How Do You Rejuvenate?
AUTHORS:

We invite GPA members to submit to The Georgia Psychologist, the news magazine of the Georgia Psychological Association. As Georgia’s leading source of news on the latest psychological opinions, theories and research, legislative updates, and membership information, we count on experts like you to maintain the high standards of The Georgia Psychologist.

The Georgia Psychologist is published quarterly and has a circulation of approximately 2,000. Articles cover a diverse range of topics, ranging from scientific news to professional practice issues to legislative matters. Diversity and critical analysis are encouraged in contributions. If you are a prospective author, please note the following guidelines:

TONE: The Georgia Psychologist is a professional trade magazine. Therefore the tone of your writing should reflect a high level of professionalism.

STYLE: Write in the active voice, minimizing wordiness. Use the inverted pyramid style, called so because all the major points are touched upon in the first few paragraphs, after which important facts taper down into the least essential material. Write in the third person. While we welcome personal articles, they will only be published in select and appropriate sections of the magazine.

LENGTH: Articles may range up to 800 words. The Editorial Committee reserves the right to edit lengthier articles.

CONTENT & READERSHIP: We accept unsolicited articles of general psychological interest. Our readers are primarily psychologists, so it is unnecessary to define common psychological terms. However, The Georgia Psychologist is read by psychologists in all specialties, so be sure to define terms unique to your specialty. The Georgia Psychologist is also distributed to state and national legislators and members of the media so your article could be quoted or referenced.

WRITE ETHICALLY: Do not blend your personal opinions and speculations with statements based on scientific studies. Be careful to distinguish between your personal views and statements of scientific findings and alert the reader when you are speculating.

CITE REFERENCES FOR FACTUAL STATEMENTS: When representing a scientific fact, include a reference with a complete citation in APA format. We will not publish the references but we will let our readers know they are available by written request. Although The Georgia Psychologist is not a scientific journal for empirical studies and reviews, we sometimes publish this type of material.

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The deadline for the Fall Georgia Psychologist is August 4, 2006. The topic is “Birthdays and Anniversaries: Memories, Meanings and Rituals.” See page 19 for more.

For the latest information on CPT Codes, visit the GPA website - www.gapsychology.org

Visit our web site at gapsychology.org

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FROM THE PRESIDENT

Betsy Gard, Ph.D.
President

In 2006-2007, the initiatives begun under the leadership of Dr. Carol Drummond will continue and expand. Follow-up on the recommendations from the day long Strategic Planning Session have begun and more will be implemented over the next 12 months. Major emphasis will be on gaining new members and assuring that they are oriented to the numerous opportunities and benefits of belonging to GPA. This welcoming and orientation function will be facilitated by our new Volunteer Coordinator, Dr. Gayle Spears. At the same time, we want our current members to appreciate the value of their membership in GPA, which will be better communicated by our new Marketing Committee Chair, Dr. Martin Haygood. Dr. Haygood will also help our non-psychology community know more about the services and benefits GPA provides to our clients, to businesses, to the media, and to agencies.

We have several new committees and study groups that you might be interested in knowing more about. We have organized a new committee called Psychologists in the Public Interest, which will be chaired by Dr. Suzanne Merlis. This Committee will focus on ascertaining what pro bono and community service our GPA members are providing currently and then help psychologists who wish to provide community service be matched with agencies that are looking for psychologists to provide clinical services and consultation. Another new area is a Study Group begun by Dr. CeCe Kimble to address the opportunities for psychologists interested in working with the aging population, as well as helping all of us learn what we need to know to better meet the needs of our clients and their families as we ourselves age and/or care for aging family members. And, we have our Anniversary Committee chaired by Dr. Marsha Sauls that is helping to design the celebration/commemoration of our 60th Anniversary. We were founded by a small group of forward thinking psychologists 60 years ago and we have survived and thrived to become an organization of over 1000 members strong! We want your ideas and suggestions as to how to best celebrate our beginning.

We have a wonderful group of active, involved, and energetic leaders for the year ahead who have stepped forward to serve GPA and help advocate for psychology. Our professional organization has helped make Georgia one of the best states in the country to practice psychology. Not only does GPA help psychologists in their practice, but also promotes the understanding of psychology as a science and helps the public understand that psychologists are agents of change in their communities. If you see one of the many psychologists who help GPA by providing time out of their teaching or practice schedules, be sure to thank them for the time and dedication they are putting in to serving our profession by volunteering for GPA. And know, you too, can become one of those who strengthens our profession and capability to meet the needs of our clients and our community. Please consider joining and becoming active on a Committee, a Division, and/or a Region. Step forward and let us know that you want to help. You will give; you will receive, your professional identity will be strengthened, you’ll find collegiality and make more friends while you’re at it! Not a bad deal and it comes with your membership in GPA!

Mark Your Calendars!
Division E Midwinter Conference
January 26-28, 2007
Francis Marion Hotel
Charleston, SC
Mindfulness and Psychotherapy: Mind, Body, and Beyond

Be sure to visit our website for the latest CE Workshops!
www.gapspsychology.org
Carol Drummond, Ph.D.

If you weren’t in Sandestin last week, you missed an excellent conference as well as a lot of fun. There is always a little uncertainty when you change a conference format, and holding a joint meeting with the Family Law Section of the Georgia Bar was a big leap for GPA. The meeting was attended by approximately 300 attorneys and 150 psychologists, and by all reports, the meeting was a resounding success for both groups. The Hilton Sandestin is a fabulous facility that provided the perfect location.

The conference allowed many opportunities for psychologists and attorneys to mingle in both seminars and social settings, and over the course of the conference, I heard many attorneys say that they had gained a new appreciation for the job that we do as psychologists. Many business cards were exchanged, and our referral service has already received requests for psychologists from attorneys that attended the meeting.

The Mock Trial was enjoyed by all, and Dr. Michael Sessions stole the show in his role as a therapist. We all agree that a second career in theater may be in his future. Many thanks to Drs. Nancy McGarrah, Betsy Gard, and Rena Zwean for chairing the conference. Thanks also to Dr. Carol Webb for the many hours that she spent working with the attorneys for the script for the mock trial. And as always, kudos to our wonderful office staff for all the time and energy that they spent making sure the conference ran smoothly.

I am especially excited about the many ideas and proposals that have come from the Policy and Planning Working Group. This group has involved a number of GPA members, and the brainstorming sessions have been dynamic and productive. Look for more news from this committee in Dr. Betsy Gard’s column in this magazine and in future issues of the Georgia Psychologist.

This is my final column as President, and I thank you for electing me and giving me this wonderful opportunity. It has been one of the most rewarding experiences of my professional career, and I highly recommend it to those of you who are looking for a challenge. I have traveled throughout the State, attended frequent meetings and events with Regional Associations and Divisions, and have made many new friends over the course of the year.

I have gained a new appreciation for the diligent work that Pat, Cyd, Ellen, and Samantha put into our organization, and am very grateful for the support that has been provided by the Board and the Executive Committee. It does indeed “take a village” to be the President of GPA, and I thank you for the many volunteer hours you have given to GPA over the past year. A special thanks to Dr. Jim Purvis, who has always been there to lend his wisdom as Past-President. So I leave with ambivalence, but am excited about handing over the reins to my very organized and competent successor, Dr. Betsy Gard. She has many excellent ideas and I know that this will be a stellar year for GPA. If you are interested in becoming more involved in your organization, please contact Betsy or myself or our new Volunteer Coordinator, Dr. Gayle Spears, and we will find you a place.

Adios,
Carol

Georgia Southern University Gains Board of Regent’s Approval for New Psy.D. Program

Georgia Southern University has gained the Board of Regents approval for a new Psy.D. program within the College of Liberal Arts and Social Sciences.

Psychology faculty members led by professors Edward W.L. Smith, Ph.D. and John Murray have been working with the College of Graduate Studies to develop the program, a program designed to meet the urgent mental health needs of rural Georgia.

“Rural mental health has been identified as a major focus of need throughout the United States and the US Public Health Services lists Georgia as number eight in the list of states needing mental health practitioners,” said Murray in an article published in the Spring, 2006 Georgia Southern.

GPA is proud to have provided support for this expanded training program. Students will begin their training in September of this year on the campus in Statesboro.
FROM THE EXECUTIVE DIRECTOR

GPA is "On the Move"

Pat Gardner, CAE
Executive Director

The evolution to an Internet connected organization is one of the most significant changes in GPA this year. Email communications have significantly cut paper, copying, stuffing and stamping costs and online registration for workshops has saved us time and money. Dues invoices will be sent by email starting June 15. Those who pay by credit card can pay online and those who wish to pay by check can print and send their invoice by regular mail.

Others have headlined GPA’s role as coordinator of licensed mental health professionals for Katrina survivors. We were able to take a leadership role because of the effectiveness of our website and email communications.

GPA has closely monitored the shift in Medicaid to three care management organizations. Email updates to psychologists who treat Medicaid and PeachCare recipients proliferated as the details unfolded and unraveled and then were finally in print. Part of our best cost-cutting efforts the costs continued to rise. The Board struggled to raise the revenue needed to sustain the organization and probably waited too long to face up to the financial reality. The good news is that GPA has not raised dues in more than eight years. After serious consideration by the Policy and Planning Council and the Board of Directors, the dues will be raised this year. Other state psychological associations have consistently raised dues so GPA is now at the low end for a large state association. We value your participation and hope you value the many ways GPA supports your profession.

Finally, we really are on the move. The GPA Office will be moving in mid-August just before they demolish our current office building. Email and phone will be the same. New address will follow as soon as it is finalized.

Tough Year to be on the GPA Board – Especially the Treasurer

Nancy Bliwise, Ph.D.
GPA Treasurer

Over the past five years, GPA has experienced financial difficulties that are now at a crisis level. Current projections suggest that we will end the fiscal year $30-50,000 in debt. Budget analysis suggests that grants, continuing education, and dues structures have all affected GPA’s income and will need our attention in the future to address our budget problems. GPA has not raised dues in 8 years, yet the overhead costs to GPA for space, utilities, postage, and staff benefits have all increased dramatically. Private continuing education programs have stepped up the competition for continuing education workshops. As more states have developed legislative action and education campaigns, GPA has received much less money from APA for our lobbying activities. In the 2004-2005 fiscal year we received $45,000; this past year, we received only $7000.

GPA is working hard to address our budget crisis by cutting costs and recruiting members.

We have sufficient funds in our reserves to cover this year’s shortfall. We are developing budget and revenue initiatives that we hope will put us in a better financial position. We want to keep members informed of our financial situation and will notify members as initiatives are brought forward.
Although some of my colleagues know of my longstanding interests in ethics and spirituality, few of them know of my true love: dog training. There is nothing quite like watching a Golden Retriever launch into an eight foot leap off a lakeside dock, splashing into the water, intently pursuing a blind retrieve 100 yards away in the foggy distance. Or watching him flip in the air to catch a flying Frisbee in the park on an autumn afternoon. Or running alongside him as he leaps airborne over the apex of an A-frame on an agility obstacle course.

There is also nothing like working endlessly on basic obedience exercises, turning work into play, turning play into work, over and over, with just the right precision, until we get it right. It’s so compulsive, so perfectionistic, so enjoyable. It’s the principle of “energy in, energy out.” I spend approximately ten hours a week in different types of dog training, including competitive agility and obedience training as well as field competition and hunting tests. Yet it is the pet therapy experiences that are the subject of this writing.

Although I no longer perform hospital consultations as a clinical psychologist, I make hospital visits each week with my canine companion who is a certified pet therapy dog. My life has literally gone to the dogs, and it couldn’t be better. Seeing life from a dog’s point of view has helped change my perspective of people.1

For psychotherapists, consider the canine principles of counseling: Simply stay in the present. When someone is having a bad day, simply be silent and sit close by. When in doubt about what to say, say nothing. Consider a gentle nudge now and then.

For academic colleagues, consider the canine principles of research: If you can’t find what you are looking for, honor your nose and start sniffing around. If you still can’t find what you are looking for, dig deeper until you do. If you’re in too deep, stop digging. Sometimes we find what we are looking for when we stop looking.

On boundaries: Know your turf, and know the territory of others. Let others know when they’ve invaded your space. Don’t bite when a simple growl will do. Don’t growl when a simple snarl will do. Don’t snarl when a simple stare will do.

On leadership: Be loyal to your group. Never pretend to be something that you’re not. If you’re running ahead of the pack, do a head check now and then to make sure the pack is still with you.

On assertiveness: Say what you mean, and mean what you say, but don’t say it mean. Smile in the presence of the top dog. Smile when there is something you want. When in doubt, simply smile.

On communication: Good communication is 99% listening — 1% barking. How it is said is usually more important than what is said. Put process before content.

On family and friends: When loved ones come around, always run up to greet them. Accept praise and let people touch you now and then.

On leisure: Delight in the simple joys of walking in the woods. Enjoy the simple pleasures of sitting by the lake. Be still, and hear the silence. (footnote #2)

Footnotes
1. Most of these sayings are taken from the public domain and conventional wisdom of dog trainers.
2. On the matter of leisure, the author enjoys silence, weightlifting, pipe collecting, listening to music, and walking in the woods.
Well, it’s membership renewal time again and we all tend to sit down and think about what we get from GPA as we write the check to renew. It brings to mind a comedian’s tale about getting a call from his fitness center to ask if he would like to renew his membership. He responded, “Sure, I’ll write a check today. Where are you located?”

While this is laughable, many of us treat GPA the same way. While GPA does you more good as a passive member than your health club might, those who use its available services obviously get more bang for their buck.

Okay, so this year your resolution is going to be to get more out of GPA. Where can you start? Well, for argument’s sake, let’s assume you are a clinician in private practice. Wouldn’t it be great if there were someone out there who could help you with the basics of setting up and running a practice? Do you need to see what other people’s release forms look like? What are some good strategies for developing and growing your business? Better call GPA and get a copy of the Practice Toolkit.

Concerned about the lack of clients? Sign up for GPA’s Referral Service. Almost thirteen thousand people contact us every year seeking referrals for all types of issues all over the state. Land one client and the service has paid for itself.

Struggling with managed care or insurance issues? Can’t seem to figure out what codes work? Contact us and we’ll put you in touch with the Managed Care Ombudsman who can walk you through the intricacies of the insurance jungle.

Sweating over a subpoena? If you’ve signed up for the Legal Consultation service, you can get some quick and inexpensive advice that may save you a great deal of anxiety and legal expense.

Concerned about an appropriate ethical course of behavior? Contact GPA and let us provide you with an ethics consultation. We can help you walk through complicated situations and come to responsible, professional decisions with the aid of colleagues who are supportive and knowledgeable.

Want to get to know others in your areas of practice or specialty? Join a division or a regional affiliate. This gives you regular contact with other licensed professionals in your area and can provide a source of networking opportunities as well as opportunities to build friendships.

New to the profession? Contact us to be hooked up with a mentor. A more seasoned professional can help you “get your feet under you” as you continue to grow and develop as a psychologist.

Want more visibility? Sign up for Media Relations training and join our Speakers Bureau. This will get you out in front of the public in ways that let you represent yourself and the profession in a forum that will reach many people.

Want to help GPA and make more friends in the profession? Sign up for a committee or volunteer to chair some of the various functions. In addition to having an opportunity to shape how GPA operates, you’ll have a real opportunity to make friends and get to know others. Also, most of our leaders say that GPA activity has lead very directly to referrals from people they met through GPA. You can see that it is not only fun, but it has a practical and bottom-line benefit.

But, let’s assume you are a couch potato. What does GPA do for you if you don’t work to maximize its benefits? The GPA leadership is constantly on top of changes in the legislative environment and acts as a lobbyist around guild issues. They keep you up to date on proposed legislative changes that might affect your practice, and they can also point you toward issues that affect your clients and your community.

Email updates help keep you aware of what is going on in the profession, in Medicaid, in managed care, and in the legislature. Continuing education opportunities are presented to you at a steeply discounted cost on topics that are relevant to you. Annual Meeting and Midwinter Conferences provide opportunities to meet and mingle with other members of the profession while getting continuing education credits that meet licensing requirements. The GPA Membership Directory sits on the desk of over 1,000 psychologists who may have need for someone in your area or with your specialty. The Georgia Psychologist keeps you informed about a wide variety of issues in an easy to access format. The website is available to answer questions about the organization, upcoming CEs, or other issues important to you. In short, GPA is not a bad place to be a couch potato, but for those with the energy and desire, it can be a real boost both personally and professionally.
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Policies automatically include:

- **Inflation Safeguard**—designed to prevent changes in the cost of living from eroding your death protection.
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THINK AGAIN!

Inflation is the cruelest tax of all! It's hard to believe that even the moderate inflation of 2-3% a year can erode the death protection you already have in place for your family. The cumulative change in the Consumer Price Index has been 14% over the last five years and a whopping 28% over the last 10 years!

Just think, the $100,000 policy you bought just 10 years ago is worth about $78,000 of the original purchasing power it had when you bought it.

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* Spouses/domestic partners are eligible to apply under this plan.

** Coverage is individually medically underwritten. Policies issued by Liberty Life Assurance Company of Boston, a member of the Liberty Mutual Group. Plans have limitations and exclusions, and rates are based upon attained age at issue and increase in 5-year age brackets. For costs and details, call the number listed.
This Annual Meeting in Destin was perhaps the best I’ve attended. A novelty: psychologists and family law attorneys holding a joint conference. It was stimulating to learn with professionals who think and approach the world very differently, accompanied by the experience of a very warm reception interpersonally. Everyone seemed open to meeting new people and engaging in new topics of conversation. To offer a taste of this, listed are a few of the things I took away from the conference:

- A better understanding of the advice my patients report they’ve been given by their family law attorney. I’ve often wondered: what the ???.
  During the mock trial, the occasional conflict between an attorney’s advice and a psychologist’s advice was addressed and discussed.

- Playful structuring of symposia presenters can liven up the session. For example, announcing one is out of time by bouncing a beach ball on their head or playing “Hit the Road, Jack” is a crowd pleaser.

- Psychological research needs to be explained and discussed with other professionals to help them serve their clients (i.e., research on child visitation variables). Likewise, we benefit from their knowledge.

- If a conference is planned at a beach . . . allow daytime hours to go to the beach. (Family law attorneys complete their schedule by 1:00 p.m. each day).

- When a patient tells you they’ve figured out their spouse’s password and have been checking all e-mails for infidelity, you now realize they have multiple problems. There are laws protecting electronic communication – even from your spouse.

- Family law attorneys are extroverts and enjoy poolside gatherings. (The psychologists seemed to be having fun, as well).
Congratulations to Joni Prince, Ph.D., GPA’s new President-Elect and William Doverspike, Ph.D., re-elected as GPA’s Communications Secretary.

GPA Annual Awards

Presidential Awards:

Marilyn Vickers, Ph.D. for her work as Chair of the Legislative Committee and all her grassroots efforts in organizing the Capitol Psychologists

Betsy Gard, Ph.D. for her work in organizing and training GPA psychologists and other mental health professionals following Hurricane Katrina

Legislative Awards:

Representatives Edward Lindsey & David Ralston for their support of mental health for Georgia’s children

Media Award:

Rick Blue, Ph.D. for presenting psychological issue on radio. Dr. Blue is Star 94’s relationship expert, answering questions on the air every week.

Past-President:

Jim Purvis, Ph.D. will be rotating off the GPA Board after serving for three years on the Executive Committee.

A special thanks to the GPA Annual Meeting Committee

Betsy Gard, Ph.D.
Nancy A. McGarrah, Ph.D.
Rena Zweben, Ph.D.
William L. Buchanan, Ph.D.
Carol Webb, Ph.D.
Peter C. Thomas, Ph.D.
Ann P. Hazzard, Ph.D.
Kindell R. Schoffner, Psy.D.
Kathryn D. Black, Ph.D.
Staci Bolton, Ph.D.
Ann Smolin, Ph.D.
Lindi Ann Meadows, Ph.D.
Sarah W. Holmes, Ph.D.

Attendees made the most of the networking opportunities at two poolside receptions.

Dr. Jennifer Kelly (APA Rep. & Federal Advocacy Coordinator) known as Chef Jenifair prepared a gumbo feast for the GPA Annual Board of Directors dinner held at the home of Pat Gardner (Executive Director).

Dr. Marilyn Vickers (Legal & Legislative Chair) presented a Legislative Award to Rep. Edward Lindsey. His award was accepted by his wife, Elizabeth Lindsey, J.D.

At the podium of the Mock Trial are Dr. Carol Webb (President, Georgia Board of Examiners of Psychologists) and Hon. Cynthia D. Wright (Judge, Superior Courts, Atlanta Judicial Circuit).
We’d like to thank our Sponsors & Exhibitors for their support!

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APA Risk Management Workshop & Student Poster Session

Students displayed their posters at the Annual Student Poster Session which took place at the Risk Management Workshop in April and was held in Atlanta. Student posters were judged and awards were presented following lunch. The psychologists listed each sponsored a student for lunch. Following are winners.

Dr. Jeffrey Younggren presenting at the APA Insurance Trust Risk Management Workshop.

Reconnecting at the Risk Management Workshop are Drs. Ann Reynolds and Lori Muskat.

(From Left) GPA Graduate Student Awards: Kelly Harrington (2nd Place-Emory University), Dr. Nancy Bliwise (Emory University) and Elizabeth Rahn (1st Place-University of Georgia).

(From Left) GPA Undergrad Awards:
-Jocelyn Barton (2nd Place-Georgia State University) and Don Beardon (1st Place-Georgia State University).
**Student Poster Session (cont.)**

*We would like to thank the following psychologists for sponsoring students for this event.*

**Psychologist Sponsors**

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(From Left) Dr. Cynthia Messina and Division G Award winners Vijay Mittal (2nd Place-Emory University), Mauricio Garcia-Barrera, M.Ed. (1st Place-University of Georgia) and Dr. Kindell Schoffner (judge).

Division H Presents Annual Pride Workshops

Dr. Christopher Martell, a member and fellow of the American Psychological Association (APA), is President of the American Board of Cognitive-Behavioral Psychology and President-Elect of APA’s Division 44, Lesbian, Gay and Bisexual Issues. An active member of the Washington State Psychological Association, Dr. Martell received WSPA’s Distinguished Psychologist Award in 2004 as well as APA’s Division 44 award for Distinguished Book in Lesbian, Gay, and Bisexual Psychology.

Dr. Martell presented the following workshops: Lesbian, Gay, Bisexual, and Transgender Affirmative Cognitive-Behavioral Therapy and Integrative Behavioral Couples Therapy for Same-Sex Couples.

(L) Passing of the gavel: New Division H Chair, Dr. Tim Riney receives the gavel from outgoing Chair, Dr. Allan Vives.

(L) Dr. Tim Riney (Division H Chair) and Dr. Arlene Noriega (Past-Chair) present an award in appreciation to Dr. Christopher Martell.

(From Left) Division G Undergrad Awards to Jamila Cunningham (1st Place-Emory University) and Phyllis Henderson (2nd Place-University of Gainesville).
Public Education

TV
Julie Medlin was interviewed by CBS News on the psychological makeup of kids who are accused of sexual assault. Carol Drummond was also interviewed by CBS on Baby Einstein: educational videos for babies and toddlers – do they work? CBS's 48 Hours taped a segment that included John Stuart Currie talking about PTSD. The story came out of a Columbus, GA trial in which John Stuart was involved. He testified in the trial of a soldier who was one of five who had returned from combat in Iraq, 5 in the platoon went out on the town and one was killed that evening.

CWK Network
Stan Hibbs on Internet Addiction. Nancy McGarrah on high school proms Andy Blatt on how to survive the stress of junior year of high school Carol Drummond on the pros and cons of fulltime kindergarten

Carol Drummond on whether elementary school children should miss recess for academic work

PRINT
Atlanta Journal Constitution Jennifer Kelly talked to the AJC about water and how it affects us. Nancy McGarrah was interviewed on setting limits for 18-year-olds. Letter to the Editor of the AJC from Carol Drummond on how parents putting academic pressures on pre-schoolers just don’t make sense.

Marietta Daily Journal
Gary Dudley was interviewed on Kids getting plenty of time with both parents. Carol Drummond was interviewed on “only” children. The Gainesville Times interviewed Rick Blue about road rage. What causes road rage and are there certain personality traits of those who have it?

Gwinnett Daily Post interviewed Bob Simmons on 9-11 and the arts. How they can help us heal. APA Monitor published an article on “Nurturing the Soul,” highlighting the Division 31 project for victims of domestic violence. The Purple Door Salon in Atlanta sponsored a day of pampering for victims of domestic violence. The project was held simultaneously at the Britannica Salon in New York City. The project was spearheaded by Jennifer Kelly as Dir. 31’s Diversity Task Force Chair and Evelyn Lowery and Ruby Shinholster of the Southern Christian Leadership Conference Women's Organizational Movement.

COMMUNITY OUTREACH

Kamieka Gabriel participated in a second health fair sponsored by State Reps. Pam Stephenson and Howard Mosby at Cedar Grove High School. Suzanne Merlis, and Suzanne Lawry manned the table at the annual CDC Women’s Health Fair. St. George’s Episcopal School invited Carol Drummond, Pam Frey and Clare Rubin to present: on raising resilient children and Steve Garber to talk about the basic stages of growing up and building self-esteem.

The Warning Signs of Violence for school psychologists of the Dekalb County School System were presented by Jean Heinrich and Bill Gottelf. Approximately 60 school psychologists attended.

ROUND GEORGIA
Announcements
The Eating Disorders Information Network, founded by Dina Zeckhausen, hosted a luncheon at the Piedmont Driving Club to commemorate their 10th anniversary. The luncheon was hosted by Star 94’s Tom Sullivan. Attending from GPA were: Pat Gardner, Carol Drummond and Cyd Wise.

Susan Boyan has co-authored The Psychotherapist as Parent Coordinator in High Conflict Divorce: Strategies and Techniques. This book is the only model for parent coordination (Haworth Press 2005).

Congratulations to...
Nancy Blwise who received the Center for Teaching and Curriculum’s Award of Excellence in Teaching, instituted to honor excellence in the teaching of Emory undergraduate students.

John and Cherry Stark on their 25th wedding anniversary — celebrated with a cruise to Alaska!

George Williams and four other Ph.D.’s won a bronze medal in the Atlanta Senior Olympics sponsored by the Atlanta Jewish Community Center.

Paul Schenk’s son, Ensign Michael Schenk graduated from Annapolis and is headed for Grad School in Mechanical Engineering.

Richard Gross is the very proud grandfather of Gina Fay Gross, weighing in at 6 lbs. 11 oz. and measuring 20 in.

Our Thoughts are With…
Linda Wilson, Jane Yates and Angel Lopez, all of whom are dealing with serious illness.

CONDOLENCES
When Joetta Prost wrote an article about her Mother’s battle with cancer and submitted it for the Winter 2006 issue of Georgia Psychologist, she did not expect her Mother to be alive long enough to see it published. However, her Mother demonstrated endurance and zest for life that exceeded doctors’ expectations and Joetta was able to share the published article with her Mother in January. Dolores was still making others laugh the night before she died; her passing on March 17 was peaceful, with her husband, children and grandchildren present. The article was read as part of her funeral services.

Joetta’s mother completed her bachelors in psychology while she was in grad school and later (at age 60) got her M.Ed. in Counseling. Linda Campbell on the passing of her mother. Contributions may be made to the First Christian Church of Bluefield, 2200 Bland Road, Bluefield, West Virginia 24701 or the GPA Foundation, 1750 Century Circle, Suite 10, Atlanta, GA 30345 in Linda’s name.
Savoring the Moment

“Plenty of people miss their share of happiness, not because they never found it, but because they didn’t stop to enjoy it.” ~ William Feather

Martin Seligman in his book “Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment” tells us that happiness can be readily enhanced when we intentionally savor our happy moments.

Savoring the moment is simple in concept. It means to fully appreciate whatever we’re experiencing. The problem is that in order to savor something we must be aware of it when it’s happening, and with the frantic pace of modern life, many enjoyable moments pass us by because we often are distracted from or inattentive to them.

Such moments may be as common and ordinary as the warmth of beach sand under your feet, the first colorful day of autumn, the taste of a favorite dessert, or observing your child’s delight with her new puppy.

The initial step for savoring a happy moment is slowing down enough to be able to identify one.

Once happy moments are recognized, there are four options for savoring them. You can “bask” in the physical pleasure of the experience — the warm sand. You may “marvel” at the wonder of the beauty before you — the leaves of fall. You could choose to “luxuriate” in something desirable but not necessary — the sweetness of the dessert. Or, you can engage in “thanksgiving” for what you are offered - your child and the puppy.

No matter which of these options is chosen, you can further enhance the happiness of any of occasion by practicing one or more of four savoring techniques that will intensify the experience. These happiness enhancing skills are sharing, memory building, perception sharpening, and absorption.

- Sharing is simply calling attention to the experience as it happens and inviting other people to participate in it. A comment on the cuteness of the puppy would suffice.
- You engage in memory building by capturing a mental image of the moment or by taking a souvenir, such as a seashell, so that you can later reminisce about what happened.
- Sharpen your experience by focusing perception on specifics such as the exact texture of the beach sand or the quirky way the breeze is whirling the colorful leaves across the lawn.
- And, let yourself become fully absorbed in the present experience. Don’t allow your mind to be distracted by other things such as comparing the current event to how you had hoped it would be or by jumping ahead in anticipation of what may coming next. Just enjoy what is.

While it is true that you can become a happier person by savoring your happy moments, this practice does require energy and effort. As Benjamin Franklin liked to remind us, “The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.”

Dan Johnston Ph.D.

“Stay in shape while getting emotionally refueled”

About 15 years ago, I got the crazy idea to run a marathon, and joined a training group. Little did I know that the women met in that group, plus a few more that we have added over the years, would become among my closest friends. We have completed an average of one marathon per year, although aging knees have us power walking rather than running now. The most important thing to me is the camaraderie and respect we have for each other. So, I can stay in shape while getting emotionally refueled by my close friends.

Carol Drummond, Ph.D.
“Water is my medium for play and renewal”

Jumping the ocean waves and being carried on surging crests. Floating on top of gently rocking surf soothes my spirit.

Snorkeling, watching rainbow fish glide and dart is like a window into another planet.

Being in the lake at night, treading water at the edge of the dock, and seeing the moon stream across the calm dark waters spilling silver streamers while crickets sing on a hot July night.

Lying by a stream on my back, watching the clouds change shape, hearing the water’s continuous flow and feeling all my stress drain away into the stream’s meandering path.

And, when I cannot get to the ocean, the lake, or a stream, I love sitting in my screened porch, listening to the sounds of a fountain, watching the melting colors of the sunset.

Betsy Gard, Ph.D.

“Taking some of my own advice”

As I’m working with my depressed clients, I am regularly encouraging them to tend themselves. I’m pleased to say that since our son left for college, I’ve actually been taking some of my own advice.

I am horseback riding three times a week, at two different barns. I’ve loved horses since childhood, and am able to realize one of my dreams. I’ve even ridden in a small horse show! Being outdoors, physically active, with my magnificent animals, and learning something new, all combine for an incredibly rejuvenating experience.

Nancy Woodruff, Ph.D.

“Rejuvenation”

Every so often, I go to the western desert to study the night sky, with a teacher and a small band of cohorts. These places are remote and the stars populate the entire nightscape all the way to the horizon. After five days of desert camping and staying up most of the nights to watch the procession of the elliptical, I come home more peaceful. What I most love about Spiraling Galaxies is that they exist independent of anyone’s beliefs. This is a good reminder that we don’t know everything.

Joanne Peeler, Ph.D.

“Birds”

Morning alarm is the optimistic dawn song of the Northern Cardinals in my yard who “Cheer, cheer, cheer” me on with my day.

A soft rain falls. I relax in my favorite chair with an afternoon cup of coffee, watching an Eastern Towhee bathe in the wet leaves of my cherry tree. Re-energized, I return to work.

Distant calls of Barred Owls soothe me into sleep.

Early Sunday morning: I watch a Red-tailed Hawk beside the river groom himself, fluffing his feathers barely ten feet above my head. It is like watching God. He watches me back.

I bird.

Virginia Wood, Psy.D.

“Rejuvenation for an aging psychologist”

As a seasoned spirit, I have paid my professional dues. I have volunteered endless hours to non-profits, served on their boards, helped with fundraisers, nurtured a practice, supervised and mentored, and provided psychotherapy full time for 26 years. Now, I still provide psychotherapy but limit myself to 15 hours a week.

My life has shifted to doing what pleases me: I spend the majority of my time with those I love; take classes in creative writing; learn new things like quantum physics and comparative religion; lunch with old friends; look for enchantment in new places and new people; take time to write about thoughts, stories and day dreams; reflect on and honor my journey; and watch the glory of nature on a regular basis. It works for me.

Mary E. Gordon, Ph.D.
“Renewal 101”

At this moment I am sitting on the silver sands of the Florida panhandle, listening to the waves of the beautiful blue Gulf of Mexico. The GPA Annual Meeting is happening around me and I have just finished my first presentation in many years. The relaxation that comes after a period of pushing in a new direction is the best kind of relaxing that I experience. The key ingredients for me are a feeling of letting down after hard work plus a body of water equals bliss. The water is essential. Whether the water symbolizes the “universal mother of life” or the “depths of the unconscious” is irrelevant. In the fewest possible words, here is the water hierarchy:

First: The ocean: when time and travel permit
Second: Lakes: Lanier, Burton, Rabun and Oconee are Atlanta accessible
Third: Backyard pond: meddling with a mini-universe
Fourth: Bathtub: must be warm, preferably gurgling
Fifth: Bottle of ice-cold spring water: low stress to attain but refreshing nevertheless.

The key is to be flexible where on the list I land — in the end it’s about the water connection.

Mary Gresham, Ph.D.

“Weight Training”

I began lifting weights competitively as a teenager, and have pursued lifting in one form or another – Olympic style lifting, bodybuilding, power lifting – for most of my adult life. In 1989, I published Not Just Pumping Iron: On the Psychology of Lifting Weights (Charles C. Thomas, Publisher).

Lifting, for me, is a vital activity, bringing balance into my life of scholarship and psychotherapy, through vigorous physical activity. Beyond exercise, lifting invites me to explore the mysteries of proper form, breathing, and self-discipline, and to confront issues of self-care (avoidance of injury), and alas, aging (each year my barbell weighs less!).

Edward W. L. Smith, Ph.D., ABPP

“Fast Trains”

Psychotherapy is heavily skewed to the intangible, and the durability of the results lies largely outside my control. So my leisure/creative pursuits have tended to skew to the tangible and durable. Some 15 years ago, I renewed a childhood passion for HO scale railroad modeling. Fast trains are much more compatible with a 30 year marriage than fast cars or fast women! The hobby blends architectural design, electronics, landscaping, fantasy and lots of meticulous fine motor craftsmanship to keep me in trance for hours.

Then when I need sunlight, I’m off riding. This August I’ll ride in my 3rd Pan Mass Challenge: 4,000 riders, 192 miles, $24,000,000 for cancer research and treatment.

Paul W. Schenk, Psy.D.

“I am at once more alert and less anxious”

Maintaining a sense of balance is a priority for me, but not an easy job! It requires daily attention. So every day I try to walk, to pray and to meditate. I do weight training a few times a week as well as yoga. For pure relaxation, I love stories …. novels, movies, plays.

Travel, though, is the most reliable remedy I have found. To be in a place with a different language, different customs, different sights, sounds and smells both energizes and relaxes me. I am at once more alert and less anxious. Worries and troubles are put in perspective: I return renewed, and, start planning my next trip.

Terri Clements Dean, Ph.D.
“Just Compensation”

How I rejuvenate? After listening to others’ life problems and doing my best to resolve them in a dignified, yet highly nuanced manner, I let it all out by playing as loudly as I like at a grand piano in the cafeteria in the Fernbank Museum every other Tuesday at lunchtime. This I do as a volunteer to enhance the dining pleasure for those eating lunch there. I think I’m appreciated.

One day, a young boy of about twelve came over and tried to drop a dollar in a cup by the piano — only it was filled with coffee. Little did he know how much people pay for my time when I’m really working.

David Ryback, Ph.D., ABPP

“Micro-rejuvenation”

Micro-comic commentary, that brings major smiles to all within earshot.

George Williams, Ph.D.

“Rejuvenation comes in different forms – physical, spiritual, emotional”

I am spiritually lifted by my involvement with numerous ladies adjusting to a sober life. With all the turmoil this entails, it is a joy to watch the light go on in their eyes.

The crisp air of the mountains in spring and fall; the salt air of the ocean.

A voracious reader, I entertain myself for hours, with more than one book at a time.

The smell of my newly bathed “Westie’s” fluffy body as he throws himself into my arms at the end of the day, silently communicating his joy at my arrival.

Cyd Wise

“Listen to the quiet”

I like reading and baking for my three grown sons.

My best memories of relaxing and enjoying my time for “me” were when we would go to the lake and I would get up before the boys — get a cup of coffee and a book — go sit out on the porch and listen to the “quiet” — then every so often hearing a bird calling to his or her mate and the water lapping against the dock.

Ellen McBrayer

“Being outside as much as possible”

What do I like to do in my free time? What don’t I like to do would be the more appropriate question. Spending time with good friends around the pool, cooking out and sharing conversation.

Feeling all my muscles relaxing slowly as I sit outside and soak up the sun.

Watching a movie or TV show which promotes a good debate at the end of it.

Lying down with my beautiful cat and hearing her purr until we both fall asleep. Trying new recipes that have been passed on from friends, coworkers, and family. Being outside as much as possible. Naps when it’s raining. Long bubble baths followed by wrapping myself up with my fleece blanket. Hot chocolate in the summers.

Samantha Scott
Are you practicing without a net?

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While the last Division E Midwinter Conference is still fresh in our memories, the 2007 conference is in the works. Susan Rudnicki, Ph.D. is spearheading next year’s conference. It has been scheduled for January 26th-28th, 2007 in Charleston, SC at the Francis Marion Hotel. This hotel is situated in the heart of Charleston near shops, restaurants, and everything else historic! The title of the conference is “Mindfulness and Psychotherapy: Mind, Body, and Beyond.” The keynote speaker is Ronald Siegel, Psy.D. a clinical psychologist and a member of the clinical faculty of Harvard Medical School for over 20 years. He has been a long-term student of mindfulness meditation and serves on the faculty and Board of Directors of the Institute for Meditation and Psychotherapy. The conference schedule will also be structured to provide free time to explore the Charleston area and be “mindful” in this beautiful city. Narrated group tours of the area will also be incorporated into the program. So, as you begin to allocate your CE opportunities for the coming year, be sure not to miss this mixture of continuing education, historic Charleston, and leisure.

In addition to planning and organizing the Midwinter Conference, your Division E Board is involved in many endeavors to serve psychologists who are involved in or seeking to be involved in private clinical practice. For instance, this past year Division E published the revised edition of the Psychologists’ Toolbox: Building and Maintaining Your Independent Practice, Help from Colleagues. This collection of information incorporates various ideas and procedures concerning the structure of private practices, payment sources, HIPAA information, and samples of forms from various practices. If you have not already received a copy of this publication, contact the GPA office for ordering details. Division E has also been working closely with GPA on various budgetary issues that have been mentioned in other publications and group e-mails to GPA members. Another investment of Division E’s time and effort has involved our graduate students. Our new Post-Doc Liaison Phil Stepka has “hit the ground running” as he has been organizing efforts to survey graduate students and offer informational programs thus far at the University of Georgia, Georgia State University, Emory, and Argosy. If you would be interested in helping with the dissemination of practical clinical experience to our graduate students, please contact anyone on the Division E Board. All of the Board’s activities cannot be mentioned in this article due to their number and the limitation of printed space. However, the next Division E article will include a more global view of Division E Board’s efforts to serve the private practitioner in our state. As always, your input and ideas are crucial to all the endeavors and progress that we will attain as a division.
Welcome New GPA Members

Full Members
Laura F. Adams, Psy.D.
1244 Clairmont Road/Ste 204
Decatur, GA 30030

Lori Welch, Ph.D.
1595 Peachtree Pkwy Ste 204-356
Cumming, GA 30041

Tamara Knapp-Grosz, Ph.D.
18 Greatwoody Way
Pooler, GA 31322

Caroline Amiss, Ph.D.
321 Stonybrook Circle
Athens, GA 30605

Ellison M. Cale, Ph.D.
1711 Shivers Road
Columbia, SC 29210

Dev Nair, Ph.D.
1950 Gober Road
Bishop, GA 30621

Kristiansson Roth, Ph.D.
304 E. 14th Avenue
Cordele, GA 31015

Darryl Townes, Ph.D.
2337 Deerfield Chase
Conyers, GA 30013

Elaine F. Walker, Ph.D.
316 Vickers Rd.
Atlanta, GA 30307

Gloria B. Harris, Ph.D.
3238 University Ave.
Columbus, GA 31907

Amanda R. Lorenz, Ph.D.
2964 Peachtree Rd, Ste 324
Atlanta, GA 30305

Donna L. Sylvan, Ph.D.
9785 Huntcliff Trace
Atlanta, GA 30350-2712

Student/Post Doc/Intern
Lillie Huddleston
736 Celeste Lane
Atlanta, GA 30331

Hayley Cutts
4514 N. Slope Circle
Marietta, GA 30066

Stephanie Brun De Pontet
505 Trowbrooke Road
Atlanta, GA 30350

Beryl Ann Cowan
1770 East Clifton Road
Atlanta, GA 30307

Claudia Brasfield
1310 Milstead Trace
Marietta, GA 30066

Affiliates/Associates
Kay Regan
428 Eaton Road
Birmingham, AL 35242

COMING NEXT ISSUE...

GPA's 60th Anniversary is August 27, 2007 and the 60th Anniversary Committee is planning a year long celebration, both within GPA and the communities in which we reside. We will begin to unfold our plans in the Fall issue of the Georgia Psychologist. The theme for the Fall Georgia Psychologist will be “Birthdays and Anniversaries: Memories, meanings and rituals both personally and professionally.”

If you choose not to write an article, we would appreciate from the membership at large short write ups about your remembrances of GPA in the early days as well as parts of your own history as a psychologist that are were significant to you.

The deadline for the next issue is August 4, 2006. Articles are limited to 500 words. Please e-mail your article to Cyd Wise at cydwise@gapsychology.org.

If you do not receive an e-mail confirmation that your file attachment was received, call Cyd at (404) 634-6272 x-208 to follow-up. In keeping with budget constraints, the Editorial Committee makes a final selection of articles based on the magazine theme, interests of the membership, and consideration of our current page limit for the magazine.

William Doverspike, Ph.D.
Editor
CONTINUING EDUCATION WORKSHOPS

GPA Invited Workshops

CE-81106) August 11, 2006, 9:00 am-12:00 pm
Custody Considered: Introduction for Emerging Professionals
Presenters: Nancy McGarrah, Ph.D., Ann Hazzard, Ph.D., H. Elizabeth King, Ph.D., Peter Thomas, Ph.D., Carol Webb, Ph.D., and Susan Campbell, Ph.D.
Workshop Description:
For psychologists who enjoy constructing the puzzle pieces in assessment and would like to consider expanding their services into court-ordered custody and parenting evaluations, this introductory workshop is for you! A panel of well-respected custody evaluators will discuss the professional benefits of practice in this arena. A detailed case example will be provided, as well as suggestions for gaining requisite training in forensic evaluative work. Open to psychologists at any point in their career, this workshop is particularly designed for younger professionals. Participants may decide to obtain further in-depth training at a national interdisciplinary conference to be held Atlanta this October (Association of Family and Conciliatory Courts).

CE-91506) September 15, 2006, 9:00 am-12:00 pm
Conceptualism, Assessment and Treatment of Eating Disorders
Presenter: Lisa Lilenfield, Ph.D.
Workshop Description:
This workshop will begin with a brief overview and critique of the existing DSM-IV diagnostic categories, as well as a brief discussion of the phenomenology of the different eating disorders. A methodological and empirical review of the relationship between personality traits and eating disorders will then be presented. A summary of identified risk factors for eating disorders, as well as state-of-the-art standardized assessments used in the field of eating disorders will be discussed. Empirically supported treatments for eating disorders will be presented. Additional treatment approaches currently undergoing empirical study will also be discussed. This is both a research-oriented and clinically oriented workshop, guided by recent findings in the areas of etiology and treatment.

CE-92206) September 22, 9:00 am-12:00 pm
Psychopharmacology for Depression and Pregnancy: Risks versus Benefits
Presenter: Bethany B. Davis, MD
Dr. Bethany Davis is in private practice with Atlanta Psych Consultants, LLC, working with adults and specializing in reproductive psychiatry. In addition, Dr. Davis works part-time at Metro Atlanta Recovery Residences Women's Recovery Center.
Workshop Description:
Though the rate of depression during pregnancy is the same as in the general female population (6-12%), it significantly increases during the postpartum period (10-20%). The risk of postpartum depression jumps to a staggering 40% for women who have a history of depression. Women have traditionally been warned against taking any medication during pregnancy, including medicines for depression. Fortunately, in the recent years, there have been multiple studies that have shown no increased risk for teratogenic effects or perinatal complications in patients treated with SSRIs during pregnancy, versus the general population. Studies show that up to 68% of women who stop their antidepressants experience a relapse of depression during pregnancy, and most of these occur during the first trimester. Untreated depression during pregnancy has been linked to higher rates of premature delivery, low birth weight, and other delivery complications. Depression in the postpartum period has been associated with adverse cognitive and behavioral outcomes in children. The risks and benefits of treating a patient with a medication during pregnancy for depression should be carefully assessed and discussed with each individual patient, with the understanding that no decision is without risk.

CE-93006) September 30, 9:00 am-12:00 pm
Nonverbal Learning Disorder: Psychological Assessment & Differential Diagnosis
Presenter: Dr. Kevin Janer, Ph.D., Clinical Neuropsychologist
Dr. Kevin Janer received his doctorate degree in clinical psychology from Washington University in St. Louis. He completed a neuropsychology internship in the Department of Psychiatry at Brown University Medical School, followed by a postdoctoral residency in the Psychiatry and Neurology departments of The New York Hospital/Cornell Medical Center. Dr. Janer has held academic appointments at Cornell University Medical School in Manhattan and St. John’s University in Queens, New York. He has published peer-reviewed journal articles on the subjects of positron emission tomography (PET) and cognitive-neuropsychological performance in depression, Parkinson’s Disease, and post-neurosurgery patients. Dr. Janer’s clinical practice is focused on the assessment of developmental and learning disorders, treatment of neuropsychiatric disorders of executive functioning, and stroke and traumatic brain injury rehabilitation.
Workshop Description:
Nonverbal learning disorder (NLD) is a complex and often difficult to diagnose syndrome believed to be the result right cerebral hemispheric dysfunction which seriously affects the psychological adjustment of children and adults. In its purest form, it is comprised of a varying combination of motor skills and sensory/tactile deficits, problems with visuospatial processing, and deficient social-emotional-pragmatic abilities. However, it is not often easily detected through traditional psychological and psychoeducational batteries, and requires the clinician to have a broader understanding of both quantitative and qualitative
(process) neuropsychological methods of assessment. Its shared characteristics with Attention-Deficit/Hyperactivity Disorder (ADHD) and Asperger’s Syndrome further complicate differential diagnosis and educational/treatment considerations. This workshop will consist of visually guided didactic instruction highly supplemented with a variety of interesting case examples including examination of raw data and clinical histories.

CE-10606) October 6, 2006, 9:00 am-12:00 pm  
Cybersex Addiction  
Presenter: D. Charles Williams, Ph.D.  
Further Information TBA

CE-101306) October 13, 2006, 9:00 am-12:00 pm  
Consulting With Colleagues: Interactive Discussion of Common Ethical Dilemmas  
Presenter: William Doverspike, Ph.D.

William F. Doverspike is a former President of the Georgia Psychological Association (GPA) and a member of the Advisory Panel of the GPA Ethics Committee. He is the author of Ethical Risk Management (1999), a practical handbook that evolved out of his experiences as a member of the GPA Ethics Committee. Dr. Doverspike provides ethics consultations on a daily basis to a variety of mental health professionals including psychologists, counselors, and social workers.

Workshop Description: The program will consist of a sampling of some of the most common scenarios and questions encountered in ethics consultations. With an emphasis on applying ethical principles to clinical situations, the workshop will be based mostly on interactive case discussions of scenarios involving ethical questions. As an ethics consultant for several professional organizations, Dr. Doverspike will lead a discussion among participants to explore creative solutions to common ethical dilemmas.

CE-102006) October 20, 2006  
Research on Bullying, Violence and Aggression in Schools  
Presenter: Andy Horne, Ph.D.  
Further Information TBA

CE-102706) October 27, 2006, 9:00 am-12:00 pm  
Presenter: Anthony Marsella, Ph.D.  
Further Information TBA

Anthony J. Marsella is Professor Emeritus, Department of Psychology, University of Hawaii. Dr. Marsella has been the recipient of numerous awards including the APA award for the International Advancement of Psychology. His most recent book, Understanding Terrorism: Psychosocial Roots, Consequences, and Interventions, co-edited with Fathali Moghaddam, was selected as a title of the year by CHOICE (Current Reviews for Academic Libraries), American Library Association.

CE-111706) November 17, 2006  
Geriatric Psychopharmacology  
Presenter: Randy Tackett, Ph.D.  
Further information TBA

Registration

Please register by listing the number of the workshop you plan to attend, filling out the Registration Form below, and mailing or faxing it back to GPA. You may also register online at www.gapsychology.org. All workshops are to be held at the GPA Central Office unless otherwise noted. Note: All of these workshops produce revenue for GPA activities. The cost is $60 for members and $120 for non-members, unless otherwise noted. Student registration is $20 for members and $40 for non-members.

Mail (with your check) or fax this form (with credit card information) to:
Georgia Psychological Association, 1750 Century Circle, Suite 10, Atlanta, GA 30345, Fax 404-634-8230

GPA reserves the right to cancel any workshop due to emergency or insufficient registration. Registrants will be notified in advance. Please let us know if you have any special needs, or workshop requests. Refund Policy: A $10 administrative fee will be subtracted from your total should you cancel your registration.

The Georgia Psychological Association is approved by the American Psychological Association to offer continuing education for psychologists. The Georgia Psychological Association maintains responsibility for the program.

I will attend the following workshops (list workshop number):

Name: __________________________________________________________________________________________________
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CE-12106) December 1, 2006
Presenter: Stephen Behnke, Ph.D.
Further Information TBA

Dr. Stephen H. Behnke received his J.D. from Yale Law School and his Ph.D. in clinical psychology from the University of Michigan. In 1996, Dr. Behnke was made chief psychologist of the Day Hospital Unit at the Massachusetts Mental Health Center, a position he held until 1998, when he was named a faculty fellow in Harvard University’s program in Ethics and the Professions. After completing this fellowship Dr. Behnke directed a program in research integrity in the Division of Medical Ethics at Harvard Medical School. In November of 2000 Dr. Behnke assumed the position of Director of Ethics at the American Psychological Association.

Dr. Behnke’s research interests focus on issues at the convergence of law, ethics, and psychology. He has written on multiple personality disorder and the insanity defense, on issues involving competence and informed consent to treatment and research, and on forced treatment of the severely mentally ill.

CE-12806) December 8, 2006, 9:00 am-12:00 pm
Consulting With Colleagues: Interactive Discussion of Common Ethical Dilemmas
Presenter: William Doverspike, Ph.D.
(See October 12 for Workshop Details)

C.E. Review
Following is a new column for the Georgia Psychologist. The presenters listed below will be presenting additional workshops this fall. Questions? Ideas for a workshop? Contact Dr. Joanne Peeler, CE Chair, dr.j.peeler@mindspring.com

Understanding International Terrorism and Terrorists: Psychosocial Perspectives
Anthony Marsella, Ph.D.
September 16, 2005 (Dr. Marsella will be presenting another workshop on October 27, 2006).
“This speaker was a true expert – Thanks for bringing him. America needs this knowledge – lots more to talk about here! Do more of these community/world issues.”
“So much material and so little time. Very helpful AND interesting. There’s enough workshop material to cover 2-3 days.”

Consulting with Colleagues: Interactive Discussion of Common Ethical Dilemmas
William Doverspike, Ph.D.
December 2, 2005
“Excellent incorporation of humor within the context of a serious, professional presentation.”
“I liked the conversational, interactive format.”
“Case discussions are a great benefit!”

The “3 D’s” + 1: Depression, Dementia, Delirium and...Decision-Making?
Cecelia Kimble, Ph.D.
May 27, 2006 (Dr. Kimble will be presenting a series of workshops on aging. Further information TBA).
“Enjoyed it immensely. Not only interesting but enlightening, as well.”
OFFICE SPACE

Emory Area
Office Space available for Friday, Weekends, Evenings. Great location, very close to Emory. Free parking. Call 404-892-1776.

Northlake/Decatur

Alpharetta
New Office for rent in great Alpharetta location with other established mental health providers. Very nice, adjacent to Wills Park, quarter mile north of North Fulton Hospital off Hwy 9. Rent includes; waiting area, fax, copier, phone, voicemail, internet access, and kitchenette. Great opportunity for referrals, supportive environment for private practice. Call Carol 770 240-8363 or Lisa 770 240-8364.

Suwanee/Alpharetta
Congenial group of four established psychologists forming group and seeking additional colleague(s) for fall, 2006. Interested parties, call Lorna Benbenisty, Ph.D., 770-821-4100.

Duluth/Gwinnett Mall Area
Unique opportunity for referrals! Immediate opening to share office space 1-2 days a week with opportunity for full-time office space starting December. Great way to build practice! A group since 1990, our thriving practice is located in Duluth. Please contact Steven Weinstein, Ph.D. or Julie Friedman, Ph.D. at 770-923-4100.

PRACTICE OPPORTUNITIES

Part- or Full-Time licensed psychologist needed for small, well-established practice with one psychologist and two psychiatrists in a southern suburb of Atlanta. Primary responsibilities include evaluation and therapy with children and adolescents, as well as school consultation. Referrals, furnished office, consultation, and billing provided. Great opportunity to learn about private practice and/or establish a practice in a rapidly growing area.

Atlanta Psych Consultants, LLC is looking to add psychologists, PT or FT. All specialties considered. APC is a collegial, multidisciplinary group practice with full service amenities near Northside Hospital. Opportunities for joint marketing and shared referrals. Contact Joni Prince, Ph.D., at (404) 847-9560.

Psychologists Needed: One full-time (40 hrs) and one part-time (20 hrs) Licensed Clinical Psychologist needed in College Park, Ga. Must be licensed in the State of Georgia. Must be able to conduct individual, family, and group therapy and conduct psychological assessments. Must have experience working with children and adolescents. Experience with African American population required. Salaried positions with a benefit package. E-mail resumes to Touchstone1897@aol.com or fax to (770) 996-5469.

Psychiatrist and Psychologist in Gainesville: Looking for a licensed psychologist to join private practice. Great opportunity for someone to build a practice quickly. Fax CV to 770-718-5531.

WORKSHOPS/CONFERENCES

The Society for the Integration of Spirituality and Psychotherapy is sponsoring a workshop by Barbara Findeison, MFT. The workshop is entitled Psychological and Spiritual Dimensions of Birth Psychology and will be held on Friday evening, September 29, and all day Saturday, October 30. Contact Dayle Hosack at 404-818-6535 for more information.

The Atlanta Group Psychotherapy Society will be presenting its 38th Biennial Conference on Group Leadership October 13 – 15 at the Unicoi Lodge and Conference Center. Featured speaker will be Dr. Erv Polster. CEU credits will be available as well as student scholarships. To register please contact Dr. Lisa Mahon at 404-256-3889 or visit: www.atlantagps.org.


SUPERVISION/TRAINING/CONSULTATION

Women’s Supervision & Consultation Group. Dates: Monthly. Time: Thursday from 9:30 am-11:30 am. Place: Atlanta Psychotherapy Associates, Suite 500, 2801 Buford Highway, Atlanta, Georgia. Ph: 404-633-2475. Cost: $45.00 per session. Leader: Sherry McHenry, Ph.D. Focus: This ongoing supervision and consultation group addresses individual, couple family, and group treatment issues from object relations and systemic theoretical and treatment perspectives. Issues of transference, countertransference, projective identification, and other aspects of the use of the self in the therapeutic relationship are stressed. An emphasis is also placed on the treatment of those clients and patients whose identity issues involve numerous ego deficits, especially the Borderline and other Personality Disorders.

VACATION RENTAL

Lovely villa at St. Simon’s Island for rent: 2 BR/2BA in a quiet location. Photos and availability calendar at www.vrbo.com Property #42867. Psychologists may discount advertised rates by $50 E-mail docgresh@aol.com or call 404-320-6510 to get more information or to reserve.
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Publication Deadlines & Rate Card

Publication Deadline Mailed
November 17 (Winter issue) ................................................................. 1st Week of January
February 22 (Spring issue) ................................................................. 1st Week of April
June 1 (Summer issue) ................................................................. 1st Week of July
September 1 (Fall issue) ................................................................. 1st Week of October

Circulation — 2,000

ADVERTISING RATES

The Georgia Psychologist, the official publication of the Georgia Psychological Association, is published quarterly with a circulation of approximately 2,000. Please note: all ads must be submitted in black and white; Camera ready art in PMT or Velox form; halftones must be 133 line screen; no bleeds accepted. If any inhouse art production is needed, client will be billed accordingly. If your ad has been designed electronically, please submit all associated files by e-mail or disk along with a hard copy. Ad ready art dimensions: Full page 7 (w) x 9 1/2 (h); 1/2 page, 4 3/4 h x 7 w (horizontal); 1/2 page, 9 1/2 h x 3 3/8 w (vertical); 1/4 page, 3 3/8 w x 4 3/4 (h). Mail to Cyd Preston, Advertising, Georgia Psychological Association, 1750 Century Circle, Suite 10, Atlanta, Georgia 30345. E-mail cydwise@gapsychology.org.

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| Members: (50 words) | $50.00 | Non-members: (50 words) | 75.00 |

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| Inside Cover – Full page: | $525.00 one-time / $425.00 multiple issue |

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Children’s Legal Issues: Nancy A. McGarrah, Ph.D.
Insurance & Managed Care: Andrew Gothard, Psy.D.
Licensing Board Issues: Barbara Calhoon, Ph.D.
Prescriptive Authority: Andrea L. Fleming, Ph.D.
Scope Of Practice Issues: William L. Buchanan, Ph.D.
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It's Re-Licensure Time: 
December 31, 2006

For those of you needing Ethics, Psychopharmacology or extra CE credits, we will be adding workshops up to the end of the year. Visit www.gapsychology.org and click on CE/Conferences for the latest GPA workshops. Also, if you want us to present on a particular topic - just ask! Contact Samanatha Scott at samantha@gapsychology.org