

What do you value about CAPA?

continuing education, meet up with colleagues

Good trainings, especially the ethics courses that are specific to TX and legal concerns which I feel less knowledgeable about. Being able to meet other psychologists, as I haven't met many others in Austin except at CAPA.

Connection with other psychologists

the continuing ed offerings

CEUs, involvement in legislative affairs, the food, collegiality

The ethics workshop

We have to have an advocacy or advocate to expand and protect the profession. Also some good presentations.

The opportunity to network and acquire continuing education.

Community, connecting with others

Socialization, networking, support

camaraderie, CEUs

Visiting with friends each month, real quality programs at monthly meetings, ethics and cultural diversity workshops, and, to top it off, receiving CME's for monthly meetings. And, importantly, working and giving us information regarding legislative issues.

CEU'S

Connection with Psychologists

camaraderie, learning about new treatment and therapy areas, professional development, political issues that affect the profession.

the opportunity to network

Fellowship, great presentations, CEU's, great food!

I have always enjoyed the CAPA members themselves...just really interesting, smart and "good people". I also attend CAPA for CE's. I often attend at least one of the longer workshops each year, spring or fall.

Support for political strength of psychologists

Reasonably priced CEUs

Meeting with colleagues, talking about psychological issues, practice issues.

The ethics and diversity workshops, along with the chance to see friends

local colleagues, continuing education opportunities

Ability to meet local colleagues, continuing education, social gatherings

Sense of community, continuing education

To be honest, I love the idea of a local community of psychologists but aside from providing helpful CEUs, I don't feel connected to the community. I haven't done my share, mind you, with advocating change or sharing my thoughts. Rather, I've just disconnected from CAPA and affiliated with AustinInConnection.

That there is an Austin-wide organization for psychologists

It's an organization that allows local psychologists the opportunity to network, exchange ideas, and grow professionally.

I am new to org, networking, advocacy

Connecting with other therapists and resources.

professional education, monthly opportunity to see friends, colleagues, advocacy for our profession, information about important professional issues

Interaction with other psychologists, because it provides a sense of community and networking opportunities. Without CAPA contacts, I would often be at a loss about where to send a client that I am not qualified to treat. I also value the professional education opportunities.
The collegial connections as we share the experiences of attaining CEUs.
Advocacy to maintain the integrity of the profession of psychology in TX
Community, CE's (learning), networking
The chance to interact with other psychologists.
Meetings and ethics and cultural seminars
sense of community, seeing friends, CE credits

In what ways CAPA has failed to meet your needs?
n/a
See below
Difficult to attend meetings due to location
?
Sometimes the workshops by non psychologists lack empirical support
Unfortunately, I haven't been an involved member.
I don't know if CAPA has failed to meet my needs or if I have failed CAPA. One of my failures is that I have attended only (approximately) 7-10 lunch meetings over the course of the 15 years I have been a member. It has been a less than positive experience for me in that it seems like a group of close friends, unfortunately a bit cliquish and I have not felt welcomed or included at any of the meetings I have attended. Only once has a long-term member come up to me and introduced themselves and asked about my interests and practice. It is really my responsibility as a functioning adult to put my self forward and to make the efforts to connect, but the Culture of CAPA has not facilitated this much. I haven't attended any of the parties for the same reason, I fear it would be like going to a middle school dance with all of the alpha kids hanging together and subtly snubbing the newbies and deltas.
Scheduling CEUs during the workday. I would be able to make those meetings if they were in the evening, at or after 5:30pm.
Very few indeed. Possibly more social events.
Young Psychologists not joining
I haven't received a membership directory for about 3 years. I want one in print.
None
I am involved in other mental health organizations, so my time is limited
Would like a more focused hour on one area, but it goes deeper into it. Some of the meetings are about interesting topics, but stay on the surface.
I am brand new to Texas in general, Austin area in particular. I have not had a chance to attend any meetings yet (no fault to CAPA).
I wish we could attract more of the rainbow, i.e., psychologists of different cultures, orientations, occupations, first languages & so forth.
I can't think of any way it has failed me.
don't know

Even though I have been a member for several years, I have never felt like I "belong" at the meetings or other events.
Don't know.
The workshops often don't interest me
might be nice to have a wider variety of ages/stages of practitioners
None, but meetings are held on my private practice day so I can never attend
Friday meetings in the middle of the day are difficult for me as a graduate student to attend given my clinical schedule.
There are a variety of issues that I find keep me disengaged with CAPA. 1) The website is dated. I know you need a tech-savvy volunteer to re-develop and even a committee to re-brand/freshen up the website, but I think that would be an investment. 2) I don't find that CAPA is keeping up with the attachment, neuroscience, mindfulness progression of the field of psychology. It seems that there is still this strong CBT or analytical imbalance and I think it's a disservice to the therapist's toolbox. 3) It seems that CAPA hasn't done enough to reach out to younger psychologists.
Doesn't meet at a time I can attend
I'm not currently a member. I have a group practice, 3 kids, and have written a book. It's hard to break away for any kind of meeting. I think there's a need to figure out how to get new professionals involved.
I am new, no data
Not enough connection amount members
This is not a failure of CAPA, but I wish that we had a larger membership, I would like to know more of the psychologists in Austin.
Lunch presentations have not been consistently helpful, although that has been better in the last several months. If I had to list common weaknesses in the unhelpful presentations it would be lack of research-based info related to the practice of psychology.
I'm quite happy with CAPA. The semi-annual parties help the development of relationships further than just the brief time spent visiting at monthly meetings.
N/A
I'd like more suggestions for involvement in protecting and furthering the field of psychology
We need to engage and enlist many more of our local colleagues - somehow !
None
First, the meeting time and place is very inconvenient for me now. When the meetings were at the UT Faculty Center, I worked near there, so it was easy to get to those meetings. I work in other locations now, and to drive all the way to UT and try to find parking is extremely difficult. Second, the presentations are not very interesting these days. When I was starting out in the field, the presentations were usually on basic topics or basic explanations of more complex issues. Now, I'm more experienced, and that type of presentations simply isn't interesting or useful to me any more.
none

List three adjectives that describe the culture of CAPA?
accessible, friendly enough, useful
See below
Professional connections, friendly, content focus
I am not familiar with the culture of CAPA

Welcoming, passive, optimistic
Cliquish, Tepid, Central Austin Focused
informed, caring, professional
Aging, friendly, professional
Friendly, collegueal, inclusive
Dedicated, Curious, Professional
Cliquish,
Friendly, educational, accesible
Friendly, collaborative, investigative
not sure yet
Welcoming, warm, White.
friendly, professional, dedicated
supportive, educational, -
Closed, unwelcoming, elderly
educational, stimulating,
Friendly, professional, emotionally distant
older, not diverse
Collegial, friendly, helpful
Helpful, supportive, educational.
Stuffy. Boring. Isolated.
dk
I haven't been attending much recently, but "old" comes to mind. I'm sorry, but that's my opinion.
I am new, no data
firendly, supportive
Friendly, supportive, tolerant
Friendly, informative, collegial
I don't know it well enough, but passionate about psychology
Welcoming, developing, thoughtful
accepting, assisting, elevating
Positive, helpful, educational
Ethical, dignified, friendly

How would you describe CAPA to a colleague?

It is an organization that allows us to have direct contact with colleagues and provides a support network for projects and provides continuing education
Mostly older psychologists, good trainings, not as socially oriented
Group of socially active clinicians
Austin Psychologists
A great place to make professional connections and be up dated on legislative concerns
professional organization
The local professional group that is mostly Master's level practitioners and students that offers come continuing education but the topics aren't really that interesting and tend to be politically correct.
A local psychology organization that provides opportunities to network and acquire CEUs.
Professional support group
A lovely way to meet/socialized with others in our community
All of the above
An opportunity to meet other psychologists (maybe). See below.
Connection
Supportive of new psychologists, helpful on many topics, free information from people in the field.
not sure yet
Great atmosphere, warm & welcoming, great way to hear from different colleagues & painless CEUs.
The group tends to be a middle age to older and almost all white group of psychologists who have generally been in Austin for quite awhile. I think that most are in private practice. There is a certain "core" of people there at most meetings. I think CAPA is a respected group of private practice psychologists.
A good organization to join to support psychologists in central tx
CAPA occasionally offers interesting CEU presentations. For the most part, the members only seem interested in socializing with members they've known for the last 50 years and not in getting to know new members.
active professional association
Nice people but not a close-knit bunch, not much of a group identity
an organization with a good start but needing some updating
a great local psychologists' group, worth joining for networking and more
A community of psychologists and advanced students invested in professional development, networking, and education.
I would likely share that I have gained so much more as a clinician through AustinInConnection's efforts/community.
dk
It's good to become a member to meet folks who have been practicing in Austin for a while...a great networking opportunity.
I am new, no data
A must have tool for resources.
an advocate for our profession, a good place to get professional education, a welcoming group of people
An organization that provides networking opportunities with other psychologists, advocates for psychologists in the Austin area, and facilitates professional education.
The easiest way to get CEUs in a friendly, informative setting over a good meal.

I don't know
Relatively small group of smart and interesting professionals. Skews a bit older.
Psychologists working together to advance our profession and our individual lives and practices.
Like above Q

What would you most like to change about CAPA?
announce spring and fall continuing education dates and programs earlier
I wish there were some younger psychologists like me there. I wish it were a little more welcoming and casual. I have felt like other therapist organizations in Austin seem a little more relaxed and casual.
Accessible meeting location, better coordination with TPA, more informal time
lower the annual dues
To have more people willing to lobby, to show up at the legislative days.
Again, my failure... more activism requiring more commitment and more energy than I am willing to put forth. The ATT meeting suite is sweet, but meetings in different locations around the Capital Area might result in practitioners and other interested persons attending more often. My practice is in Northwest Austin and further out, Cedar Park, Round Rock, Pflugerville, Temple and the time and energy it takes to stop working and drive into the University area at midday and then have to drive back to one of my practice locations discourage my attendance A Lot!
Having CEUs and meetings in the evenings.
A few more social gatherings
Have more young colleagues join
a meeting location that is central but not in central Austin's congestion area
N/A
See above; go narrower and deeper or take a new and uncharted area and do a review of it.
not sure yet
Wish we could get more academs, industrial & organizational psychologists to leaven our preponderance of therapists.
I'd like to see more diversity in almost all categories. I don't see very many younger members. Also, I think that most practitioners probably do longer term work. It'd be great to have practitioners from workplaces that do not have that luxury, e.g., managed care facilities, college counseling centers, etc. and to have more programs with that focus as well.
perhaps evening or weekend CEU seminars
The cliquish culture
Move the meetings about 10 miles north.
Offer more emotionally-engaging experiences and trainings
greater diversity amongst members, more continuing ed opportunities

More new providers; more get togethers with the younger generation
More training/meeting opportunities in evenings (after 5pm); more activities/participation from grad students.
Branding. Creating a community that seeks to educate and converse about topics that are of importance to our practices. I would like to see more openness toward therapeutic orientations that are just CBT and analytical in nature.
meeting time
Get more recent graduates/LPs involved.
I am new, no data
More science-based lunch presentations, even if the topic is a little narrow.
Nothing. I like the monthly meetings during the academic year + the 2 parties.
Nothing comes to mind.
More outreach to better engage the psychologist community
Better AV equipment for presentations
increase dues, especiqllly for life members

Who has been a hero around here? Why?
Elizabeth Katz... her contribution in selecting good speakers
I thought Bonnie Gardner was very welcoming during my first couple of events
None I can identify
My hero has and always will be Aquaman
Dr. Middleton - really dedicated with a clear vision for CAPA's future.
Anyone who serves on the board!
I am not an insider, so I have no idea. Anyone that takes the time and energy to put in all of the extra work and networking that it takes to be an officer/volunteer for CAPA is admirable in my estimation.
John Godfrey - I appreciate him dedicating time for the organization and advocating for our profession.
Kay Allensworh, President multiple times , Hosted parties for years
n/A
N/A
Sorry, I do not use or relate to the language of hero.
not sure yet
Bob Vance. Rock steady, has been helping newbie psychologists get started in Austin for 40 years, so

far.
I'm not sure. There are several that seem to take on the leadership of CAPA and they certainly deserve kudos for that.
DK
Mainly the officers because they do most or all of the work.
Each president!
Sue Marriott, LCSW and Anne Kelley, PhD have been critical in the Austin therapeutic community. Sue helped create Austin In Connection and currently, she and Anne created and continue to reach out to local, national, and international therapists (and general public) with their trailblazing podcast, Therapist Uncensored.
Anyone willing to be on the board
I don't know - Two Guys on Your Head? Art Markman & Bob Duke?
I am new, no data
Charles McDonald,
Kay Allensworth. She has served on the exec committee for years, offers up her home for gatherings, and has been an advocate for clients as well as psychologists at the local and state levels. She does all that with a sense of cheer and friendliness that welcomes and encourages others.
I've been a member for about 40 years. There have been a LOT of good teams.
I don't know
Don't know
More than one, but Bonny Gardener's tireless efforts to provide good speakers for our PD workshops and her long service on the Executive Committee!

What factor(s) incline you to attend a CAPA lunch meeting?
good speaker
When they go with a good training that interests me
Relevant topic
never been to one
The quality of the presentation and pertinence to my practice
When I have an unanticipated cancellation on a Friday morning/afternoon and the presentation is interesting.

I can't attend - I have clients back-to-back during the day. I need for it to be in the evenings.
I almost always attend. Great food, meeting with colleagues, CEUs, sometime even the content of the talks.
Topic, Presenter ,free time
Speaker and topic, seeing colleagues
See #1
Topics of interest
The topics interest me
the ability to take a few hours off from already extremely busy schedule (not gonna happen too often)
Not being held on the 1 or 2 Fridays per month I'm scheduled to work.
I enjoy the food at the AT&T center, I like to get 1.5 hours CE's and I know several people. In addition, I enjoy meeting new people.
Continuing education
The presentation topic
The CE topic and the presenter
Presentations relevant to my private practice
interesting topic, convenience
Timing and interest
Continuing education, good socializing and food
Schedule (my availability) and relevant subjects.
I haven't attended in a long time. I had discontinued by membership and only re-instated it in the past year.
meeting time/topic
Earning CEUs on a interesting topic with a noteworthy speaker.
Topics and CEU credits
Connection
good company, CEU's, education about colleagues 's work and services
Relevance of the presentation topic to my practice. Desire for interaction with other psychologists.
Reconnecting with colleagues & meeting new ones & interesting CEU seminars.
Continuing education credits
Friday's are good; not a large time commitment
Good fellowship, interesting programs, good food (lastly)
Speaker mostly
CE credits, seeing friends, great food

What factors disincline you to attend?
topics that are less relevant to practice

Sometimes there are trainings offered that seem more academic or introductory so I don't go to those. I'm looking for very clinically useful trainings. Me not feeling like I fit in as much as a younger psychologist and not feeling like CAPA is very relaxed/social.

Distance

too busy

Reid Minot (presenter),

time

To tell the truth, the meeting site. The AT&T Conference center is what I hate most about the corporatization of higher education. It represents the ideological pressure of capitalism that commodifies everything and kills education for the sake of expanding human horizons, for empowering through knowledge, and democratization through intellectual development. I feel very strongly that capitalism is the evil and corroding thread that is killing human liberation and I feel really queasy every time I enter the leash/whip/electroshock weapon of mind destruction represented by the Corporate University.

Also disinclining... Presentation topics that don't interest me; the cliquishness, the price of the lunch

Same response to last question... I can't attend - I have clients back-to-back during the day. I need for it to be in the evenings.

none

Time away from work

SXSW and other heavy traffic times that make access and parking problematic

traffic

I do not attend regularly. The last time I did, I felt ignored and not particularly welcomed. I sat at a table where nobody introduced themselves and I had to make the effort to meet people on either side of me. The same disinterest was evident in the CEU (culture) program that I attended after the luncheon. I do not need people to go out of their way to welcome me but I would have liked someone to introduce themselves.

Topics I do not have much drive to learn

Do not like the topics

time constraints

Scheduling conflicts only.

I have to drive in from Round Rock but I know that most people are in the Austin area so I understand.

time (I work Fridays)

The location (far from my home and office)

Master's level presenters

Topics that drift far afield from my daily work

topic not of interest

Only the conflict with my practice

NA

Frankly, I don't know when they meet. I may have missed emails or may not be getting the communications.

meeting time

Time, distance, don't have much in common with the other folks...different career stages.

location

Work schedule

laziness
Pressing work demands. Topics that seem irrelevant or speakers that don't appear qualified.
None. It's very rare that I haven't attended over all these years.
Missing work
Nothing
The hassles with the UT-ATT Center; from parking lot to meeting room layout.
Busy

As a member of CAPA, what are your responsibilities?
none at this time except pay dues and show up
Paying dues, attending meetings, responding with feedback like this, being attentive, respectful, and participating in meetings. Other than that I don't know if there are others but would like to learn.
Dues, attendance, offer programs
shower, brush teeth and hair, dress professionally and wear cologne to meetings
To show up, to advocate for the doctoral standard, to pay my dues,
none
To do my part to make CAPA what I want it to be, which I unfortunately do not do.
To pay my dues and advocate for the profession.
To support if financially.
Encourage others to join
attendance, feedback or fresh inputs, share the officership load (I've done my share over the past years)
Attend, tell others about it. To be honest, I am 78 years old, semi-retired, and just not drawn to participate in a way of serving the group as I might have when younger.
Support
N/A
Pay my dues, attend some of the meetings, write letters to support the profession and when requested by CAPA leaders, help and assist any new and old members. present an identity of the profession to the community.
not sure yet
Show up, speak up, pay dues, serve on boards, help recruit speakers and potential members.
To pay my dues, contribute to the extent that I can (e.g., through giving input at meetings, engaging in the presenter's discussion, etc.), be a welcoming presence for others at meetings and to engage in activities, as I can, outside the lunchtime meetings.
Thank you for creating this venue for giving input.
Pay my dues
Pay dues
pay dues, attend, participate
Pay my dues on time

to read monthly newsletters, attend events, encourage others to join
Stay involved and responsive, attend activities when possible
NA
I believe as a member we have to be engaged at some level by donating time, talent, or service. I think psychologists have a lot to give to each other, to those in training, to the service of TPA and legislative advocacy for mental health, and to the service of the public.
I'm actually not a member currently - but was.
I am new, no data
To be a good contributing member
to contribute ideas, to recruit new members, to educate and lobby for our causes and causes of our clients and the the public
Represent the profession of psychology well. Support colleagues professionally, and sometimes personally. Voice my concerns and work to help the organization reach its goals.
Show up, volunteer at times, inform exec comm about seminar topics I'd like
N/A
Show up!
Participation in organizational service and political action
Participate