



NEVADA STATE PSYCHOLOGICAL ASSOCIATION

NSPA NEWS

The Voice of Psychology in Nevada

APRIL 2008

ALTERNATIVE DISPUTE RESOLUTION MODELS IN DIVORCE PROCEEDINGS

Deborah J. Ribnick, PhD

In both professional and personal arenas, we have all dealt with individuals and couples going through a divorce. Research data indicate that about 50% of first marriages end in divorce, 65% - 75% of second marriages involving children end in divorce within several years, and 80% - 85% of third marriages involving children end in divorce with the first year. Various models exist to facilitate divorce proceedings (note, these models apply equally well to relationship dissolution of non-married couples). This article provides information about alternative dispute resolution models that empower and facilitate individuals to reach amicable resolution.

Many couples in the divorce process seek out attorneys to represent their interests. By design, the litigated divorce is costly both in monetary and emotional terms. This adversarial model prompts individuals to fight, rather than work together, thereby fueling their animosity. Children of divorce also suffer during adversarial legal proceedings, often for years thereafter.

Mediation is an alternative model to help couples dissolve their marriage in a less costly, more efficient, and private manner. Instead of going through a slow court process wherein attorneys file motions, respond with counter-motions, and plead their case to a judge, the mediation process enables individuals to go at their own pace and craft their own agreements. In addition, individuals are more likely to abide by their own agreements than those imposed by a judge. The mediator's task is to facilitate communication and problem-resolution, while remaining neutral as to the process and impartial as to the outcome. In divorce cases, trained psychologists can assist parents in determining child-related matters such as timeshare arrangements, activity and religious involvement, and educational issues. Using two mediators is often useful when dealing with high-conflict couples and co-mediation with an attorney enables psychologists to address additional divorce-related matters such as property division and financial allocation.

Collaborative Divorce is an emerging model, which has similar benefits to the mediation model above, but uses a team approach. The collaborative model is particularly useful in complex cases, and when one or more parties would benefit in having support and guidance. By definition, all collaborative team members speak with one another throughout the process, which greatly differs from the adversarial model which involves secrecy and focuses on battle tactics.

In the collaborative model, each party has a specially trained *Collaborative Lawyer* to provide legal information and guidance. Each party also has a *Mental Health Coach* who is a licensed mental health professional with expertise in the divorce process and child development issues. The Mental Health Coach does not act as a therapist, but rather serves to facilitate the process by providing support, helping to identify and articulate the concerns, and moving the process forward. The Coach also helps to resolve conflict, supports effective co-parenting, provides education, and teaches requisite skills such as effective communication. When children are involved, a neutral *Child Specialist* is part of the team. This licensed mental health professional provides support and information to the children, and serves as the children's advocate by bringing their voice into the proceedings. The Child Specialist also provides information and guidance to the parents in child-related matters. Lastly, when complicated financial matters are present, a neutral *Financial Specialist* is part of the team. This professional serves to compile financial information, and provides assistance, guidance and education related to financial and budgeting concerns. The collaborative team members meet together in various pairings as needed over the course of the proceedings to facilitate the process. Though many professionals are involved, this model is much faster and often 40% - 60% cheaper than a litigated divorce.

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PRESIDENT'S COLUMN

Michelle Carro, Ph.D.

The spring newsletter marks my last opportunity as President of the organization to write a message to you. Many of this newsletter's articles will review what the executive board, regional boards and committees have been up to since late Fall. For my part, I would like to take the opportunity to share what's on the radar for membership year 2008-2009. In so doing, I will share the highlights of APA's Annual State Leadership Conference held March 8-12 in Washington DC. In fact, I write this article from above the clouds as I fly back to Las Vegas from the Conference (crossing my fingers that I'll make my connecting flight in Phoenix).

State Leadership Conference is our annual opportunity to travel together as a delegation of Nevada Psychologists to gain valuable training in advocacy and learn about emerging issues and agenda items for our professional practice. Joining me were Judy Phoenix, Ph.D., Executive Director; Lisa Linning, Ph.D., Early Career Psychologist Delegate; Gregory Giron, Psy.D., Public Education Coordinator; Abraham Amaya, Ph.D., Diversity Delegate; and Gary Lenkeit, Ph.D., Federal Advocacy Coordinator. We divided ourselves up among the many workshops available in order to return to Nevada with as much up to date information available regarding the future of our practice and APA's lobbying efforts. I will briefly summarize the highlights of our four jam-packed days of meetings and workshops and hopefully pique your interest to learn more through upcoming NSPA functions, including our Annual Strategic Planning Workshop in May.

Psychologists are a diverse group;

but one thing is clear. In our diversity, we represent a highly learned profession with expertise in managing the multitude of difficulties that beset the clients we serve. We, of course, understand psychological assessment and therapy for mental disorders; but our knowledge base is so much more expansive than that. We are also the keepers of knowledge that informs the overall physical and social health of our citizens and communities. If nothing else, SLC reminds us to share our knowledge with others – not only for the sustainability of our profession but for the ultimate good that comes from increasing access to the diversity of our services.

Increasing access to our services means increasing the workforce of psychologists in our state. We are 44th in the nation for psychologists per capita. One strategy for improving this standing is to focus on increasing training opportunities for our graduate students. In Nevada, we face a shortage of predoctoral internships. In fact, we have only one APA-accredited internship, in Reno at the VA Hospital. While this is a long-standing and well-respected training program, it cannot meet the needs of Nevada's graduate students. Moreover, there is a national shortage of internship positions. In a nut-shell -- Nevada has great need for these positions AND there are more than enough talented trainees to fill them IF we pull together to create internship training opportunities. NSPA began slowly chipping away at this issue several years ago but last summer under the leadership of Martin Gutride, Ph.D., we now have a critical mass of stakeholder psychologists who are willing to do what it takes to move this agenda forward. I attended an SLC workshop devoted to this issue during which I heard from Cynthia Belar, Ph.D. of the Education Director-

ate regarding APA resources. I also spoke with representatives from Arizona and Minnesota Associations regarding their efforts. While slightly different in their approaches, each has worked to support internship training consortia. NSPA is reviewing their training models, meeting with their training directors and looks forward to developing a model that fits best with our State in order to increase the number of available internship slots. Not only will this offer our own talented graduate students the option to stay in Nevada for this necessary training, but it will allow us to compete nationally for talented psychologists who will hopefully remain in our state and strengthen the available psychological services so desperately needed by our citizens.

Speaking of the need for psychological services in our state, I attended another session which highlighted the current and inevitable growing need of our returning military men and women and their families. In short, we need to be ready to help. The primary issues are Pain, Traumatic Brain Injury, PTSD, and Substance Abuse. We know about these conditions and the evidence-based practices to successfully treat and manage them. NSPA will need to strategize as to how we can maximize our ability to make our services available for this subset of our population.

Indeed, our delegation participated in a day of visits to Capitol Hill where we met with Congresswoman Shelley Berkley who, keenly aware of the needs of veterans and service men and women, made it clear to us that she hopes we will step up to meet their needs. Of course, we are all working very hard in our offices, whether in private practice, public service or academic settings.

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President's Column (continued)

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How can we do more when it feels as though we are stretched thin and fighting to get compensated or otherwise recognized commensurate with our training and expertise? There is good news to share with you in the face of this question. First, we were able to thank our government officials, Senators Reid and Ensign, Congressman Porter and Heller, and Congresswoman Berkley, for supporting Mental Health Parity. We urged them to negotiate a compromise bill and all were optimistic (albeit cautiously) that this will happen in 2008. Moreover, we argued to reverse recent Medicare reimbursement cuts (under CMS's 5-year review) which unfairly burdened psychologists and social workers, and ultimately reduced access to mental health services to Medicare recipients. Further, we explained that psy-

chologists must be allowed to appropriately bill for services that we are already providing, specifically certain Evaluation and Management Codes from which we have up to now been excluded from billing. CMS has specifically stated that they will not allow these codes until there is a legislative mandate to do so. All of our legislators were sympathetic to our arguments and agreed to take them into serious consideration. Finally, we garnered support for continued appropriations to the Mentally Ill Offender and Criminal Reduction Act which funds mental health courts diverting nonviolent offenders into treatment instead of jail cells.

In sum, the radar screen for psychology in Nevada is full of bright dots. I provided highlights only and believe me when I say that there are others beyond the scope of this outgoing President's mes-

sage. Please stay plugged and tuned in by renewing your membership in June (or earlier), participating in the members' listserve, attending Strategic Planning; attending regional meetings and participating in CE events. I have been proud to serve as your President this year and look forward to continued involvement on committees. I won't ever completely leave – what we do is too important. Each of us needs to participate in this organization in whatever way makes most sense and there are ample opportunities to do so and make a MEANINGFUL contribution in the process. The radar screen will always be full of dots – but without active participation from each psychologist, we won't be able to navigate with clear direction on behalf of the people and communities we serve.

2 POST DOCTORAL FELLOWSHIPS NOW AVAILIABLE

Currently, Dr. Stephanie Holland is interviewing for 2 full time post doctoral positions in the Las Vegas area. One fellowship will focus on forensic evaluations with an emphasis on child custody assessments and the other on general assessments of children and their parents in a variety of settings.

Applicants will gain a wide variety of experience in a private practice setting. Potential applicants should have excellent writing skills and be prepared for an intensive yet rewarding experience. Moderate stipend is offered.

Start date is anticipated to be sometime between August and November of 2008.

Applicants should call 702-650-6508 and/or fax a curriculum vitae to 702-893-9655.

FULL OR PART TIME OFFICE SPACE AVAILIABLE MAY 1st

Space available with mental health professionals in private practice.

Situated in the fast-growing southwest part of the Las Vegas Valley on Durango, south of Tropicana, immediately off I-215.

- Space has been newly renovated
- Ample parking

\$1,200 for full time office without administrative support; add \$300 to receive administrative support.

Contact Stephanie or Beth at (702) 641-2422.

The View from Carson City

Bryan Gresh, NSPA Lobbyist

Though we're currently in that season known as the legislative interim—the time in between sessions of the Nevada State Legislature—it certainly has the *feel* of a legislative session.

The Nevada State Psychological Association has been active at both ends of the state, firing on all cylinders right now. NSPA is very much involved in a host of interim activities.

- We were in the loop from the beginning on the news that Carlos Brandenburg was on the way out as the head of the Nevada Division of Mental Health and Developmental Services. NSPA offered its input on Brandenburg's eventual replacement, Dr. Harold Cook. NSPA has already extended a formal offer to Dr. Cook to utilize our expertise where he can as he settles in to his new role facing the state's significant mental health challenges.

- NSPA has been active in the Legislature's Interim Health Care Committee. Chaired by Reno Assemblywoman Sheila Leslie (D), the Committee has been meeting monthly since October of last year—and NSPA has been there. Whether at the Legislative Building in Carson City or the Sawyer Building in Las Vegas, NSPA has been in attendance at these vital interim meetings. The subject matter, which will be used to develop Bill Draft Requests for next session, is diverse. Lawmakers have looked at issues of interest to Nevada psychologists: discussions about triage services and outpatient services in the Silver State, including counseling services, for mental health patients; prevention and treatment of substance abuse by Nevada adolescents; and an update on services and treat-

ment for Nevada's autistic children. In addition to the testimony, NSPA members have also had a chance to exchange ideas and business cards with other health care professionals in attendance.

- NSPA President, Dr. Michelle Carro, was invited to participate in the mental health privatization public workshop held this past December on the Southern Nevada Adult Mental Health Services campus. The room was filled to overflowing with stakeholders concerned about the potential privatization of all or part of the inpatient mental health services currently offered by the state. Michelle expressed NSPA's position to SNAMHS's Dr. Stuart Ghertner, explaining "We care about preserving the quality and integrity of mental health care for Nevada's citizens. We also care about cost effectiveness but not if that means sacrificing the best evidence-based care available."

- We have an intimate understanding of what State Senator Maggie Carlton (D-Las Vegas) is thinking about as she looks this interim at the 'tweaking' of State Board regulations across the board. It's an outgrowth of a Health Care Subcommittee to Review the Rules and Regulations Governing Providers of Health Care. The Senator is looking for some uniformity, apparently in Nevada some Boards do background checks before licensing, others afterwards. Some Boards don't have any discipline problems, others do. Credentialing is an issue, she says, though it's not a precursor to reciprocity. Do we have enough nurses, she asks? Enough doctors? Why aren't quali-

fied professionals coming to this state?

This is all part of the bigger picture the Senator will be exploring with these interim hearings. She does see psychology in better shape internally than some of the other Boards in the state. We will have a chance to sit down with her later and discuss this subcommittee and the field of psychology.

Longtime members of NSPA will recognize something different with the above. In the distant past, we would be reporting on these events long after they happened. Now, we're talking about them while they're happening and, in some cases, before they happen. We're not so much responding anymore, we're helping shape the discussion.

It's a testament to NSPA's continued growth in maintaining an ability to be plugged in, to have that crucial interaction during the interim, which leads to success during the legislative session.



ALTERNATIVE DISPUTE RESOLUTION MODELS (continued)

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Certainly, it is also much less contentious, that is priceless! For additional information, go to www.collaborativeprofessionals.com or www.collaborativepractice.com. A collaborative "handbook" is also available upon request (please contact me about this).

Following divorce, a small subset of parents remain good friends and continue to positively associate with one another. Another 50% remain "Cooperative Colleagues" who won't sit together at events and don't necessarily like one another as people, but are generally able to cooperate and work out agreements. The remaining individuals are often acrimonious, especially after going through the litigation process. These parents often cannot work together in a reasonable and respectful manner. They don't like one another or respect each other as parents. They exhibit disrespectful behavior and may focus on fighting to the bitter end. A small subsection of these individuals, many of them with clinical diagnoses involving Narcissistic or Borderline Personality Disorder, use about 80% of the court resources. Children in these situations get caught in the middle and suffer in a multitude of ways from their parent's dynamics.

Parenting Coordination is an emerging model designed to help such high-conflict parents learn to co-parent and work things out without resorting back to costly adversarial proceedings. The trained Parenting Coordinator provides a combination of services such as teaching parents how to improve their communication, anger-management, and problem-resolution skills, as well as teaching about child development and the impact of ongoing conflict. The Parenting Coordinator also monitors the existing parenting plan and provides mediation services to help parents make decisions and implement agreements. In some instances the Parenting Coordinator will also be given authority to make some decisions when agreement cannot be reached. Parent Coordinators should follow applicable guidelines and be court-appointed prior to providing services. For additional information, go to www.cooperativeparenting.com.

It should be understood that not all individuals are good candidates for these alternative models. For instance, situations in which there is domestic violence, untreated mental illness or substance abuse, or cognitive impairment may not bode well. In addition, practitioners must make certain that their own temperament is well-suited for this type of challenging work.

For additional information, feel free to contact me at djribnick@sbcglobal.net or call 775-786-1234.



HELP SUPPORT OUR TROOPS AND THEIR FAMILIES

Give an Hour is a nonprofit organization whose mission is to develop a national network of volunteers capable of responding to both acute and chronic conditions that arise within our society. We are initially focusing on the U.S. troops and families affected by the current military conflicts in Afghanistan and Iraq. Large numbers of our veterans are returning home to find that they must cope with a wide range of psychological difficulties. We have an opportunity to prevent a national tragedy and we have the obligation and the resources to do so.

We have created a national network of mental health professionals who are literally giving an hour of their time each week to provide free mental health services to military personnel and their families. By providing critical psychological support to these families, we will support the sacrifices they are making and ameliorate the difficulties they face.

Thus far, nearly 1000 professionals from the mental health community have registered to participate in this critical effort. Professionals are being asked to provide the type of services they currently provide in their offices. While no additional training is required, we offer a variety of training opportunities to those individuals who might be interested. In addition, our participants will have the opportunity to interact with each other, to share information about their experience and to seek feedback and additional resources.

We ask providers to participate in our network for one year in order to provide continuity of care for these deserving families. Those individuals who receive services from the Give an Hour network will be given the opportunity to give back to their own communities.

Please visit our Web site at www.giveanhour.org to sign up for our national network and to learn more about our organization.

Message from NSPA President-Elect Laurie Drucker, Psy.D.

I am looking forward to the opportunity to serve as NSPA President for 2008-2009. It is quite an honor to follow in the footsteps of colleagues who have done so much to help the organization grow in membership, outreach, and community involvement. I hope to continue their efforts, supporting the development of activities and resources that are valuable for both our members and our communities.

To this end, I encourage interested members to participate in our Strategic Planning workshop, to be held this year in Reno on Saturday May 3rd. It is an opportunity to share your ideas with us, as well as to learn more about the activities and initiatives of the NSPA. I believe there is a role in the NSPA for anyone who wants to participate, from serving on committees, to engaging in outreach efforts, to advocating for mental health needs with our Legislators. We will be meeting as a group and in committees to discuss continuing education workshops, legislative priorities, insurance issues, public education campaigns, business of practice outreach, diversity, early career psychologist needs, the website, and more. Please mark your calendars and I hope to see you there!

I am particularly excited by the efforts of the NSPA to directly address mental health needs in Nevada. Marty Gutride has been leading an active group to develop pre- and post-doctoral training opportunities in Nevada. The pre/post doctoral committee has moved from the idea stage to the beginning stages of developing a consortium-style training program. On another front, members of the legislative committee along with our lobbyist, Bryan Gresh, remain active in

monitoring the activities of the Legislature's interim committee on healthcare and changes in the state's mental health programs and services. We continue to work toward the goal of comprehensive mental health parity in Nevada. We will be entering a Legislative year in 2009 with an active role to play in advocating for the needs of psychologists and mental health consumers.

We do a lot for a small organization, sponsoring 4 to 6 workshops each year, producing a newsletter, maintaining a website and listserv, lobbying for psychology...and we are constantly in need of finding ways to streamline our operations while increasing our services. Working with our Executive Director, Judy Phoenix, and members of the website committee, I hope to obtain funding to modernize our website to make it more attractive and user-friendly. I would like to see us continue to increase membership and involvement in the NSPA, including those who have been in the field for many years, and those who are early career psychologists and students. I would also like to support the efforts of the northern and southern regions in creating opportunities for local psychologists to meet and network with each other. Joining the NSPA was a first step for me, seven years ago, in developing professional relationships, learning about mental health needs and resources in the state, and engaging with the community at a deeper and more satisfying level. As I anticipate leading this organization forward, I also hope to see many new faces join in our efforts to keep the NSPA a vital organization and valuable resource for psychologists in Nevada.

SIERRA BEHAVIORAL HEALTH

Mandra L. Rasmussen Hall, PhD, Ltd

Licensed Psychologist
Lic. PY0536

Phone: 775.853.2440

Fax: 775.828.7836

5421 Kietzke Lane, Suite 101 | Reno, NV 89511

Northern Nevada Behavioral Health

Kendra Beitz Thompson, PhD, Ltd

LICENSED PSYCHOLOGIST
LIC. PY0532

Ph: (775) 852.3335 | Fax: (775) 828.7837

5421 Kietzke Lane, Suite 101 | Reno, NV 89511

Co-Occurring Disorders Committee Update

Richard Baldo and the SB2 Committee on Co-Occurring Disorders

Richard Baldo was one of three psychologists who, at the urging of NSPA, submitted their names for consideration as the psychology representative to this committee. Dr. Baldo was then appointed by the Governor to the committee.

The Co-Occurring Disorders Committee was created by the Nevada State Legislature in 2007 through Senate Bill 2. It was the energy of Rosetta Johnson, M.P.A., other citizens, and technical support from SAMHSA's Co-Occurring Center for Excellence that brought the need to deal with this problem to the attention of the legislature. This topic was explored in the Co-Occurring Disorders Symposium in Las Vegas in November 2006. Rosetta was the moderator, as those of you who attended might remember. The legislature assigned the committee a number of tasks in SB 2 to integrate services for people with co-occurring severe mental illness and addictive disorders. SB 2 includes the following tasks:

"The Committee shall:

1. Study and review issues relating to persons with co-occurring disorders.
2. Develop a policy statement confirming the commitment of this State to treatment for persons with co-occurring disorders and the expectations of this State concerning such treatment.
3. Review and recommend strategies for improving the treatment provided to persons with co-occurring disorders, including, without limitation, reducing administrative barriers to such treatment and supporting the provision of coordinated and integrated services relating to mental health, substance abuse and criminal justice to persons with co-occurring disorders.
4. Develop recommendations concerning the licensing and certification of treatment programs for persons with co-occurring disorders, including, without limitation, the standards that should be required of such programs to increase their effectiveness.
5. Develop recommendations concerning the creation of incentives for the development of treatment programs for persons with co-occurring disorders.
6. Evaluate the utilization of existing resources in this State for the treatment of persons with co-occurring disorders and develop recommendations concerning innovative funding alternatives to promote and sup-

port mental health courts, the prevention of co-occurring disorders and the coordination of integrated services in the mental health, substance abuse and criminal justice systems.

7. Identify and recommend practices and procedures to improve the effectiveness and quality of care provided in both the public and private sector to persons with co-occurring disorders.
8. Examine and develop recommendations concerning training and technical assistance that are available through the Substance Abuse and Mental Health Services Administration of the United States Department of Health and Human Services and other entities to support the development and implementation of a comprehensive system of care for persons with co-occurring disorders.
9. Submit on or before January 31 of each odd-numbered year a report to the Director of the Legislative Counsel Bureau for distribution to the regular session of the Legislature. The report must include, without limitation, a summary of the work of the Committee and recommendations for any necessary legislation concerning issues relating to persons with co-occurring disorders."

The committee met for the first time on January 10, 2008 with on site consultation from Anthony J. Ernst, Ph. D. from the Co-Occurring Center for Excellence. The committee created three sub-committees (Systems Integration, Evaluation, and Workforce) with law enforcement, medical, mental health, academic, consumer, and public constituencies represented.

Early focus among committees include early detection of co-occurring disorders, needs analysis, coordination of treatments, and systems integration with mental health, law enforcement and prison services as essential to providing evidence based treatment in a "seamless" service delivery system. The committee has already arranged for regional trainings on co-occurring disorders, a one-day "Treatment Improvement Protocol" (TIP 42) workshop in Las Vegas and Reno tentatively scheduled for July 2008. These trainings will begin to strategically improve the ability of Nevada's work force to serve persons with co-occurring disorders. It is the groundwork, which will set the stage for the committee's legislative requirements to ultimately weave an effective safety net of services to make measurable improvement in the lives of the affected individuals.

2007 NSPA AWARDS

It is with great pleasure that we announce the 2008 NSPA Awards to be given at our annual business and awards luncheon on 5/2/08, Mack Auditorium, Renown Medical Center.

Mikawa Award for Outstanding Psychologist goes to Victoria Follette, Ph.D. and Jacqueline Pistorello, Ph.D. co-authors of *Finding Life beyond Trauma: Using Acceptance and Commitment Therapy to heal fro Post Traumatic Stress and Trauma-Related Problems*, published in June 2007 by New Harbinger.

Publication of this book is just a single instance of the professional accomplishments of Dr. Follette and Dr. Pistorello. Please join us in celebrating their accomplishments!

Outstanding Service to NSPA also goes to two recipients: Lisa Linning, Ph.D., and Melanie Crawford, Ph.D. have co-chaired the Early Career Psychology Committee this year. Melanie and Lisa have expanded our awareness of the needs of those just starting their careers as psychologists and increased the services we provide by organizing and managing ECP support groups in the northern and southern regions. They have also both held offices in their regional boards this year. We applaud their service and look forward to seeing them again next year.

Outstanding Advocacy for NSPA award goes to Michelle Carro, Ph.D. Michelle has been an invaluable asset to NSPA and to psychology, an advocate extraordinaire! She has chaired the legislative committee for four years. She represented us a Nevada Health Plan Health Care Professionals Focus Group which resulted in our goal of having more pre- and post-doc positions in Nevada included in the Nevada's health care plan, crafted NSPA's opposition to mandated geriatric CE hours – which you may notice we are not required to have today, represented us at the hearings on privatization, and many more. Michelle is a careful and thoughtful advocate for us all. Please help us honor her on May 2 at lunch.

News from the Pre/Post Doctoral Internship Committee

Since this committee was formed at last year's Strategic Planning Session in Michelle Carro's lovely home, we have made significant gains towards addressing Nevada's need for another APA approved pre doctoral internship program as well as post doc opportunities. The primary gain has been identifying the Nevada Psychologists from across the State, in all the sectors in which our colleagues work (University, State/County agencies and private practice), who are interested in making such a program happen. Beyond that we have been assigned a mentor from APPIC, Jenny Cornish, Ph.D., who will walk us though the steps of developing this program including drawing on her personal experience in Colorado. We have also made contact with Andy Hogg, Ph.D., and his colleagues in Arizona who are eager to give us the benefit of their successful experience.

We have decided that the best approach for our state is to develop what is called a Consortium program. This means establishing a federation of agencies, each of which may only have one or two intern positions. but which, as a whole, can work together to meet APA requirements. This is what has been done in Colorado, Arizona and several other states. The most exciting news to report as of this date is the fact that 11 Nevada agencies have so far expressed interest in exploring the idea of a consortium. We are about to have an initial meeting with those agencies.

As you can imagine, this is not a task that will be accomplished overnight. Our students will have to continue seeking out of state internships until what we are trying to do is successful. We, on the other hand, will have to be passionate. NSPA is in a great position to form the alliances and muster the kind of lobbying effort which will convince the "powers that be" about the importance of another APA accredited pre doctoral internship and post doctoral training opportunities to our State. When the time is ripe, it will be all of us, not just this committee, which will make the difference. Please stay tuned. If you want to join the committee, please contact Marti at Martin-gutride@aol.com

Dedicated to Providing an Environment Conducive to Healing, Personal Growth, and Recovery



Nestled in the foothills of the Sierra Nevada Mountains, Center for Hope of the Sierras offers residential therapy and a step-down transitional program for the treatment of anorexia nervosa, bulimia nervosa, and related disorders.

Less than 30 minutes from Lake Tahoe, the Center grounds are comprised of two large, yet cozy Victorian-Country style homes. Each house holds six beds in a welcoming and supportive environment. The yards feature several large-covered porches with sitting areas, a koi pond with waterfalls, two spa tubs, and vegetable and floral gardens.



center for hope
OF THE SIERRAS

To learn more about the Center for Hope of the Sierras
please call 877-828-4949,
visit www.CenterforHopeoftheSierras.com,
or email Maria E. Dias at medias@crchealth.com

Also, feel free to contact our National Resource Center at 866-690-7240 or email resourcecenter@crchealth.com

Early Career Psychologist News

Over the past few years, APA and NSPA have recognized a need to provide extra support for Early Career Psychologists (ECP) entering the field. Fostering this effort, active discussion and networking groups have been meeting in both the Northern and Southern Regions.

The Northern ECP Discussion Group meets the 2nd Thursday of each month. Guest speakers have included Karen Shelton, Richard Baldo, Steven Graybar, and Catherine Neighbors. The Southern ECP Discussion Group meets the 1st Friday of each month. Guest speakers have included Jacqueline Panish, Soyong Crabb, Gary Lenkeit, Lew Etkoff, Psychology Billers Yoli Ali and Cheryl Nichols, and we will soon hear from John Paglini. Meeting discussion topics (North and South) have included issues related to setting up and prospering through private practice, insurance panels and billing procedures, marketing, corporations, studying for licensing exams, and balancing family life and career life. Some months have been devoted to case consultation and networking.

Both the Northern and Southern groups are seeking guest speakers from local psychologists who are willing to share their knowledge and expertise. We encourage participation at meetings by anyone within 7 years of receiving their doctorate, doctoral students, and/or psychologists interested in networking with the exceptional Early Career Psychologist colleagues we have in Nevada.

If you would like more information regarding ECP meetings or would like to share your expertise at a meeting, please contact the appropriate regional representative below:

<p>Lisa M. Linning, PhD NSPA Southern Region Secretary NSPA ECP Committee Chair</p> <p>LisaLinning@msn.com (702) 860-3305</p>	<p>Melanie Crawford, PhD NSPA Northern Region Vice President NSPA ECP Committee Co-Chair</p> <p>melaniec@unr.edu (775) 786-7881</p>
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Strength and healing comes to our communities as we join forces in carrying out the missions of psychology.

Some useful resources for ECPs can be found on the APA website: <http://www.apa.org/earlycareer/>. For anyone considering a private practice, there is an article addressing fantasy vs. reality of a private practice: <http://www.apa.org/apags/profdev/firstbiz.html>. You may also want to consider joining APA Division 42 - Psychologists in Independent Practice <http://www.apa.org/about/division/div42.html>

EARLY CAREER PSYCHOLOGIST LISTSERV

FOR ALL ECP-NSPA MEMBERS:

Join the NSPA-ECP listserve and stay in touch with your peers.

Sign in to Google and sign up for the group at: <http://groups.google.com/group/nspa-ecp/?hl=en>

Teaching Psychology: On Reflection

Susan Gordon

I am a conveyer of facts. I convey facts to students on the many topics of interest to psychologists: biology and behavior, cognitive processes, motivation, emotion, and human sexuality, personality theory and assessment, psychological disorders, therapies, and social psychology. However, information delivery, with repetition and across time, may sentence a college instructor to cognitive impoverishment and students to boredom. Are there additional functions, if any, that instruction in psychology may serve within a college community?

As I reflect on first-day psychology course meetings, I note that students express wanting more from courses than course credit. They want to understand with clarity their own or the feelings, cognitions, and behaviors of others. Some want to resolve personal or professional concerns. They want a psychology instructor to guide their journeys to personal relevance.

Other students seek a guide to include or eliminate psychology as their declared major. Their academic advising contacts provide sound information. Now they want to experience the substance of psychology's varied domains.

Then there are the students that hope psychology may offer them discreet and effective study hints to strengthen skills that will enhance both their performance and resolve to complete their educations.

Others want psychology to direct them toward occupations and professions that recruit applicants whose understandings of human behaviors are solid.

For those who experience maladaptive behavior, mood, or cognitions, psychology courses may motivate students to seek professional psychological evaluation.

College psychology instructors convey facts. We link facts to contexts to which students can connect. Our teaching styles, passion for the subject matter of psychology, and demonstrations of psychology's everyday application may encourage some students to pursue psychology as a profession. We may experience the good fortune to encourage other students to persevere and complete their psychology or other courses of study. Others we may inspire to put their psychological knowledge to use in a career. We may encourage or refer still others to seek evaluation for possible treatment.

Yes, I am a conveyer of facts, and in the college setting, also serve as a conduit through which students may interpret and integrate facts in meaningful ways.

Susan Gorgon, M.A., is a full time faculty at College of Southern Nevada who facilitates general, child and adolescent psychology classes. She is an NSPA Associate Member.

Questions or comments about the NSPA Newsletter? Please contact Stuart Stilling at stuartstilling@worldnet.att.net or (775) 852-7057.

The views and opinions expressed in each article of the NSPA news are those of the author and not necessarily shared by NSPA.

STUDENT LISTSERV

Join the NSPA-Student listserve and stay in touch with your peers.

Sign in to Google and sign up for the group at:
<http://groups.google.com/group/nspa-students?hl=en>

News From The Business of Practice Network (BOPN) Committee

The BOPN Committee is pleased to announce that during the 3 years since we began recognizing Nevada businesses with the Psychologically Healthy Workplace Award (PHWA), 9 companies have been given this prestigious award. They are the Las Vegas Convention and Visitors Authority, New York New York Resort Hotel and Casino, The Nevada Federal Credit Union, HSBC Card Services, the Nevada Cancer Institute, Renown Health, St. Mary's Health Network, B&J Inc. and Patagonia. One of them, the Las Vegas Convention and Visitors Authority went on to receive a national award from APA last year - one of only 6 companies in the United States and Canada to receive that award in 2007. In addition, we have recognized 4 companies with a "Best Practice Award" for a specific innovative program they have to help foster the psychological health of their employees. These companies were Shred-It Las Vegas, Vitals Inc., Renown Health and Patagonia. At the 2007 APA national award ceremony, the Las Vegas Convention and Visitors Authority was the only company to receive both a national PHWA and a national Best Practice Award.

Each year the committee spends most of its initial time trying to get the word out to the Nevada Business Community about this awards program and urging companies to apply. We make presentations to a variety of business groups such as Chambers of Commerce and Human Resource Associations, we

write articles for various publications and we talk with anyone who will listen. Later in the year we select the potential award recipients from those who apply, do site visits with them, select the finalists and, ultimately, present the awards. We've been very fortunate each of these 3 years to have had the Southern and Northern Nevada Human Resource Associations provide the venue for the award ceremonies - typically a gala annual meeting they have for their membership. We have been a consistent and well-received highlight of those meetings.

We are about to launch for 2008. We believe that what we are doing is good for Nevada and the people who work here. We have the research about workplace stress and its affect on human beings, and about the stress people have in their lives, which they bring to the workplace. We know the ways this all gets played out both for businesses and people. This program can help bring about significant positive change. It can also have significant benefits for us as psychologists.

There are currently only 2 active members on the committee since our former chair, Roberta, has gone on sabbatical. I would like to encourage any of you who are interested in bringing psychology to the community in a very real, tangible sense to join with us this year. Please contact Martingutride@aol.com.

OPPORTUNITIES!

Do you know what you need to do to close your practice should you be leaving practice for any reason?

Do you have tips and ideas on dealing with managed care?

Would you like to know more about APA's Managed Care Toolkit?

Do you have a specialty that you'd like to tell us about?

Is there an issue you'd like us to think about?

Would you be willing to **write an article for the fall newsletter** on these or other subjects?

Contact Judy Phoenix today at jphoenix@pyramid.net

John C. Friel, Ph.D.

Licensed Psychologist

216 Mt. Rose Street

Reno, NV 89509

775.337.0299 or 866.651.4916 * fax 775.828.4114

Men's Therapy Groups

3 Thursday Evenings/Month * Occasional Openings

5-7 pm or 7:15-9:15 pm

2, 4, 6, 8, and 12-hour Couples Therapy Sessions for
Busy Couples and to move through Gridlock3½ Day ClearLife® Clinic Workshop now being held
for 2008 at Las Vegas Recovery Center
1/24-27 and 5/22-25, and future dates<http://www.clearlife.com>**GREEN VALLEY PSYCHIATRIC ASSOCIATES**Dodge Slagle, D.O. Lawrence Kapel, Ph.D.
Rico Fontillas, M.D. William Slagle, Ph.D.**Private Practice Opportunity**

We provide a full range of out-patient mental health service for children and adults. The office is in a new building conveniently located in Green Valley at 215 and Gibson. Office space for additional providers is currently available. If interested, please contact:

Dr. Kapel at (702) 454-0201.

2007-2008

**THANK YOU TO ALL WHO JOINED/RENEWED NSPA MEMBERSHIP
DOUBLE THANKS TO THOSE WHO CONTRIBUTED ADDITIONALLY
 YOUR GENEROSITY ENABLES US TO CONTINUE OUR PROGRAMS**

HONORING OUR SUSTAINING MEMBERS*

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 Leanne Earnest
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 Susan Smith
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 DeVon Stokes
 Jo Velasquez
 Robert Whittemore
 Judith Willard

*** Contribution in addition to dues**

PAC

William Danton
 Maria Doncaster
 Laura Drucker
 Leanne Earnest
 Karyn Forsyth
 John Friel
 Martin Gutride
 Jon Jensen
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Bowling Alone

Amazon.com, Editorial Reviews

Few people outside certain scholarly circles had heard the name Robert D. Putnam before 1995. But then this self-described "obscure academic" hit a nerve with a journal article called "Bowling Alone." Suddenly he found himself invited to Camp David, his picture in *People* magazine, and his thesis at the center of a raging debate. In a nutshell, he argued that civil society was breaking down as Americans became more disconnected from their families, neighbors, communities, and the republic itself. The organizations that gave life to democracy were fraying. Bowling became his driving metaphor. Years ago, he wrote, thousands of people belonged to bowling leagues. Today, however, they're more likely to bowl alone:

Television, two-career families, suburban sprawl, generational changes in values--these and other changes in American society have meant that fewer and fewer of us find that the League of Women Voters, or the United Way, or the Shriners, or the monthly bridge club, or even a Sunday picnic with friends fits the way we have come to live. Our growing social-capital deficit threatens educational performance, safe neighborhoods, equitable tax collection, democratic responsiveness, everyday honesty, and even our health and happiness.

The conclusions reached in the book *Bowling Alone* rest on a mountain of data gathered by Putnam and a team of researchers since his original essay appeared. Its breadth of information is astounding--yes, he really has statistics showing people are less likely to take Sunday picnics nowadays. Dozens of charts and graphs track everything from trends in PTA participation to the number of times Americans say they give "the finger" to other drivers each year. If nothing else, *Bowling Alone* is a fascinating collection of factoids. Yet it does seem to provide an explanation for why "we tell pollsters that we wish we lived in a more civil, more trustworthy, more collectively caring community." What's more, writes Putnam, "Americans are right that the bonds of our communities have withered, and we are right to fear that this transformation has very real costs." Putnam takes a stab at suggesting how things might change, but the book's real strength is in its diagnosis rather than its proposed solutions. *Bowling Alone* won't make Putnam any less controversial, but it may come to be known as a path-breaking work of scholarship, one whose influence has a long reach into the 21st century. --*John J. Miller*

BUCK THE TREND!
JOIN YOUR FELLOW PSYCHOLOGISTS
IN NSPA TODAY
PLAY WITH THE HOME TEAM!

**2007-2008
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TO THOSE WHO SERVED NSPA AS
OFFICERS, REPRESENTATIVES AND COMMITTEE CHAIRS
YOUR TIME AND ENERGY KEEPS NSPA GOING!**

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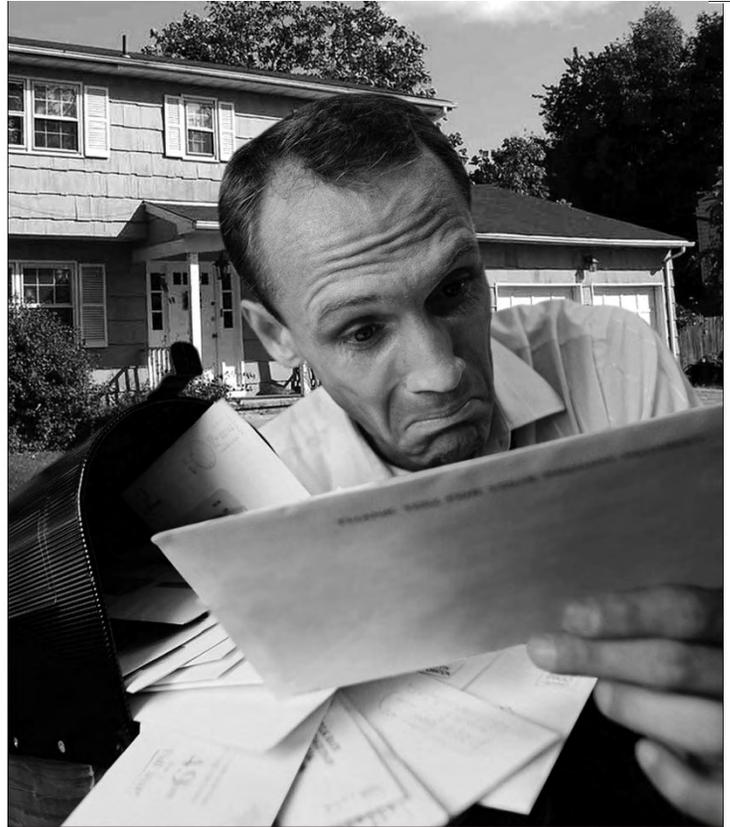
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NSPA Continuing Education Calendar

**Ethical Decision Making and Risk
Management in Clinical Practice**

Jeff Younggren, Ph. D., ABPP, APAIT

Friday, May 2, 2008

6 CE Ethic Credits, Approved by

the Nevada Board of Psychological Examiners

Don't forget: License renewal in December 2008,.

Get your Ethics credits now!

NSPA Strategic Planning

Saturday, May 3, 2008

5 Free CE credits

Focus on Children's Issues

Attachment Disorders—Maggie Freese, Ph. D.

Autism Spectrum Disorders—Julie Beasley, Ph. D.

School Refusal Behaviors—Christopher Kearney, Ph. D.

9/12 and 9/13, 2008, Las Vegas

12 CE credits

Working with the Difficult Client

10/18 and 10/19, 2008, Reno

NSPA Upcoming Events

Southern Region

**Treat Yourself and your family to an
Old Fashioned Family Picnic**

April 26, 11 am—2 pm,

Silver Springs Park in Green Valley

Take a break from Saturday cleaning, shopping, & errands for
lunch, fun, & games.

√ Great casual networking opportunity with psychology col-
leagues

√ Bring the entire family!

See you there!

Please RSVP to Lisa Linning (702) 614-8595 or
lisalinning@msn.com by April 12 to help with food planning.

Northern Region

Dinner/Social/CE Event

With Psychologists of the Year Awardees,
Jacqueline Pistorello and Victoria Follette speaking about
the treatment of trauma

Details to Follow