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Welcome to the annual awards issue for the *Texas Psychologist*. In keeping with (now past president) Dr. Gregory Simonson’s theme of the Good That Psychologists Do, Texas Psychological Association (TPA) honored, at our annual convention in Austin last November, a slew of well-deserving colleagues who do tremendous good. In these pages you will see old friends and meet new colleagues, from Dr. Allison Sallee who earned the award for Outstanding Contribution to Public Service to Dr. Floyd Jennings’ Lifetime Achievement award, it is obvious that psychologists in Texas do much good.

While in November we saw a national election, we also saw another peaceful transition of power in our association. Please help me give a hearty welcome to Dr. Carol Grothues as our new TPA president, who fills the big boots of Dr. Simonsen (now past president). As you will see in these pages, she has her work cut out for herself in this legislative/sunset year! With these changes, Dr. Cheryl Hall has become our president-elect; while Dr. Alice Ann Holland is our new president-elect designate. Joining our wonderful Board of Trustees are Drs. Andrew Griffin, Lillie N. Hayes, Elena Mikalsen, and Jeff Temple. Folks, these colleagues of ours are involved at the highest level of TPA governance – as volunteers. They should all be honored with awards for their service in our governance and for their dedication to psychology and psychologists in Texas.

With this issue, I take my leave. I depart somewhat prematurely, as it wasn’t especially planned, but I took a chance and ran for Council on behalf of the Society for the Psychological Study of Culture, Ethnicity and Race (Division 45 of the American Psychological Association). The good news is that in addition to, among others, Dr. Richard (Rick) McGraw, who is on the Board of Directors for the American Psychological Association, and Dr. Brian Stagner, who is TPA’s representative to Council, I will be another Texas voice on psychology’s national front. The better news is that my successor is Dr. Jennifer Rocket, who hails from just outside of Buffalo, NY in the sleepy village of Wilson. She got to Texas as soon as she could for her graduate training in forensic and clinical psychology at Sam Houston State University. After spending several years post-graduate school in academic and research settings, she and her husband, Brady, settled in Bryan, Texas with their twins, Case and Fallon, and their three dogs: Missy, Rocco, and Coco. In addition to her busy practice, she is President of her Local Area Society and is the 2017 Chair of TPA’s forensic division. In her spare time, Dr. Rocket enjoys reading, spending time with her family, snow skiing, swimming, and writing children’s stories. Please help me welcome her by keeping the articles coming in. I know she will be a great asset to this publication!

I want to express my sincere appreciation to the many authors who have contributed to the issues under my tenure, to Dr. Greg Simonson, whose leadership and support sustained me during a turbulent time, and to Lauren Witt, without whom you would not be holding this publication in your hands.

To correspond with the author: cynthiadlf@gmail.com
Dear TPA Colleagues:

Many thanks to Dr. Gregory Simonsen for a year emphasizing the good we do as psychologists and working to prepare us for this legislative year. This year promises to be one of significant changes to our profession, and I hope it will also mean more growth – both in our profession and in our organization. We are facing major changes during this legislative year, our Sunset year, and we must band together to work to ensure that these changes are those that serve our profession and continue to provide high standards for the practice of psychology.

The number of issues we have to address this year continue to grow. David White, TPA Executive Director, has already been busy at the Capitol staying on top of issues affecting psychology and our profession, and his column summarizes the Sunset Committee recommendations that were heard and voted upon on January 11, 2017. As in previous Sunset years, there is pressure to consolidate boards in order to reduce redundancies in staff, thereby reducing costs and allowing more money to be used elsewhere (though it will NOT reduce our license fees, it will only add money to the state's general funds). In addition, a recent lawsuit against the North Carolina State Board of Dental Examiners has resulted in a push to change agency structures across the nation in order to ensure that state agencies would be immune from anti-trust suits. The Sunset Commission believes that consolidation will help to provide this safeguard. The unknown issue is the possible cost to our profession.

Losing our independent agency and losing our independent board could result in greater losses for our profession despite the supposed anti-trust benefit, as even the Sunset Commission commended the Texas State Board of Examiners of Psychologists (TSBEP) efficiency and effectiveness. **TPA will continue to fight hard against any option that decreases our current regulatory autonomy.**

On December 8, we had over 20 psychologists take time to come to the Capitol and testify on the recommendations made by the Sunset Commission. I want to extend a special thanks to all who sacrificed time and money to show up for our profession. **The impact of testimony and phone calls to legislators cannot be underestimated.** We were heard. But testimony by the Licensed Psychological Associates (LPAs) and Licensed Specialists in School Psychology (LSSPs) was also heard. The LPAs once again testified that they should be able to practice independently, and emphasized that they would be able to address workforce shortage issues in mental health care IF they were allowed to practice independently. Unfortunately, there was no testimony that provision of services is actually NOT the issue – LPAs are able to be effective service providers NOW, just not the way they want. Their current training is limited because they were always only meant to be supervised providers, which they knew when they chose their graduate training and license. Master's level practitioners have an option for independent practice in mental health – becoming a Licensed Professional Counselor – which requires significant more education and training than the current LPA requirements. While LPAs may agree to increase training and supervision requirements, they are essentially creating another LPC. What purpose does it serve the citizens of Texas to have another master's level license EXACTLY like one Texas already has?

In addition, the LSSPs joined us in testifying for maintaining an independent board, but also argued strongly for two additional allowances: (1) to be able to practice independently in private schools and (2) to be called “school psychologists,” citing that the LSSP is confusing to parents and requires explanation when they would prefer to just be called school psychologists, and truly believing, based on their testimony, that there is no difference between the two. Although these issues initially received support from Sunset Committee members, these amendments were withdrawn as a result of the large number of calls and emails sent by all of you. **THANK YOU!**

So, what is the next step in this process? **You can make a difference.** Legislators want to hear from you and your voice does matter. A quick phone call or email carries significant weight in their decisions. We will be letting psychologists know when and how to make this contact and we hope that you will do so, knowing that each small act creates a great impact. Below is an overview and timeline of the process:
• Sunset staff reported to Sunset Commission (November 2016)
• Sunset Commission Hearings (December 2016)
• Sunset Commission Final Recommendations (January 2017)
• Bills will be filed (January–March 2017):
  • Sunset Bill (to maintain TSBEP and our profession, including decisions about oral exam, postdoc, internal regulatory changes in TSBEP)
  • Consolidation Bill – Merging all mental health boards as independent boards in one agency with Executive Council oversight (which clearly decreases our independence and allows only for independent disciplinary regulation)
  • Definition of the Practice of Psychology Bill – to be filed after a workgroup proposes three different definitions (a workgroup of all mental health representatives including psychiatry, life coaches, behavior analysts, etc.)
  • PSYPACT – an interjurisdictional compact allowing for telehealth and short-term provision of services across cooperating states
• All other bills affecting psychology, monitored by the TPA Legislative Committee, including those on the TPA Legislative Agenda.
• Legislative Session – Time for us to support or oppose the bills submitted. Historically we have been successful in being heard by legislators. We must continue to make calls to our legislators and show up on Legislative Days – actions speak even louder and it makes a difference to be at the Capitol. I am committed to being there weekly during the session.
• We have THREE Legislative Days scheduled this session:
  • Wednesday, March 15, 2017 (changed from March 8)
  • Wednesday, April 12, 2017
  • Friday, May 5, 2017
• End of Legislative Session – May or June 2017

In 2017, I will continue to push for Growing Psychology – to be recognized as the doctoral level profession we are and a redefinition of the practice of psychology that includes diagnosis as a critical component of what we do. One of the brightest aspects of this legislative session is the progress made by the Texas RxP Task Force and the dauntless support of Representative Dustin Burrows for filing the first bill ever in Texas to grant prescriptive authority to specially trained psychologists (HB 593). We will continue to fight for other legislative victories as well those that allow us to practice at the ceiling of our training, as doctors of psychology.

Let me close by saying thank you for being a member of TPA. Membership in your state association is the most important membership you can choose. It is the only organization that works to protect your license and your profession in Texas. If you have colleagues who are not TPA members, please encourage them to join. It costs less than $30 per month to support your profession. Our efforts support every doctor of psychology in this state, yet only one-fourth of all licensed psychologists in Texas are members of TPA. While we grow psychology, we must grow TPA.

Looking forward to a productive and fruitful year! Happy 2017!

To contact Dr. Grothues: carolgrothues@aol.com

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New Year, New Resolutions and Goals

David White, CAE

Welcome to 2017 - a new year with new resolutions and goals! TPA has its sights set on some of its own ambitious goals for the year, and the only way to accomplish them is to get our membership involved.

We have some wonderful opportunities to serve on committees, including a new Practical Practice Committee developed by President Dr. Carol Grothues to go along with her theme of “Growing Psychology.” Contact the TPA central office if you are interested in getting involved on one of these committees.

As I begin my 25th year at TPA I am amazed at the many changes surrounding the profession. Even more so, I am amazed by our association’s leadership that has continually stepped up and faced the many challenges. This year were are excited to welcome our newest Board of Trustees Drs. Andrew Griffin, Lillie Haynes, Elena Mikalsen, and Jeff Temple along with Dr. Alice Ann Holland who returns to the board in her new role as President-Elect Designate (President in 2019).

Sunset Legislation

Dr. Grothues and our current board face possibly the biggest challenge in recent history. By now you realize TSBEP is going through Sunset, which allows the Legislature to make changes to the regulation of the profession. On December 8, 2016, TPA testified at the Sunset hearing and we thank all the TPA members who took time out of their practices and testified at this hearing.

Sunset Commission Hearing Results

As of this publication date, the Sunset Commission voted on its final recommendations in what will be included in our Sunset legislation. Thank you for your calls and emails to the Commission members. It was clear from the discussion among Commission members that they heard from us – a few offices stating that they were flooded with calls. Below is a list of the major issues voted on during the January 11th hearing, which will be the final Sunset Commission Recommendations submitted to the 85th Texas Legislature:

<table>
<thead>
<tr>
<th>Issue: Health Licensing Consolidation Project</th>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
<th>Vote</th>
</tr>
</thead>
<tbody>
<tr>
<td>This would create the Texas Behavioral Health Executive Council as a functionally aligned umbrella agency by merging the Board of Examiners of Marriage and Family Therapists, Board of Examiners of Professional Counselors, Board of Social Worker Examiners, and Council on Sex Offender Treatment with the Board of Examiners of Psychologists.</td>
<td>Consolidate the behavioral health boards and programs at the Department of State Health Services with the Board of Examiners of Psychologists to create the Texas Behavioral Health Executive Council. Each board will retain their current governor-appointed board, with each board's current composition. The executive council will be composed of one public member and one professional member from each board.</td>
<td>Approved</td>
<td></td>
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<table>
<thead>
<tr>
<th>Issue: Oral Exam</th>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
<th>Vote</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Board's oral exam is an unnecessary Requirement for Licensure.</td>
<td>Eliminate the statutory authority for the psychology board to administer an oral exam.</td>
<td>Approved</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Issue: Post-doctoral Year</th>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
<th>Vote</th>
</tr>
</thead>
<tbody>
<tr>
<td>Requiring a year of post-doctoral supervision is an unnecessary hurdle to licensure, potentially contributing to the mental health care provider shortage in Texas.</td>
<td>Remove the statutory requirement for psychologists to earn half of their supervised work experience after receiving their Ph.D.</td>
<td>Approved</td>
<td></td>
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</tbody>
</table>

Texas Psychologist 2017 Winter
### Issue: Definition of Psychology

<table>
<thead>
<tr>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
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<tbody>
<tr>
<td>A recent court decision opens the door to unlicensed practice of psychology.</td>
<td>Direct the Texas State Board of Examiners of Psychologists to appoint a working group of stakeholders to develop proposed definitions of the practice of psychology. This proposal should include at least one broad and one narrow definition of psychology.</td>
<td>Approved</td>
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</tbody>
</table>

### Issue: LSSPs in Private Schools

<table>
<thead>
<tr>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
<th>Vote</th>
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</thead>
<tbody>
<tr>
<td>This was a new issue proposed by Sunset Commission member Representative Thompson.</td>
<td>Allow Licensed Specialists in School Psychology to practice in both public and private schools.</td>
<td>Approved for Management Action</td>
</tr>
</tbody>
</table>

### Issue: LSSPs Using “School Psychologists” Title

<table>
<thead>
<tr>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
<th>Vote</th>
</tr>
</thead>
<tbody>
<tr>
<td>This was a new issue proposed by Sunset Commission members Representative Thompson and Senator Hinojosa.</td>
<td>Rename licensure as a “Licensed Specialist in School Psychology” to licensure as a “School Psychologist.”</td>
<td>Withdrawn – not approved</td>
</tr>
</tbody>
</table>

### Issue: PSYPACT

<table>
<thead>
<tr>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
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</tr>
</thead>
<tbody>
<tr>
<td>This was a new issue proposed by Sunset Commission Vice Chair Senator Taylor.</td>
<td>Adopt the Psychology Interjurisdictional Compact (PSYPACT) to enable reciprocity between member states. An intrastate compact will be created which would allow psychologists to practice up to 30 days in states that have also passed this compact.</td>
<td>Approved</td>
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</table>

### Issue: LPAs Unsupervised Practice

<table>
<thead>
<tr>
<th>Sunset Staff Report Recommendation</th>
<th>Sunset Commission Members Recommendation</th>
<th>Vote</th>
</tr>
</thead>
<tbody>
<tr>
<td>This was a new issue proposed by Sunset Commission member Senator Hinojosa.</td>
<td>Allow a licensed psychological associate to practice independently, without supervision, if they meet certain increased requirements. LPAs would be required to hold a psychology-related master's degree that consists of a minimum of 60 semester credit hours. LPAs would also be required to obtain at least 3,000 hours of practice supervised by a licensed psychologist after receiving their degree, to be eligible to practice independently.</td>
<td>Withdrawn – not approved</td>
</tr>
</tbody>
</table>

As you can see there are many issues facing the profession as we enter into the 2017 Legislative Session. In each of my articles, I mention how important it is to get involved in the legislative process. This year it is especially important because your profession is under review and you, as a licensed psychologist, are the only one who has any interest in any of the above issues.

If legislators don’t hear from you they will make changes on behalf of the people they do hear from. On the surface you might think these changes might not influence your practice, but in the long run they will have a lasting impact on the profession of psychology in Texas. If you are concerned you must get involved. Getting involved means calling your legislators and sharing with them how these changes affect both your profession and the patients whom you serve. They will listen. Call me and I will give you the name of your legislator and 2-3 talking points to share with them.

**Staff**
I am so proud of my staff and all the work they do on your behalf. They work tirelessly to make your association one of the best psychological associations in the country. Our wonderful team includes:
- Sherry Reisman, Assistant Executive Dir.
- Lauren Witt, Dir. of Marketing + PR
- Sarah Kann, Dir. of Membership
- Amber Nichols, Bookkeeper
- Dr. Brian Stagner, Dir. of Professional Affairs

**Family Get-Away: Cancun**
TPA is heading to Cancun this June 8-12 for our annual Family Get-Away. Enjoy time with your family and friends while taking in the beauty of the Caribbean and obtaining a few professional development hours. For complete registration information visit www.texaspsyc.org.

Things will happen fast during these next 6 months, so keep checking TPA’s website for updates. Thanks again for all your support of TPA.

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**TPA Members WhoTestified during the Sunset Hearing**

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
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</thead>
<tbody>
<tr>
<td>Dr. Paul Andrews</td>
<td>Tyler</td>
</tr>
<tr>
<td>Dr. Gail Brothers</td>
<td>Fort Worth</td>
</tr>
<tr>
<td>Dr. Douglas Cooper</td>
<td>Edinburg</td>
</tr>
<tr>
<td>Dr. Frances Douglas</td>
<td>Austin</td>
</tr>
<tr>
<td>Dr. Nicole Dorsey</td>
<td>Houston</td>
</tr>
<tr>
<td>Dr. Bonny Gardner</td>
<td>Austin</td>
</tr>
<tr>
<td>Dr. Carol Grothues</td>
<td>Houston</td>
</tr>
<tr>
<td>Dr. David Hill</td>
<td>Austin</td>
</tr>
<tr>
<td>Dr. Joseph McCoy</td>
<td>Edinburg</td>
</tr>
<tr>
<td>Dr. Robert McLaughlin</td>
<td>Houston</td>
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<tr>
<td>Dr. Megan Mooney</td>
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<tr>
<td>Dr. Suzanne Mouton-Odom</td>
<td>Houston</td>
</tr>
<tr>
<td>Dr. Charlotte Parrot</td>
<td>Houston</td>
</tr>
<tr>
<td>Dr. Tyson Reuter</td>
<td>Houston</td>
</tr>
<tr>
<td>Dr. Dan Roberts</td>
<td>Austin</td>
</tr>
<tr>
<td>Dr. Katie Sardone</td>
<td>Dallas</td>
</tr>
<tr>
<td>Dr. Gregory Simonsen</td>
<td>Dallas</td>
</tr>
<tr>
<td>Dr. Charles Walker</td>
<td>Tyler</td>
</tr>
<tr>
<td>Dr. Michael Winters</td>
<td>Houston</td>
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Dr. Katie Sardone (Dallas)
Dr. Gregory Simonsen (Dallas)
Dr. Charles Walker (Tyler)
Dr. Michael Winters (Houston)
The Texas Psychological Foundation had an exciting year of activity in 2016. As this is the awards issue, I’d like to share with you the recipients of our grants and awards from the previous year.

**Graduate Student Research Proposal Grant**
This grant was awarded to Ms. Amelia Stanton of the University of Texas for her innovative research in the field of female sexual dysfunction. Her dissertation research, titled, *Autonomic Imbalance and Female Sexual Arousal Disorder: The Identification of Heart Rate Variability Level as a Risk Factor and Treatment Target*, was awarded $1000 toward the costs of conducting her scholarly research to promote the field of psychology.

**First Place Award for Poster Presentation of Research**
This award was presented to Ms. Rachel Fein for her scholarly research and professional poster presentation of her topic, *Predictors of Parenting Behaviors of Parents of Children with Autism Spectrum Disorder*. The award of $200 goes toward supporting future scholarly research in the field of psychology.

**Second Place Award for Poster Presentation of Research**
This award was presented to Ms. Erika Ball for her innovative research and excellent poster presentation of her topic, *When and How Do Race and Ethnicity Explain Patterns of Dysfunctional Discipline?* The award of $100 goes toward supporting her ongoing research in this field of psychology.

**Third Place Award for Poster Presentation of Research**
This award was presented to Ms. Jenna Moore for her compelling research and scholarly poster presentation of her topic, *Disparities in Self-Concept Predict Specific Affective States*. The award of $50 goes toward supporting her continued research and promotion of psychological study.

**Jeopardy: Battle of the Minds Champion**
The Houston Psychological Association has taken their place as reigning psychological geniuses in our 3rd annual Jeopardy competition. Their first place prize award of $500 was donated to their organization to promote student programming of their choice. The HPA has decided to fund deserving students’ registration fees to attend TPA’s 2017 convention. We are thrilled to see their support of student involvement in our state organization.

The TPF board is also saying a heartfelt goodbye and gracious thank you to our departing board member, Angela Cool. We are so thankful to her years of service to our foundation. Angela served as a board member for several years, and acted as board president for two years. Her dedication to the mission of the Texas Psychological Foundation is greatly appreciated, and she will be missed.

If you would like to become involved with the Texas Psychological Foundation, please reach out to one of our board members who can be found on the website: www.texaspsyc.org/?TPF

Thank you to everyone who helped to make 2016 a successful year for our foundation. We look forward to having your support in 2017.

To contact Dr. Vendl: jyvendl@gmail.com
Considering most individuals enter the profession of psychology to help others, it is no wonder that the Texas Psychological Association is filled with members who tirelessly pour themselves out for the betterment of the profession and the public.

Psychologists “do good” every single work day, and we are proud to recognize a few of your colleagues who have made a significant impact on the lives of their colleagues, their patients, their coworkers, their communities, and the future of the practice of psychology in this great state.

Each year at TPA’s Annual Convention, awards are presented to psychologists and other individuals who have made significant contributions to professional psychology. This year’s lineup of award recipients is full of outstanding contributors to the profession of psychology and mental health.
Outstanding Contribution to Science
Outstanding Contribution to Public Service
Outstanding Media Coverage
Outstanding Contribution to Education
Robert McPherson Award for Legislative Action
Psychologist of the Year
Distinguished Lifetime Achievement
Betsy D. Kennard, Ph.D.
Outstanding Contribution to Science

This award recognizes a psychologist who has made a significant contribution in the discovery and development of new information, empirical or otherwise, to the body of psychological knowledge.

Dr. Betsy Kennard has greatly contributed to the profession’s understanding of youth depression and suicidality. Dr. Kennard is currently a Professor in Psychiatry, the Director of Cognitive Behavioral Therapy (CBT) at the Pediatric Psychiatry Research Program at UT Southwestern and Children's Medical Center, and the Program Director of the Doctoral Program in Clinical Psychology at UT Southwestern. She has expertise in pediatric depression and has served as a site co-investigator in three NIMH funded multi-site treatment studies of adolescent depression and suicide, and co-authored CBT treatment manuals for these three studies. She has developed a CBT sequential treatment strategy to prevent relapse in youth with depression, which was tested in two clinical trials with positive results. The treatment manual for this relapse prevention study has been published by Guilford Press: CBT for Depression in Children and Adolescents: A Guide to Relapse Prevention (Kennard, Hughes, and Foxwell, 2016). She has adapted this treatment to youth with HIV and Depression, which also was tested in a clinical trial with positive results. Currently she is the PI on a NIMH R34, "Brief Intervention for Suicide Risk Reduction in High Risk Adolescents;" in collaboration with U. of Pittsburgh, NIMH R34 MH100375-01. Her expertise in pediatric depression has earned her a national reputation in this area, and she wholeheartedly deserves the Outstanding Contribution to Science award.

Allison Sallee, Ph.D.
Outstanding Contribution to Public Service

This award recognizes a psychologist who has made outstanding contributions on behalf of the public.

Dr. Allison Sallee is a child and family psychologist in Austin who saw a disparity in the community for children and adolescents to access quality mental health care. To help close this gap Dr. Sallee, in 2010, saved up personal funds to lease office space and open a nonprofit mental health center, C2 Change (formally known as Tejas Family Guidance Center.) C2 promotes early intervention, diagnosis, and treatment, which is extremely important given that 1 in 5 children experiences a mental disorder in a given year. C2 provides access to psychotherapy as well as psychological and neuropsychological evaluations to individuals and families regardless of ability to pay, and more than 96% of clients qualify for a sliding scale fee.

In addition to providing access to services, Dr. Sallee saw a huge gap regarding psychology training in Austin. In the short six years that the center has been open, it has become one of the most competitive practicum sites in the area. The training program that Dr. Sallee has developed is extensive and currently holds eight practicum positions, six of which are for doctoral psychology students. Dr. Sallee is a psychologist who has dedicated herself to public service both by creating a place where those in need can go and by developing future clinicians who are highly skilled and well trained. She embodies the Outstanding Contribution to Public Service award in which a psychologist’s efforts significantly impact the public for the better.
Alana Rocha, *Texas Tribune*

**Outstanding Media Coverage**

*This award is presented to an individual or organization that has benefited psychology through a media event.*

Alana Rocha is a multimedia reporter for the *Texas Tribune*. She contributes heavily to the Tribune’s mental health, legislative and veteran coverage. Ms. Rocha diligently expands the public’s knowledge and awareness of psychological disorders through her reporting on both mental health issues and legislative coverage – particularly where these two issues overlap.

Ms. Rocha was an active voice in *Mental Health Matters* in May 2016. This was a month-long initiative during Mental Health Awareness Month where the *Texas Tribune* partnered with the Mental Health Channel and KLRU to focus on some of Texas’ biggest challenges in providing mental health care.

Additionally, Ms. Rocha stays on top of mental health issues and how court cases and policy decisions may affect Texas citizens. She conducted an interview with 2016 TPA President Dr. Gregory Simonsen and Dr. Cynthia de las Fuentes on what the *Serafine v. Branaman* ruling means for the profession of psychology in Texas. Her article *Texas Plans to Change How it Defines a “Psychologist”* gave voice to a very important issue currently affecting the profession of psychology in Texas. Texas mental health issues have a louder voice and increased public awareness because of Alana Rocha’s work and reporting throughout this past year.

Nancy Nussbaum, Ph.D.

**Outstanding Contribution to Education**

*This award recognizes a truly distinguished contribution by a psychologist in the area of education.*

Dr. Nancy Nussbaum is a licensed clinical pediatric neuropsychologist at Dell Children’s Medical Center in Austin where she deeply impresses and astounds her colleagues with the size of the impact she has had on the education of clinical psychologists over her career.

Dr. Nussbaum dedicates her professional activities to three important aims: (1) treating patients; (2) advancing science; and (3) training the next generation of pediatric neuropsychologists. She received her PhD from UT-Austin in 1986 and immediately began imparting her knowledge and wisdom to up-and-coming students. Her students speak to her unending patience, her belief in their success, and her commitment to offering a helping hand as they navigate the winding paths of graduate school and post-graduate training. Dr. Nussbaum invests her own time and her own resources to the training of students. In turn, her students have the opportunity to learn from one of the greatest pediatric neuropsychologists in Texas.

It is rare to encounter a neuropsychologist who trained in Austin who did not cross paths with Dr. Nussbaum at some point in their education. Moreover, it is even more rare to speak to one of those neuropsychologists and not have them extol the teaching virtues of Dr. Nussbaum, whether it be the depth of her understanding of psychology and neuropsychology or the kindness and care she extends to students.
James H. Bray, Ph.D.
Robert McPherson Award for Legislative Action

The Robert McPherson Award for Legislative Action recognizes and celebrates Dr. McPherson’s passion for the profession of psychology and his ability to translate that passion into legislative action that works to improve the lives of all Texans. This award recognizes a psychologist whose legislative action betters the profession and practice of psychology in Texas.

Dr. James H. Bray served as President of TPA in 2015 and led the legislative efforts for the association during a very successful legislative year. During the 2015 Legislative session two TPA bills were passed that are of critical importance to the future of psychology in Texas. The intern bill (HB 1924) allows licensed psychologists to delegate psychological services to psychology interns and be reimbursed for them. As a result of this bill it is likely that psychology interns will also be reimbursed for services by the Texas Medicaid program.

In addition, he led the efforts in the revision of the Texas Family Code that protected psychologists’ roles in family law matters and efforts to stop several bills that threatened the practice of psychology (e.g., HB 1889). While he was president-elect and continuing during his presidency, Dr. Bray was a critical component of the renewed impetus in TPA for the RxP movement. He encouraged those in the RxP Division to revitalize the RxP movement after years of diminished activity. Now the RxP task force and division are very active and there are strategic efforts aimed at obtaining passage of an RxP bill in Texas.

Gregory O. Simonsen, Ph.D.
Psychologist of the Year

This award is given to a psychologist who is recognized as having made a significant impact on the field of psychology within the state of Texas.

Dr. Gregory Simonsen showed exceptional leadership as the 2016 President of TPA. While 2016 was not a legislative year, it was a year with much legislative preparation, particularly the preparation and leadership required as psychology would be entering 2017 with the Sunset Review. Dr. Simonsen navigated many important issues with confidence, diplomacy, and grace. His work on the 2017 Legislative Agenda placed TPA in a great starting part for the beginning of this year’s legislative session.

Dr. Simonsen was fully committed to supporting all the various TPA committees, divisions, and special interest groups. He sacrificed his personal and professional time to advocate for the profession of psychology at the Capitol and made the trip from Dallas to Austin a number of times to testify before Legislators. Dr. Simonsen worked tirelessly to inform the public of the “good psychologists do,” and he made the voice of psychologists brighter and louder during his presidency. He has been an outstanding ambassador for psychology in Texas and relentlessly encourages psychologist to be proud of the profession.
This award is generally given to a psychologist who is nearing the end of his or her career and has a long and distinguished record of exemplary professional accomplishment. The person receiving this award should be recognized as esteemed by other psychologists as well as by a wide range of professionals in other areas. Accomplishments should be of a caliber that would be recognized as outstanding at a national as well as state level.

Dr. Floyd L. Jennings embodies all the traits in a psychologist to which most can only aspire. Dr. Jennings is someone who has done so much, with such great integrity, and who asks for nothing in return other than to be of service. With his dual degrees in psychology and law, and his vast experience with varied individuals and systems, he is uniquely qualified to serve as an expert in almost any area of clinical psychology, but it is in those areas where psychology and law intersect that he has been most revered. Dr. Jennings has devoted himself to public service and has had major impact on both the psychological and legal communities, educating both professions about their intersection.

Dr. Jennings is a true Renaissance Man in a place and time when there are so few. Not only does he have a background in the Humanities, but he is a member in good standing of three professions, a superb writer, and an accomplished pianist; a Renaissance Man he truly is.

It is important to note that someone with his background and training could have easily established a consulting practice and spent his career making a great deal of money, but this was not the case. Dr. Jennings has spent his career serving the public.

His reputation for sound and thoughtful advice on a variety of issues is well known throughout the profession, not just within the forensic community. It is widely known and appreciated that Dr. Jennings will consult, answer questions, and promptly provide resources to anyone who asks, and he does so without ever asking for anything in return.

His sharp wit and congenial disposition easily win the hearts of all who meet him. Throughout his career, Dr. Floyd Jennings has made his mark on the practice of professional psychology in the State of Texas.

“Dr. Floyd Jennings embodies all the traits in a psychologist to which most can only aspire.”
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Parenting our Children in the Age of Social Media

Isaac G. Martinez, Ph.D.

Youth aged 8-18 years spend 7.5 hours a day with various forms of media with a majority of time spent multi-tasking with various forms of media (Collier et al, 2016; Pea et al, 2012). Clearly, social media is an important part of teen life and parents have to be engaged their children's social media activities. This newly formed "connectedness" between youth and their devices has spawned new parenting practices that requires parents to be mindful of their own social media use and how to manage their children's social media.

Youth thrive in a social networking paradigm due to an inherent drive to connect with others (Crosier, Webster, & Dillon (2012)). They are also developing social networks in a new and different way, which requires psychologists to conceptualize child development within the social media context (Pea et al 2012; Gingel & Krmar, 2014). Studies have noted the benefits of connecting with others (Reich & Subrahmanyan, 2012), however concerns regarding the Internet are well-founded. (Wurtele & Kenny, 2010; Andreassen et al 2016). The ease of technology use facilitates our youth to communicate with others, take and share pictures, and create music and videos for their friends. Parents need to be a part of this learning process such that they can understand how to support and monitor what is made available to their children.

Parenting in the Internet age is a daunting task. It is the first time in human history that youth are likely to have more information on how to use available technology and parents find themselves "learning" from their children. Other factors impact the stress associated with the addition of a new technological device to the family. For example, youth are under a great deal of social pressure to have cellphones and access to social media. Schools instruct children to have online accounts (e.g. Google) for educational purposes and allow students to bring devices to school for special periods (e.g. device day). Parent technology knowledge requirements have "gone viral" with respect to being able to comprehend technology but also how to manage the social media aspects of their children's lives.

Some of the more popular social media sites for preteens and teens include Instagram and Snapchat. Instagram provides a platform for youth to post what they are doing and of course the ubiquitous selfie. You can direct message someone on Instagram even if you don't know them; all you need is the username of their account. Youth often use their own names for usernames so their friends will be able to find them. Although users can block messages from people they don't know, the curiosity of a middle schooler may result in allowing the message to be delivered. This is one of the inherent dangers associated with Internet use.

Another common problem with this type of platform is that youth can make up a "fake account" using another child's name or a "theme" about that child in an effort to post messages and pictures for purposes of cyberbullying. It is virtually impossible to find out the name of the person who created the account because of privacy and the false information they may have used to create the account. The legalities of these issues are beyond the scope of this article although it can be said that youth would rather not address the issue in court for fear of further humiliation by peers.

Snapchat allows for kids to send pictures with captions to others and then after a certain time the picture disappears (e.g. 1 to 10 seconds). A child can get a screenshot of the picture but only if they have enough time as pictures can disappear earlier. If a child screenshots the picture then the sender is notified that a screenshot was taken of the picture. In this way, a child may receive a picture that displays inappropriate content.

Unfortunately, youth are susceptible to being exposed to inappropriate content while using social media platforms. Additionally, children tend to believe that the content they have on their phone and share with others is private. As children grow up in a "technological world" they may misperceive that privacy exists and that content is only shared with their friends. Developmental context needs to be taken into consideration when examining these issues further. However, studies have noted the more perceived privacy or anonymity a child has, the more likely a cyber-perpetrator will engage in cyberbullying (Barlett, Gentile & Chew, 2016).

Parents differ on when to give their child a phone and how they plan to manage their children's social media activity. For example, a permissive parent who engages in "oversharing" of their personal lives online may be more likely to allow for their children to have freedom over their social media accounts. Parents should note the permissiveness of parents with whom their children interact. This can help prevent any significant problems that might occur between your child and their peers.

The first step in managing your children's social media should begin with an
evaluation of the social media “modeling” by parents. “Do as I say and not as I do” can be problematic when dealing with social media practices for some parents. The disengaged or neglectful parent is also likely to have the same difficulties in managing social media. Perhaps, they have “stepped in” only after the child has engaged in a social networking behavior that prompted the attention of other parents, peers, school or the authorities.

Applications have been created to help parents track their children’s locations and their activities on the Internet, social media and texting. These services allow for the parent to review the type of information that children are exchanging and downloading on their phones. This type of monitoring is helpful because the data is in real time and parents are able to address any issues that may arise immediately. This appears to have ease of utility but inherently has a time factor attached to monitoring. The following list is not exhaustive but a search using the keywords “parental controls” found some of the following apps and software. Parental controls have been around for some time and Symantec Norton, Qustodio, Mobicip, OpenDNS, uKnowKids, Content Watch Net Nanny Social and Safe DNS provide services that can help the parent block inappropriate content, manage time on the internet, manage social media and other services intended to help your child stay safe. Each service has different features and consumers should note which is the best fit for their family.

The question then becomes “How many parents actually have the time and technological savvy to adequately monitor their children’s social media accounts?” Essentially, parents need to invest time in learning about the types of monitoring available and be transparent with their youth about expected codes of conduct with their devices and Internet use.

Here are some suggested practices in managing social media with youth:

1. Start early education regarding the concept of privacy of data that is used in social media. Children and youth need to know that once their information is out there you cannot take it back. Regularly check the privacy settings on your child’s phone to make sure they are using the appropriate measures.

2. Bear in mind that most social media platforms require that the child be at least 13 years of age. Note that the Children’s Online Privacy Protection Act (COPPA) prevents companies from collecting personal information about children under the age of 13 without the permission of a parent.

3. Frame the phone as a privilege that needs to be managed as such. It is not uncommon for middle school children who participate in sports and extracurricular activities to agree to random drug testing. Utilize a random phone check system to make sure that your child is using their phone responsibly. Parents should make it clear at the outset that devices are under the name of the parent and they are responsible for the content and how the phone is used. Parents should become educated about hidden folders, mislabeled folders, vaults and other apps that may assist youth in hiding the content on their phones.

4. Do the research on the social media your child plans to use. Consider opening an account and learn how to use the different features so you know what to investigate when you are monitoring your child’s social media. Remember that each social media platform has different uses and comes with it’s own set of risks. Not all social networking platforms are the same.

5. Phones should be turned in before bedtime and should be turned off completely and put in a pre-arranged space in a common area or parent’s quarters. The negative effects of nocturnal media use are well documented and may result in poor sleep habits, cognitive deficits and difficulties with sustained attention (Bryant & Gomez, 2015). Television, computers and other multitasking media sources need to be monitored and managed as well.

6. If a phone has to be taken away because of misuse, take away the phone for a period of time commensurate with the infraction. Be sure to remove other old devices (e.g. iPods) when a phone is taken away to assure that the child is not using an older device to communicate while the new one has been suspended. Youth may argue about safety if they don’t have a phone at school however, odds are that someone nearby will have a phone. Youth may also argue that they need their phone for homework. Verify this and then be sure to discuss with their child how to plan homework using their phones such that it doesn’t go past their bedtime. They are also likely to be able to access this content from a family computer. Children who forget to turn in their phones for the evening should learn quickly that the phone would be taken away if not turned in on time.

7. Utilize random checks as an opportunity to review content together with your child. Parental mediation has been found to be a consistent positive outcome with regard to negative effects of using different forms of media (Collier et al, 2016).

8. Consider the use of a social network monitoring service. However, be sure to note the inherent nature of managing from afar versus managing in a face-to-face context while discussing the content and social media activities. If you choose to use this type of service, stay abreast of any changes and be sure to have regular meetings with your child regarding their social networking activities.

9. Finally, examine how social media fits into the life of your child. This is no different then understanding how your child operates in interpersonal situations and their social reality. Child development research is now in the context of a social networking.

One of the most profound statements about social media came from one of my 17-year-old patients. “I stopped having social media on my phone because there were so many emotions in my phone that I had to deal with; it became too hard to think about it all the time”. “I don’t have the time to deal with all the emotions…I have enough in my real life”.


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