Weight Disorders. Now in her fourth year of graduate work, she is conducting a study on attachment and emotional regulation in children. "I'm basically interested in measuring the quality of children's mental representations of attachment relationships and the association of these representations with children's emotion reactivity and regulation as indexed via psychophysiological, neurohormonal, and self- and parent-report methodologies," says Ms. Borelli. In part because attachment relationships have not been easily measured in children (beyond infancy) up until now, this study is the first of its kind to look at the association between emotional development and attachment relationships within children of latency age. State of the art measurement techniques and the advent of the new Child Attachment Interview (Target, Shmueli-Goetz, Datta, & Fonagy, 2000), a downward extension of the gold-standard Adult Attachment Interview (George, Kaplan, & Main, 1984, 1986, 1996), make possible the research that Ms. Borelli is now conducting.

For those who might be interested in referring individuals to participate in the study, it is open to boys and girls aged 8-12 years. Involvement entails two sessions, approximately 1.5 hours each, and children will be compensated at \$10/session. For more information, contact Jessica Borelli at jessica.borelli@yale.edu or call (203) 785-7205. (Yale, human investigations committee approval: HIC #27202.)

Fundraiser Telethon for the CPA Educational Foundation

Thanks to all contributors to the First Annual Fundraiser Telethon for the CPA Educational Foundation! The Fundraiser was successful in raising \$2,342 for the Educational Foundation at the recent CPA Convention.

Anyone unable to attend the telethon who wishes to contribute to the Foundation may send a check to: CPA Educational Foundation, c/o CPA, 342 North Main Street, West Hartford, CT 06117.

The CPA Educational Foundation is a charitable foundation under IRS Code Sec. 501(c)(3). Contributions to the Foundation are tax-deductible to the extent that the law permits.

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State of Connecticut DMHAS, Office of the Commissioner, Hartford, CT is currently recruiting for Clinical Psychologists for its Young Adult Services Program (YAS). We are seeking Behaviorists to join our Assessment Team. YAS offers community-based behavioral assessment, treatment planning, and consultation for young adults challenged with a range of neurobehavioral and neuropsychiatric conditions. Duties will include: developing comprehensive community-based behavioral support plans; consultation and training of community providers; YAS program planning, development, and evaluation. Additional training and supervision in functional behavioral analysis and positive behavioral programming will be offered. Expertise in the assessment of persons w/pervasive developmental disabilities, neurobehavioral conditions, as well as functional assessment of severe and challenging behaviors is preferred.

Interested candidates who possess a Ph.D or Psy.D. in Clinical Psychology from an APA accredited doctoral program and a current Connecticut Psychology license respond to: **Kathleen Winkeler, Human Resource Officer, Human Resource Services Bureau – Recruitment Unit, P.O. Box 1508, Middletown, CT 06457, Fax: (860)262-6770, E-mail: Kathleen.winkeler@po.state.ct.us.**

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Applause! Applause!

Continued from page 16

chologists, and they were given general information about the initiative, including information regarding the acquisition of prescription privileges for psychologists in New Mexico and Louisiana.

Misrepresentation in the press does not go unchallenged. Recent articles on a sensational attempted murder trial misidentified an alleged perpetrator as a “psychologist” in two different newspapers. The discipline was inaccurately named. **Dr. Owens-Lane** and **Dr. Abrahamson**, and **Dr. Mehm** contacted the news reporters and urged them to review their reporting policies for secondhand news. Don’t mess with CPA!

Robert H. Pietrzak, a doctoral student in clinical psychology and neuropsychology at the University of Connecticut, has been selected to receive the 2005 Patrick H. DeLeon Prize from the American Society for the Advancement of Pharmacotherapy (Division 55) of APA. This award recognizes Pietrzak’s review article in *Pediatric Drugs*, which describes inte-

grated psychopharmacological and psychological treatment approaches for problem and pathological gambling in adolescents. Way to go, Robb!

The first annual ECP-CPA Winter Social was held on December 2 at the home of **Dr. Christine Farber** in Manchester. Early career psychologists from across the state attended to celebrate the present and future of CPA.

Congratulations also go out to many CPA members who are associated with the Graduate Institute of Professional Psychology. **Dr. Kathy McCloskey**, Associate Professor at GIPP, has been appointed to the editorial board for the *Journal of Aggression, Maltreatment, and Trauma*.

Janel Swaye, M.A., CPA’s Advocacy Fellow, received GIPP’s Director’s Award for Superior Sustained Performance, while **Dr. Richard Stillson**, clinical adjunct faculty at GIPP, received the David L. Singer Diversity Award. Congratulations, Janel and Richard!

January 27, 2006

CPA Annual Retreat. Gaylord Hospital; Chauncy Conference Center; 9:00 a.m.-11:30 a.m. Board of Directors Meeting; Lunch followed by afternoon Retreat with presentations on Cultural Competency. **All CPA members welcome.** Contact Betty Ann Foy at (860) 586-7522 or bfoy@connpsych.org.

March 24, 2006

General Risk Management Strategies Presented by: Eric Harris, Ed.D., J.D.; Sponsored by: The American Psychological Association Insurance Trust; 8:30 a.m.-4:00 p.m. (6 CEs). Registration begins at 8:00 a.m.; Yankee Silversmith, Wallingford. More information is available on CPA website www.connpsych.org.

Congratulations to Dr. Michael Schwarzschild, who was appointed as the new Director of Professional Affairs beginning in 2006. Stay tuned for more information in the next edition of the *CP*.

Former CPA member and GIPP graduate and current New York resident **Dr. Paula Madrid** received the University of Hartford Anchor Award for her “exceptional leadership and commitment.” The award recognized Dr. Madrid for her significant contributions in the field of psychology.

Dr. Anne Pidano is the newest member of GIPP’s faculty in her role of visiting professor. Dr. Pidano is the former Internship Director at the Village for Families and Children. Thanks go to Dr. Pidano for her many years of dedicated work at the Village. Congratulations, also, to **Dr. Kathy Garnet**, new Internship Director at the Village.

Speaking of new positions, **Dr. Debora Kustron** recently began a position as Director of Child & Adolescent Services for Community Mental Health Affiliates in New Britain. And **Dr. Stephen V. Eliot** has been appointed to the Supervisory Faculty of the Westchester Center for the Study of Psychoanalysis and Psychotherapy. He was

also appointed Co-Director of Admissions.

Applause, please, for **Betty Ann Foy**, who recently graduated from the U.S. Chamber of Commerce’s Institute for Organization Management, a professional development program which offers training in leadership and management. The Institute probably found that with her laugh, she can sway many minds.

Finally, our applause goes out to the members of the CPA Convention Committee (**Drs. Ilene Grueneberg, Deena Robbins, Daniel Abrahamson, Clara Chapman, John Mehm, and Laura Toomey**) and to **Betty Ann Foy** for an outstanding convention. As part of the convention, the First Annual Fundraiser Telethon for the CPA Educational Foundation took place. Under the encouragement of Master of Ceremonies **Rick Fontayne**, the fundraiser was successful in raising \$2,342 for the Educational Foundation at the recent CPA Convention. Thanks to all contributors!

APPLAUSE! APPLAUSE!

It's a disarmingly simple ritual and yet it pays big dividends in mental health. We are talking about family dinners. Ridgefield psychologist **Dr. Ellen Horowitz** and the Ridgefield Community Coalition Against Substance Abuse are promoting this event. "Kids who eat dinner regularly with their family do better in school and get higher grades," said Horowitz in a recent Danbury's *News Times* article. Citing a study from the National Center on Addiction Abuse at Columbia University, Horowitz said teens who frequently eat dinner with their families have higher grades and are less likely to use drugs and alcohol. They are also less likely to engage in sex at young ages and are at a lower risk for suicide. Background information for this article was also provided by Danbury psychologist **Dr. Michael Schwarzkild**, who is a member of the Greater New Milford Area Healthy Commu-

nity 2002 Task Force on Teen and Adolescent Issues. Tips from this task force include: Get the whole family involved in cooking; sit at the table together; turn off television and telephones; and engage everyone in conversation, even the youngest family members.

Dr. Michael Schwarzkild is also a popular speaker. He recently represented CPA and clinical psychology at the New England Psychological Association meeting in New Haven. He was on a panel and spoke about positive and negative realities of independent practice in clinical psychology.

We also continue to find **Dr. Ginger Blume** in the public eye through her professional and community publications. Last summer she published an article with a provocative title, "Mental Gardening: Crowding out OCD Weeds" in the *OCD Newsletter*. In this article, she outlined five treatment themes for work-

ing with clients with OCD. She also has an advice column in the *Middletown Press*, where she recently provided professional advice on constructive control of rage. One of the tips: Find truth in all criticism, especially from a partner.

More wise words from our peers: **Dr. Karen Steinberg**, Assistant Professor of Psychiatry at UConn Health Center was interviewed in a November *Hartford Courant* article on the subject of need for approval. "It's a very basic human instinct to want validation, acceptance and approval from our peers." However, she cautioned that we should continually check in with our own internal standards. "We need to be able to say, 'I would like to perform well; I would like to do my best, but I'm not willing to break my back for some elusive good grade and compromise other areas of my life'... We need to keep it in perspective."

Senator Toni Harp (Tenth District) wrote to **Dr. Jan Owens-Lane**. "...you should feel so proud of your accomplishments, especially your hard work to become the first person of color to be President of the CT Psychological Association. I know how dedicated and supportive you are of the goals of this organization. Continued success to you and your members in achieving your objectives." Hear, hear! Continued success to Jan and CPA.

On November 7, CPA President **Dr. Jan Owens-Lane**, CPA lobbyist David Boomer, and **Dr. Michael Schwarzkild** met with the Director of Government Relations and the Legislative Chair of the Connecticut State Medical Society, at their request. The meeting was called to discuss legislative issues of mutual interest. During the meeting, CSMS raised the issue of prescription privileges for psy-

Continued on page 15