President’s Message
Charles Elliot, Ph.D., NMPA President

COVID-19: Time for a Few Deep Breaths

No doubt we are facing one of the most challenging events in our lives. COVID-19—a formidable enemy with the capacity to kill millions of people—particularly those over 70 years of age, though younger lives are at peril as well. The public at large is understandably terrified about a long list of concerns such as finances, retirement, and potential loss of friends and/or family. Many wonder when, if ever, life will return to normal.

Psychologists must deal with the risks of serious illness or death just as their patients do. We focus on rapid shifts in therapy practice from offices to telehealth strategies with new, challenging procedures. In addition, the virus has heightened concerns of whether we’re managing to deliver the same quality of care as we did with tried and true office-based therapy.

For example, how will we treat patients with obsessive compulsive disorder? Even if Exposure and Response Prevention therapy could be delivered via the phone, it couldn’t possibly be used during these times. Uncertainty also exists around new practice forms,

(Continued on page 5)

Saturday Seminars
Thomas K. Sims, Ph.D., Educational Forums Committee Chair

Please check the NMPA website frequently for updates on event postponements or cancellations

On Saturday, April 4, Measuring treatment progress and outcomes: Data driven approaches will be a four-hour program that continues the discussion started at last September’s NMPA conference that encouraged building on science, data, and evidence in our work. The April 4th program will begin with a brief review of research on how using progress and outcome measures improves psychological treatment effectiveness. The heart of the program will feature seven NMPA colleagues discussing their experiences using these measures, and the lessons learned. Opportunities for audience discussion and questions will be emphasized. As an added feature, the program will be offered on Webinar so
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Upcoming Live CE Opportunities

April 4, 2020 (4 CE)
Measuring treatment progress and outcomes: Data driven approaches *(POSTPONED)*

May 2, 2020 (up to 5 cultural diversity CE)
Cultural Diversity Workshops *(Postponed)*

May 15, 2020 (6 ethics CE)
Insurance Trust Ethics Workshop
Legislative Update

Krishna Chari, Ph.D. — Legislative Committee Chair

The 54th legislature finished its short session this February. Although the main purpose of this session is approval of the state budget, the governor can also authorize consideration of statutory legislation; 88 bills were passed. Several bills were followed by the NMPA Legislative Committee and our NMPA Lobbyist, Linda Siegle.

The two most high-profile bills we followed were the Cannabis Regulation Act (SB115) and the Extreme Risk Fire Arms Order (SB5). SB115 was tabled; it may re-emerge in the future, and we will continue to monitor its progress. SB5, also known as the Red Flag Law, was passed and has gone to the governor’s desk and been signed. The bill provides a method to petition for a court order to prevent the possession or buying of a firearm or ammunition if an individual is a risk to others or themselves. SB5 went through many changes in the senate that reduced its initial scope before being passed. The NMPA legislative committee has followed the transformation of the bill. We specifically ensured it is consistent with the Mental Health Act, and hope it will reduce gun violence deaths in our state.

NMPA opposed one bill this session, the Behavioral Health Licensure Study (HB56). This bill proposed appropriating money to review the boards of all behavioral health related professions including psychologists, social workers, counseling, and occupational therapists. In NMPA’s assessment, this bill would likely result in an attempt to consolidate all boards into one, and potentially eliminate important basic credentials for the practice of psychology in New Mexico. The bill was tabled. NMPA will continue to monitor it in the event it is revived in future sessions.

With the conclusion of the 54th legislature, the NMPA Legislative Committee will set our sights on next year. We will be working with our board and members to identify legislative priorities for the practice of psychology in the state, with some focus likely on gross receipts and equitable provider tax credits.

Many thanks to our legislative board committee for their time and energy this session: Taryn Goff, Tom Sims, Deborah Okon, Ricardo Gonzales, Dan Matthews, and Tara Noecker.

Welcome New NMPA Members!

Full Member
Kathleen Feil, Ph.D.
Thomas Lawry, Ph.D.
Susan Carswell, Psy.D.

Early Career
Destiny Waggoner, Ph.D.

Member in Training
Kathryn Hom, Ph.D.
Alexander Kuhl, Psy.D.
Royleen Ross, Ph.D.
Ann Branscum, Ed.S.

New Member Checklist:

♦ Make sure you opt in (or out) of the Find-a-Psychologist page of the NMPA website.
♦ Use the listserv to reach out to colleagues—those who might be helpful to you, those for whom you might be helpful, and those you are just plain curious about. We are a friendly bunch.
♦ Consider submitting an article to our newsletter. If you have news, expertise, or evidence-based opinions, we want to hear from you. (Email Kevin at nmpaoffice@gmail.com)
♦ Sign up for continuing education programs. They are top-notch, low-fee, and good networking.
Early Career Psychologists Update

Kristina Dumas Ph.D., Early Career Psychologist Committee Chair

We’ve had some changes to the ECP Committee. Dr. Melissa Falkenstern stepped down as the ECP Chair. We thank Melissa for her leadership and the fantastic job she did coordinating ECP-related meetings, events, and consultation groups. I am the new Chair. I am a clinical neuropsychologist in private practice.

The ECP Committee is planning exciting events for the upcoming months. We are currently scheduling a Movie Night, when we will view a movie in a theater and then have a discussion about psychology-related topics in the movie.

We also are working on organizing an NMPA Team for the National Alliance on Mental Illness (NAMI) Walk that is taking place in Albuquerque on May 2nd, 2020. Stay tuned for details!

As it gets warmer outside, we are hoping to put together various wellness-related events, including Tasty Tuesdays—the same event that we did in 2019.

Finally, we continue to offer our ongoing peer-consultation group that is open to all independently licensed ECPs.

We are looking forward a fun and productive 2020!

Graduate Student Committee Update

Tara Noecker, Ph.D., Graduate Student Committee Chair

The ECP Committee and the Graduate Student Committee jointly hosted a panel event for students and early career psychologists on February 7th. This event is always a fun evening in a laid-back atmosphere with great food. As in past years, Ken Gilman graciously provided the Albuquerque venue at his beautiful new home. Thank you Ken! In addition, graduate students from NMSU and early career psychologists were able to join the event remotely and NMPA also provided food at this second location in Las Cruces. Thank you to our new NMPA board member, Tracie Hitter, and graduate student representative, Blanca Jaure, for organizing the NMSU location and food. The panel of seasoned and early career psychologists answered questions on a variety of topics including starting a practice, weighing the benefits of various jobs, negotiating salary, consulting, and many practical and useful tips provided by the wise panel of Deborah Okon, Laura Lundy, Fritz Schoepflin, Melissa Falkenstern, and Diny Capland. Each time we have this event, I learn something new and useful to help in my own work! All who were present greatly appreciated the time and hard-earned knowledge of each panel member. A special thank you to Fritz and Melissa for helping to organize the event and to Jamie Smith and Isabel Solis, our graduate student representatives, for their time and assistance! Thanks to all who attended and contributed to this fun and informative evening!

(Continued on page 8)
whether reimbursement for our services can be counted upon, and whether our own anxieties and fears will prove problematic.

Compounding the issue further is the fact that most of your coping strategies may not work as well as usual or be as easy to access. You certainly can’t go to the gym for now; much of your typical sources of entertainment remain out of reach. Social events are, at the very least, more difficult to arrange.

I suggest we all take a few collective, deep breaths. Slow down. Pull back and process. We don’t need to solve all these things instantly. And let’s try to catch ourselves when we catastrophize. Of course, now I’ve drifted into talking to myself. As president of NMPA, I feel strong urges to solve something, do something, whatever! And, my mind has always been pretty good at catastrophizing. Others may experience similar intensity. The bottom line is that I think we all need to pull back a bit. Recognize that impulses usually need a little shelf time before, if ever, acting on them.

I have just a few additional thoughts (for me and all of us). Take some more deep breaths; consider meditation— increase your meditation practice if you’re already a convert. Stay in touch on the listserv—it’s one of the most useful benefits NMPA has for its members. Remarkable support and creativity have amazed me lately. Connect with family, relatives, and friends within reasonable health guidelines of the day. Seek information, but don’t overdo it. I’ve always found it hard, but useful to listen to my own advice that I had given to patients. Watch the news, but make sure it’s fact based. Finally, if you have an issue you want NMPA to act on, please fill out an NMPA advocacy request form. The EC will no doubt pause and ponder, but then see if, collectively, we can do something. We’re all in this together. Stay safe.

January of 1972 I got my bachelor’s degree, I’m in cold wintry Syracuse, awaiting responses from grad schools, and I needed to “pay the rent” until I’d move somewhere that summer. I was fortunate to get a “Staff Development Specialist I” position in Syracuse with the Regional Education Center of the New York State Department of...Mental Hygiene. All for loose associations, I remember thinking, “Dental hygiene is to mental hygiene as dental floss is to mental floss.” We, a staff of about a dozen primarily licensed psychologists and social workers, never called ourselves “Mental Hygienists,” but our mandate was to develop training programs for staff at the various state mental hospitals and institutions for the “mentally retarded.” I use quotes because these were the terms used then, nearly a half-century ago.

And terms do change. I recall counting 365 diagnoses and subtypes in the 1972 DSM II, one for every day of the year. One label, eliminated between DSM II (1968) and DSM III (1980), was “Normal.” That’s right. We can now celebrate the 40th anniversary of the departure of normalcy! Speaking of crazy, here’s another: Number of diagnoses in 1952 DSM-I was 128, in 2013 DSM-5, 541.

Has anyone reported this virus to the Center for Disease Control? If we keep this 61-year pace up, about the time DSM 10 rolls off the presses in 2074, we should be looking at nearly 2,300 diagnoses. Lots of labels—few solutions. In my last column, I quoted Tom Insel’s claim: “I spent 13 years at NIMH... at fairly large costs—$20 billion—I don’t think we moved the needle in reducing suicide, reducing hospitalizations, [or] improving recovery for the tens of millions of people who have mental illness...."
that psychologists can participate from a distance. Audience participants will also re-
ceive a handout with an extensive list of outcome measures currently used in the field. 
Our hope is that this program will stimulate future workshops to develop our skill in 
using outcome measures. (THIS EVENT HAS BEEN POSTPONED)

On Saturday, May 2, NMPA’s annual Cultural Diversity Workshops will be offered. We 
have two programs planned. (THIS EVENT HAS BEEN POSTPONED)

⇒ Working with Engineers, Scientists, and Other Labbies: Cultural Stereotypes, 
Facts, and Perspectives on Providing Psychological Services to Employees of San-
dia National Labs and Los Alamos National Labs. This three-hour workshop will 
be presented by Alicia Justus, Ph.D., Los Alamos National Laboratories; Ben Klein, 
Ph.D., Sandia National Laboratories and Kristina Rynes, Ph.D., Private Practice and Contractor with Sandia National 
Laboratories.

⇒ Many of us have worked with “labbies” and their families and have probably entertained some myths and 
stereotypes about them. This program will be “myth buster”.

⇒ Cultural issues in childhood Trauma: Addressing the impact of stress, racism and bias for Black youth. We are all 
aware of the growing problems associated with childhood trauma. Reviewing it from a cultural perspective is nec-
essary for effective interventions. This two-hour workshop will be presented by Rebecca Ezechukwu, Ph.D. of the 
ACTION Child Trauma Clinic—University of New Mexico HSC and the NM Black Mental Health Coalition.

Additional News:
♦ We are very pleased that two presenters this spring, Dr. Ezechukwu and Dr. Rynes, are NMPA Early Career Psy-
chologists. We hope to have more educational contributions from our ECP members in the future.
♦ We have a request to offer some Friday Forums (as opposed to Saturday programs) in the future. Please let me 
know if you agree, and if you might be willing to be a presenter.
♦ The New Mexico Senate recently passed a “Red Flag law” bill. Several amendments to the original bill were made 
that match ideas we discussed with the bill sponsor during last April’s Saturday Seminar. I would like to think that 
we made a difference.

Share your knowledge. It is a way to achieve immortality.  
Dalai Lama
Now here’s one yet to make it into DSM: Apotemnophilia, later called “Body Integrity Identity Disorder (BIID)” and now Body Integrity Dysphoria (BID) is when a person has the overwhelming desire to have one or more healthy body parts, especially limbs, amputated. Some even want to sever the spinal cord to become paralyzed. One study in 2012 ([https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3326051/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3326051/)) reported there is a “mismatch between the mental body image and the physical body...Based on the subjects’ reports we found that BIID has an onset in early childhood. The main rationale given for their desire for body modification is to feel complete or to feel satisfied inside.” The study’s results stated: “Subjects that underwent amputation score significantly lower on a disability scale than BIID subjects who did not undergo body modification, suggesting that surgery does offer benefits to subjects.” It concluded, “Amputation of the healthy body part appears to result in remission of BIID and an impressive improvement of quality of life.”

So I went to that font of human knowledge. Wikipedia: “As of 2014 it remained unclear whether BID is a form of human diversity or a mental disorder, similar to the development of the concept of gender dysphoria. There was debate about including it in the DSM-5 and it was not included; it was also not included in the ICD-10. It has been included in the ICD-11 ... in June 2018, as ‘Body Integrity Dysphoria’ with code 6C21. The ethics of surgically amputating the undesired limb of a person with BID are difficult and controversial.”

This is a lot to absorb: 541 diagnoses in DSM-5, people “with” BID want a healthy body part surgically removed, and some research shows “an impressive improvement of quality of life.” But it’s unclear whether it’s “a form of human diversity or a mental disorder.”

Society and our profession allow us to diagnose: The 541 Keepers. Mother Nature, possibly now better framed as “Parent Nature,” becomes alterable medicinally and surgically. We are also sanctioned to “treat,” vying for preferred “outcomes,” like “improvement of quality of life.” I recall articulating the basic emotions, all nearly rhyming: Mad, Glad, Sad, and Scared. Then some academic wiseass threw in “Revulsion.” I’d guess over 90% of clients seeking therapy wish to address depression (sad-mad-glad) and/or anxiety (scared-mad). All seek greater peace. Except for the few of us with prescription privileges, our armamentarium does not include medicine or surgery.

Nearly a half-century from the Department of “Mental Hygiene,” the subsequent explosion of diagnostic labels, the seeming arbitrary nature of “human diversity” and “quality of life,” and the means of its attainment, maybe the peace I’ve tried to nurture in others will be better served in ways other than as psychologist. Big Pharma may crush it, but I’m working on mental-floss-for-all.
Sound Bites
(Bits about your colleagues’ doings)

From Marie Weil

* I finally got "in" with the local paper. I am a contributing author for a column called Wishing You Well, a weekly community wellness message facilitated by the NM Department of Health’s (NM DOH) Southwest Region Health Promotion Team. My first contribution is titled, Quality of Life and Recovery in Grant County, highlighting our need for collaborative work to impact the suicide and drug overdose death rates with an emphasis on breaking down stigma related to mental health and substance abuse.


* Self-Care: Meditation and Wellness practice available online, before you sleep, and on your smartphone:
  - Tara Brach, Ph.D.: [https://www.tarabrach.com/](https://www.tarabrach.com/)
  - Greater Good Science Center at Berkeley: [https://gsc.berkeley.edu/](https://gsc.berkeley.edu/)

* Subtleties and Analysis: Dr. Cristalis Capielo Rosario, assistant professor in Counseling and Counseling Psychology at the ASU College of Integrative Sciences and Arts talks about the messages in the Superbowl halftime show in this interview: [https://azpbs.org/horizonte/2020/02/super-bowl-half-time-show/](https://azpbs.org/horizonte/2020/02/super-bowl-half-time-show/)

[If you have news or reviews to share in our next newsletter, send them to blwolfe@swcp.com.]

Graduate Student Committee Update — cont’d

(Continued from page 4)

The Graduate Student Committee is planning to release information on the poster session for the Fall Conference very soon, so be on the lookout for that info! It will be sent through the listserv and posted on the graduate student webpage. Students in training and early career psychologists are eligible to submit! Presenting at the Fall Conference is a great way to enhance your CV and to build your presentation skills in a welcoming, local environment, so please consider submitting!

The Graduate Student Committee will also be recruiting a new graduate student representative. Our former representative, Dr. Melissa Pielech, has graduated from UNM with her PhD and is on an amazing post-doc at Brown!! Good luck Melissa!! During our annual UNM and NMSU on-campus events we hope to meet candidates interested in becoming graduate representatives! As usual, these events will be announced through the listserv and posted on the graduate student webpage.

Wishing you an excellent spring!
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² Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.
To submit a classified ad, send your copy to executive director Kevin Kinzie at nmpaoffice@gmail.com

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You may not know ...

NMPPA has a Facebook page where we share news of our activities as well as those of other organizations relevant to our membership.

We have been slowly increasing our Facebook presence over the past year or two so if you are a Facebook user, please ‘Like’ us!

If you have suggestions about how we can make stronger use of our page, or want to get involved in making that happen, contact our executive director Kevin Kinzie and he will connect you with our public education committee.