

CAPA Commentary

The Newsletter of the Capital Area Psychological Association

President's Column



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Dear Fellow CAPA members:

I have been reading “Bad Feminist”, a collection of essays by Roxanne Gay. Ms. Gay writes about the messiness she observes in the world, in her own life, thoughts and beliefs. Her plainspoken candor is refreshing and inspiring. She leaves me feeling like I have permission to speak my truth “warts and all” -- even when I haven’t quite worked out all the bugs and inconsistencies. I commend you to read her stories.

We are coming up to a vote on changes in CAPA: Specifically, a change in the ByLaws regarding “Life Membership”. On the ballot you will receive the proposed changes that are specified for your consideration. Once more I am writing to ask that you vote for changes to our membership fee structure. These changes are intended to place CAPA on a sound financial footing for years to come. I am concerned that I may not have effectively explained why we are proposing these changes and why they are necessary. Maybe I am simply not the kind of leader who is great at motivating folks, but I sure hope that you will choose growth. Membership fees have not been raised in over fifteen years. Meanwhile our costs have increased. Rather than reiterate my previous screeds I ask that you re-read the newsletters from last spring, especially the May 2018 edition.

You can’t vote twice. If you vote at the meeting, remember to NOT also submit an electronic ballot. This is not Chicago style politics!

This is a critical year once again for psychology in Texas. The TSBEP is up for Sunset Review in 2019. Once again I am exhorting you to take a morning or day off here and there to attend meetings with legislators at the Capitol (and TPA Legislative Days, once the session gets going again next year). I recognize that that taking time off to show up is difficult and costly. You might think, “I just have a few years of work left before I retire after all, so why should I bother to fight for our profession?” When I speak to legislative staffers I wonder whether we baited our hooks with the effective arguments. There are always forces at play behind the scenes that can make our arguments weak or irrelevant. Yet what seems most important is showing up. Even when you don’t want to be in the first row as the voice of Texas psychology, just having more of us has an important effect.

This fall I will be talking to UT psychology grad students in September about the importance of activism and belonging to one's local area society as well as our state organization. If you want to come along let me know. We need to motivate new psychologists to keep our profession thriving.

Finally, if you have bits of history about CAPA please send these to Dr. Tom Lowry at tlowry@mac.com. He has submitted an essay for this September CAPA newsletter about "The Formation of CAPA". He intends to contribute more in the next months. With every passing day information gets lost in the sands of time. A big thank you to Tom for his efforts to keep our history alive.

One last thing – our colleague and my friend and mentor, Dr. Robert Setty is in rehab at Brookdale Westlake Hills 1034 Liberty Park Dr., Austin, TX 78746 and he'll be there a couple weeks. I am looking forward to having him back at the office. Telephone calls are welcome as well. (512) 335-4363.

See you September 14th at our next meeting. Parking is free and the traffic is not as bad as people make it out to be. The food is good and our speaker, Kirby Reutter, Ph.D., will provide us with valuable information related to working with victims who have experienced significant trauma.

John Godfrey, CAPA President



CAPA FALL KICKOFF
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Join us for a night of conversation and networking!

Hosted by Fran and David Douglas
6404 Oasis Drive
Austin, TX 78749

Wine, beer, and finger foods will be served
.....
Lost? Call 512-934-7388.

RSVP at www.austinpsychologists.net

The Formation of the Capital Area Psychological Association
By Thomas W. Lowry, PhD, ABPP
With contributions from Drs. Roger Hall and Charles McDonald

My recollections are flattened and sharpened by 48 years' time and incomplete memory, so I will share my version of the early days.

I will begin with the origins.

Dr. Ira Iscoe, TX representative to APA Council and my boss at the UT Counseling Center, came back from a 1970 meeting in New York to tell me that some eastern cities had local psychology organizations, and that we should form one. He was an innovator and never content with not being on the cutting edge of professional psychology.

I discussed this idea with colleagues Roger Hall and Shirley Skaggs and decided to have an organizational meeting at her house. I brought wine and a scratch pad, Shirley provided lemonade and crackers, and the three of us, along with Drs. Oliver Bown and Charles McDonald, met and decided to form an organization to be called the Capital Area Psychological Association or CAPA, rather than the Austin Psychological Association, so as not to confuse it with APA.

We also had grand ideas about it including members from other Central Texas areas. We were an excited and dedicated group of young professionals committed to establishing an organization to support the emerging profession of psychology in Austin. I believe we were the first Texas local area society. Shirley was elected President, I Vice President, Roger Treasurer, and Charles Secretary. I opted out of the presidency out of my belief that we might be heading off a cliff, and I did not want to be accused of driving the vehicle. This is the first time I have confessed that. Clearly my fears were unfounded.

We mailed invitations to UT faculty and PhD agency psychologists to a second meeting at Shirley's home. I think 8 showed up, and we assigned committee chairs and asked APA to send us model bylaws. We set dues at \$5 a year to pay for postage and required the PhD for membership. For the next year we met semimonthly at various locations, and invited speakers to present their interests. I recall meeting several times at the Nighthawk steak house on Guadalupe, usually with about 8 to 12 in attendance, mostly psychologists from Austin State Hospital and State School, staff psychologists from the UT Counseling Center and a few faculty members from the UT Ed Psych Dept.

The bylaws of CAPA were developed by a committee chaired by Bill Walker who was then the Superintendent of Austin State School. Dr. McDonald was the president at that time. Things did not always run smoothly. One time we could not find anyone willing to run for President. The current President Roger Hall finally persuaded a new member, Dr. Linda MacNeilage, to run. The newly formed Ethics Committee faced a challenge with one of our CAPA members. Following APA guidelines, they confronted this member, who promptly threatened to sue them. The next step was to inform the State Board of Psychologists, which eventually removed the offender's license. So, we survived an ethical baptism by fire, and became a more serious group of professionals as a result.

The meetings were moved to the UT Faculty Center as attendance had grown close to 20. Participation was large enough for the organization to set up several working committees and have regular monthly meetings. The bylaws also extended associate membership to master's level psychological associates and psych graduate students.

From its inception CAPA did a lot of good for psychology and Austin psychologists through collegial support, seminars, and public education efforts as well as furthering community psychology. It was an exciting time in building the psychology community with a bunch of committed and interesting colleagues. And we had fun doing it!

CAPA September Meeting



The Journey from Mars: Stabilizing the Traumatized Brain

Presenter: Kirby Reutter, PhD

September 14, 2018

12:00 PM - 1:30 PM

1.5 Hours of Professional Development Available

In this workshop, we will review 5 basic themes of brain development, as well as 5 simple steps to quickly stabilize a traumatized brain. "Sofia," a survivor of human trafficking, will be used as our case study. By the end of this workshop, you will accomplish the following objectives:

1. Identify the 5 basic themes and 4 basic stages of brain development.
2. Conceptualize traumatized brain development as a very predictable sine wave.
3. Apply basic de-escalation techniques to quickly stabilize a traumatized brain.

Bio

Dr. Reutter is a bilingual psychologist licensed in both Ohio and Texas. Dr. Reutter specializes in treating trauma survivors, working with Spanish-speakers, and providing evaluations for adoptive couples. Dr. Reutter has presented original research on spiritual coping at MIT; has provided 2 trainings for the US Marines; has spoken 4 times at the international conference on human trafficking in Toledo, Ohio; and most recently, conducted a TEDx talk on the effects of human trafficking at Purdue. In addition to 8 previous publications, Dr. Reutter has just completed a self-help trauma workbook, which is slated to be published by New Harbinger in 2019.

\$20/Member or \$10/student

Meeting Location and Parking:

The meeting will take place at the AT&T Hotel and Conference Center (1900 University Avenue, Austin, TX 78705). The CAPA meeting room will be on the second floor overlooking the restaurant and is glassed in. Go through the restaurant and take a right to the stairs to the second floor, to Meeting Rooms 1 and 2 or go to the end of the buffet line and then take the elevator to the second floor and the meeting room is right there. You can also access the new meeting rooms 1 and 2 via the "grand stairway" to the second floor and going past the length of the restaurant on the floor below.

There is a parking garage in the hotel, or you can use metered street parking if you prefer.

Cancellations: Cancellations must be received no later than 3 business days prior to the event in order for a refund to be processed. Cancellations received after that time will have a refund processed.



Capital Area Psychological Association Presents:

Crossing the Military Border: Working with Implicit Affective and Relational Adaptations

Presented by: Scott Steiner, PhD

Friday, October 12, 2018 from 2:00 PM – 5:00 PM

UT Thompson Conference Center, Room 2.102

2405 Robert Dedman Drive, Austin, TX 78712

3.0 Cultural Diversity Professional Development Hours Will be Offered

Workshop Summary: Indoctrination into military culture and values represents a time of stark transition from more conventional American values. This transition powerfully shapes service members' internal experience as well as the ways they relate to the people in their lives. With increasing immersion within military culture, these changes move from explicit to implicit memory systems largely outside conscious awareness. Fundamentally, these shifts promote a profound denial of common emotional and survival responses and an adaptation to a heightened need for dominance and submission in interpersonal relations. In this seminar we will unpack these intrapsychic and interpersonal adaptations and take note of the common ways they aid and yet complicate veterans' transition back to civilian life. This will include an exploration of systemic impacts within veterans' families which affect the mental health of both veterans and other family members over time. Finally, we will discuss interventions designed to allow for constructive adaptations and the reining in of destructive emotions and behaviors. These interventions can lead to a healthier and more balanced relationship between self and others.

Learning Objectives:

1. Articulate at least 3 common "heavy braking" relationships soldiers have with their natural "accelerator" emotions/survival responses
2. Describe at least 3 common defensive patterns utilized by veterans to distract from their internal experience.
3. Identify the 3 relational patterns commonly arising from military experience
4. Describe psychoeducational and psychotherapeutic strategies to promote change in veterans' intrapsychic and interpersonal relationships.

About the Speaker:



Scott Steiner, PhD is a clinical psychologist who graduated from the University of Texas in 2002 with a special focus on the study and prevention of alcohol and drug use and other risk-taking behavior. He has worked for the Austin VA treating complex co-occurring substance use and mental health disorders for almost 15 years. In his practice he blends attachment, mindfulness, psychodynamic, somatic, systemic and cognitive-behavioral treatment approaches. He has been teaching and training practicum students, interns, and licensed professionals in areas including military culture, addictions, co-occurring substance and mental health disorders, complex trauma and dissociative disorders, as well as somatic, attachment and short-term psychodynamic treatment approaches.

Registration Form: 2018 Fall Conference

Registration Rates:

2018 CAPA Members: \$80

Non-Members: \$95

Students: \$30

Two (2) 2016 CAPA Members: \$160

Two (2) Non-Members: \$190

Two (2) Students: \$60

On-site Registration (As space permits):

2018 CAPA Member: \$90

Non-Members: \$105

Map to Conference Location: The conference will be held at the UT Thompson Conference Center, Room 2.102. Thompson Conference Center is located at 2405 Robert Dedman Drive, Austin, TX 78712



Cancellations: Cancellation requests received by **October 1, 2018** will be granted a full refund. Cancellations received after that date will not be refunded.

How to Register: Space is limited and will be reserved on a first come, first served basis, so register early online by V/MC at www.austinpsychologists.net or by completing the form below and mailing it along with the registration fee to: CAPA, PO Box 1448, Cedar Park, TX 78630 (Checks may be made payable to CAPA) You may also fax your information below to (800) 784-9034

Contact: Should you have questions, please call the CAPA line at 512-451-4983 or by email at admin@austinpsychologists.net.

You will be emailed confirmation of your registration, with the email address you provide.

YES! I'd like to attend the workshop on October 12, 2018. Please reserve my space.

Yes, I am a 2018 CAPA member

No, I am not a 2018 CAPA member

Name: _____ Degree: _____

Address: _____ City/St/Zip _____

Phone Number: _____ Email: _____

Visa/MC _____

Expiration Date: _____ Security Code (last 3 digits on signature panel of card) _____

Billing Address (if different from address noted above): _____

Capital Area Psychological Association Classifieds

Private window offices with tastefully furnished shared reception area, available immediately'

7701 N. Lamar Blvd (SE corner of Hwy 183 and N. Lamar)
 Contact: Kathy Graham
Kathy@austinpartners.net
 Cell: 512-297-6637
 Price: \$600 to \$700/mo. Includes ALL BILLS (except internet)
 Ample FREE parking

Office Support Staff

My office assistant needs more hours than I have available so is looking for additional employment work in a behavioral health (or similar) practice. She is a gem! She knows insurance! Familiar with EMT programs, account receivables, invoicing, reconciliations, collections, deposits, referrals and my patients adore her. If you need front or back office support, look no farther. Please respond to robin@drrobinshaw.com or 512-289-4646 for more information. Thank you!

Two rooms for rent in 2-story garden office building on Spicewood Springs Rd.

Offices surround an open-air interior courtyard that is beautifully landscaped with trees, a goldfish pond, and benches. Plenty of natural light, as every room has windows. Direct access to suite. Large rooms are big enough for a desk/work area for you and ample room for seating for your clients.

Room A is 14'x12', \$925/mo
 Room B is 15'x14', \$1150/mo

One-year lease required. Rent includes utilities, Wi-Fi, paper goods, etc. Read more and see pictures: <https://www.theenergysynergist.com/offices-for-lease>.

Contact Heather Rider at heather@theenergysynergist.com

Downtown Sublease (1619 West 6th Street)

Downtown, fully furnished, private office available for sublease off West 6th Street. Plenty of parking for clients and reserved space for tenant use. Space includes a private waiting area and outer office, in addition to spacious light-filled office and shared restroom. Sublease for August 15th or September 1st (move in date can be flexible). Other health professionals in the building (chiropractor, dietitian, and therapist). Available Monday through Saturday, option to sublease 2 - 3 days a week.

Contact: Vanessa Scaringi
Vanessa@keepcalmatx.com
 Cell: 954-579-9946 (texting is fine)
 Price: \$450 per 3 day sublease ALL bills paid
 Ample FREE parking

BEAUTIFUL OFFICE SPACE AVAILABLE

Austin Psychotherapy Association is one of the oldest group mental health practices of independent clinicians in Austin. We are three psychiatrists and two psychologists that are well established and collaborate well with one another seeking additional psychiatrists and psychologists to join us. We practice independently and share overhead. Three large offices with windows and beautiful views of foliage nestled right in the hill country between MoPac and 360 are available. Large welcoming waiting room with plenty of different comfortable seating options. Plenty of space that can easily accommodate 12 patients spread out. There is a wall with multiple windows for people to be in a comfortable waiting environment. Children's toys and phone chargers are present. Great for families with children to be at ease while waiting for their provider, or to wait while their child and/or family member are being seen. Newer energy efficient building with comfortable climate. Very peaceful and serene therapeutic milieu. A lot of parking with easy access to the building right off of Spicewood Springs just west of Mesa. Competent and reliable office staff that are familiar with scheduling, taking payments, and fielding phone calls and messages. Monthly expenses fluctuate between \$1200 and \$1500 and \$2200-\$2600 for psychiatrists. Psychiatrists generally use more office staff time and therefore pay a higher percentage of their salary. This is all inclusive for office space, staff salaries and taxes, worker's comp insurance, phone and high-speed internet service, shredding, large commercial copier/scanner/fax services, and regular cleaning services. For psychiatrists the staff are able to provide additional medication services (e.g. refills and prior authorizations) for modest additional fee based on your need and desire. One of our psychiatrists does all his own refill and PA's and does not pay for these additional services, the other two pay for staff to compete refills, prior authorizations, etc.

Please contact Matthew W. Turner, PhD at 512-767-5539 or mwturnerphd@hotmail.com

Available for Sublease in Northwest Austin

Classified Description: An office is available for lease in a beautiful suite on Spicewood Springs Road, conveniently located between Mopac and 360. The office includes a separate seating area in addition to a work station with desk/storage, featuring new furniture. The suite includes a reception area, a kitchenette, restroom, and fully furnished conference room to be shared by 3 practitioners. Free, ample parking is available in a tree-filled complex. Rent includes internet, business phone service with voicemail, copy/printer/fax access, coffee, cleaning services, your name on the suite door, and mail. Rent is \$890/month. The suite is best suited for psychologists, counselors, and social workers. For more information, please contact Michelle Natinsky, Ph.D. at Michelle at drnatinsky.com or 512-596-5566.

Capital Area Psychological Association Classifieds

Licensed Psychologist Needed

Meridell Achievement Center is a nationally recognized 134-bed private residential treatment facility that specializes in the treatment of children and adolescents who have emotional, behavioral and neurobehavioral problems. Our greatest asset is our staff, who work together to uphold the Facility's reputation for excellence in helping patients and their families resolve behavioral health problems.

Duties and Responsibilities:

This position includes, but is not limited to, the following: * Conducting psychological testing to assess client's adaptive functioning, identify strengths and needs, and clarify psychiatric diagnoses * Preparation of written reports specifying findings from the assessment and interventions and treatment recommendations. * Consultation with treatment team, school staff, parents etc., regarding assessment results and recommendations.

Essential Skills, Knowledge, Experience, Education:

MUST CURRENTLY BE LICENSED AS A PSYCHOLOGIST IN THE STATE OF TEXAS * Must possess a Ph.D. or Psy.D. from an accredited university * Must be proficient in psychological testing * Must have outstanding writing, communication and organizational skills * Proficiency in neuropsychological assessment is a bonus. **Benefits:**

* Salary range (commensurate with experience) * Medical, Vision, Dental * Basic Life Insurance, Supplemental Life, AD&D, Dependent Life Insurance * 401 K Retirement Savings – Fidelity, Stock Purchase - Fidelity * Short Term and Long-Term Disability * Flexible Spending Accounts, * Paid Time Off * Working in a supportive, team environment

How to Apply: Please apply on-line at www.meridell.com, click on the employment tab then open positions. If you have questions or need assistance, please call 512-528-2100.

TX Licensed Psychologists - Specializing in treating adults with anxiety using CBT

We are searching for one or more psychologists licensed to practice in Texas with 3+ years of experience diagnosing and treating adults with anxiety using CBT. Full-time or Part-Time. Please see "Career Opportunities" at our website, www.addanxietyandaspergers.com or [click here](#). Email cover letters and resumes to dr@livemoresimply.com. No phone calls or walk-ins.

<http://www.addanxietyandaspergers.com/Job-Opportunity-Licensed-Psychologists>

Central Office Space Available (3724 Jefferson Street)

We have one full-time, spacious, peaceful, freshly painted, interior office space (~10' x 15') available starting August 1 in the prestigious Franklin Square Building. Easy client/patient access off Mopac & 35th. Waiting room with notification lights, break room with water/coffee/tea, Wi-Fi, parking, and all utilities included. \$700/month with one-year lease. We're looking to rent to a professional such as a therapist (adult clients only please), or even a CPA, attorney, realtor, consultant, LMT, or similar. Please call 512-538-5066 or email enashton2@gmail.com

Mental Health Office in North Central San Antonio in Upscale Business Park for Rent

15 X 15 Office, fully furnished waiting and break rooms, private bathroom, receptionist area, private entrance, internet, sound system, credit card machine, fax/copier. Centrally located in a quiet office subdivision with ample, free parking, with a beautiful greenbelt. Two Psychiatrists and a Psychologist are tenants in the building, and one office is available for rent. Great for someone new or established in practice.

If interested, please contact Susan Wynne, MD.
cell 210-260-0134
e-mail: swghotbi@sbcglobal.net
website: www.susanwynnemd.com

Looking for a home for your practice?

South Austin office available in September. Located at the corner of Ben White and Banister in a cozy medical/professional office park that is proximal to South Austin Hospital. \$750 per month with the option to sublet time. Our group of established independent practitioners is looking for a colleague to join us. A rare opportunity makes this lovely 200 sq. foot office available for long term lease. Our suite has a total of 8 consultation rooms as well as two bathrooms, a sizeable waiting room with coffee/tea service, Wi-Fi, land line jack and copy/fax machine admin area(s) and cleaning are available at no extra cost. This consultation room has large windows which allows natural light while providing visual privacy. Previous occupant is interested in selling some of the furniture. We value a cooperative and collegial environment that is supportive to clinicians and their clients alike.

Please call or text/email Rebecca (512-801-8353) or Becca (512-567-2033) for more information and a visit.

CAPA Officers and Chairs

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 johng23447@gmail.com
 (737) 202-5789

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Submissions of informational or educational articles and comments are welcome for consideration for publication and are strongly encouraged. Recommended length of submitted materials is 500 words. Accepted articles exceeding these limits may be published in successive issues.

Deadline for submissions is the third Friday of each month preceding month of publication. Submit to Elisabeth Middleton, PhD by email at: anna.elisabeth.middleton@gmail.com

CAPA Membership: For information about joining CAPA as a full, associate, affiliate, or student member, call 451-4983 or email admin@austinpsychologists.net

Advertisement and Announcement Policy: Appropriate payment made out to CAPA may be mailed to P.O. Box 1448, Cedar Park, TX 78630 (please memo check "Commentary Ad"). The editor reserves the right to edit all copy.

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Newsletter Classified	Office Space: FREE Position Available: FREE Others: \$15 for the first 50 words, .05/word after	Office Space: FREE Others: \$25 for the first 50 words, .05/word after
Web Classified	Office Space: FREE Others: \$30/up to 3 mths	Office Space: FREE Others: \$30/up to 3 mths
Mailing Labels	\$50	\$50

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For advertising or any other questions, please contact the CAPA Information and Referral Service at: (512) 451-4983

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Cedar Park, TX 78630

www.austinpsychologists.net