



CCPA NET Letter

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Collin County
Psychological Association

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PSYCHOPHARMACOLOGY UPDATE

John Kamphaus, MD

Thanks to Dr. Kamphaus for an informative review of psychotropic drugs. Dr. Kamphaus is a psychoanalyst and his insights and explanations of effective use of medications with therapy were very beneficial. He made us feel at ease and responded candidly to questions, particularly those related to side effects and dosage. The balance between addressing patient needs and drug manufacturer's marketing techniques was impressive.

LEGAL & ETHICAL ISSUES! DON'T MISS OUR NEXT MEETING!

IT HAS BEEN TWO YEARS SINCE ROBBIE MALONE AND KENDA DALRYMPLE HAVE PRESENTED FOR US. THEIR PRESENTATION IS FUN, INFORMATIVE AND CAREER SAVING. WE ALL BENEFIT GREATLY FROM THEIR EXPERIENCE AND WHAT TSBEF IS CURRENTLY DOING IN ADDRESSING COMPLAINTS.

CANCEL EVERYTHING ELSE AND JOIN US!

CCPA MEETING LOCATION CHANGE! TINO'S MEXICAN RESTAURANT SOUTH MAIN ENTRANCE COLLIN CREEK MALL

**JOIN US FOR ETHICS CEU's on 2/23 and 3/23!
REMEMBER TO RENEW YOUR MEMBERSHIP
WITH CCPA TO GET CEU's!**

"LEGAL & ETHICS UPDATE"

1/26—12 Noon Ψ R. Malone & Kenda Dalrymple

**PLEASE PLAN TO ATTEND AND
BRING YOUR COLLEAGUES**

Inside this issue:

UPCOMING 2
Meetings

Review your 2
Listing!

**IT IS TIME TO RE-
NEW! GET your
CCPA Member-
ship Application!**

See CCPA Website

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Groups and More**

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NPI ISSUES

FUTURE MEET- INGS:

- 2/23—Legal & Ethics Issues—TINO'S — 12 Noon
- 3/23—NPI & Ethics of Billing—600 W. Campbell Rd. Ste 5—12 Noon
LUNCH RSVP
- 4/27—TBA—12 Noon

UPCOMING MEETINGS—SCHEDULE THESE NOW!

Our monthly meetings are held from 12:00 noon to 1:30 p.m. on the 4th Friday of each month at TINO's Mexican Restaurant, Collin Creek Mall, Plano, unless otherwise specified. Tino's is in the South Main Entrance on the west side of 75. Members may order lunch from the menu, or just enjoy the presentation. 1.5 CEU credits are given to members for attending the meeting.

April 27— TBA - 12 Noon,

PLEASE CHECK YOUR REFERRAL INFO. ON www.psychselect.com/ccpa! We try to keep it up to date, but we need you to verify your location and phone info. Remember you need to be current on dues to be listed!

Feb. 23—Legal and Ethics Update—R. Malone, Atty —12 Noon, Tino's, Collin Creek Mall, Plano Ethics CEU!

March 23— NPI & Ethics for Billing— Frank Wichern, PhD —12 Noon, 600 W. Campbell Rd. #5, Richardson—FREE LUNCH, RSVP: wichern@att.net Ethics CEU!

OPPORTUNITIES!

Office Space

West Plano 2300 sq. ft. office condominium has two spaces for lease to mental health professionals. The smaller office is about 172 sq. ft. in area and faces onto an eastern courtyard. The larger office has about 272 sq.ft. and has eastern and northern windows, a skylight, and built-in cabinets. Both have internet connections, phone hookups, recessed lighting, and soundproofing. The suite itself has a very nice and spacious waiting room, a nice admin area, file storage, a kitchenette, and interior restrooms for clients and staff. A separate exit is also provided for client and staff use. Free parking and easy access to all parts of the Metroplex are added features of this location. Please call Tom Van Hoose for more details at 972-250-2919.

West central Plano office for lease one bk. s. of medical center of Plano on coit rd., approx. 200 sq.ft. office and w.r., b.r., furnished; ALL INCLUSIVE w/ tel. and long distance, fax, frig., copier. meals not included though I may be able to help some with referrals. \$350/mo. Contact Dan Cox at 972-596-5960

Services -Groups

Gordon Sauer currently has groups running for 5th grade girls, 5th grade boys, 3rd grade boys, 7th grade boys and 10th grade boys. Contact Gordon at Gsauerphd@aol.com

Vickie Sutherland is accepting referrals for a FREE Adult Process Group!
Thursday evenings from 6:00 to 7:30 PM.

Meetings will focus on personal discovery and growth.

Contact Vickie @ 972.231.7782

LET THIS SPACE WORK FOR YOU! Advertise your specialty or service so our members can refer or utilize it! Send to: wichern@att.net

CCPA PRESIDENT'S COLUMN: Greetings CCPA members!

February 2007

The Pursuit of Happiness

These days it's hard not to hear about the pursuit of happiness. It's only six weeks after the holiday season and New Year. We should all be happy right? We should have spent time with families, received wanted gifts and material consumption, eaten well and set new personal goals. Right you say, but for many of us, happiness is not among the emotions easily identified.

There are many factors of happiness that are just beginning to be studied. As psychologists, it would seem we should know a great deal about happiness, but much of our practices focus on depression, anxiety, loss, grief, and traumas, not happiness.

Economists have been concerned about happiness for some time. Many would argue that our lives, particularly as Americans, have become much improved as our wealth has increased. Contrary to the notion that money can buy happiness, studies consistently show that after a person's basic needs are met, improvement in happiness as one becomes wealthier is only marginal at best.

Happiness appears to be highly influenced by social comparison or judgment. This will take us back to basic social psychology. People tend to judge their own happiness relative to their social or peer group. Money or financial status can cause worry, especially when one worries how well they are doing financially compared to their peers. A well known study of Harvard students found that the majority surveyed would rather make \$50,000 if their peers were making \$25,000 than \$100,000 if their peers were earning \$200,000. Psychologists Philip Brickman and Donald Campbell call this the "*Hedonic Treadmill*." Others call this phenomenon "*Status Anxiety*." We may recognize this more readily as "*Keeping up with the Joneses*."

An article printed on January 28, 2007 in the Dallas Morning News, "*Spinning Our Wheels*", written by Rod Dreher cited a previous Dallas Morning News series about Collin County residents spiraling out of control with debt linked to just this phenomenon. He mentioned a local remodeling agency commenting on installing expensive kitchen countertops in a neighborhood which in turn generated instant further business on the same street. In recent years, it seems this is the American way, "If it feels good do it or better yet, buy it!" It would appear that the goal here is self-fulfillment through consumption rather than the pursuit of true or authentic happiness. One may even begin to wonder what true happiness is in a culture that most highly values wealth and status. Interestingly, a study conducted by the University of Leicester, cited in the Dallas Morning News article, ranked the world's happiest countries. The United States was 23rd compared to Denmark ranking first and Canada ranking 10th.

So what does make us happy? According to Richard Layard, Economist and author of Happiness there are seven factors affecting happiness. Mr. Layard's research has asked people to assess how happy they are in general and also how satisfied they are with different dimensions of their lives. His results show the following seven factors affecting happiness from most to least include: Family relationships, Financial situation, Work, Community and friends, Health, Personal Freedom, Personal Values.

Some other interesting facts about Happiness.

Happiness can improve your health. Happy people tend to have better immune systems and lower levels of stress. Consequently, when a person is happy body chemistry also changes and improves blood pressure and heart rate.

Richard Davidson a professor at the University of Wisconsin has been examining brainwaves to better understand the emotions of happiness and unhappiness. Using EEG measurements his findings suggest that when people experience positive feeling there is more electrical activity in the left front of the brain as opposed to negative feelings showing more activity in the right front of the brain.

Rod Dreher's final point in his "*Spinning Our Wheels*" article is that happiness can be a personal choice. He states, "Those who wish to be happy will choose quality of life over quantity – even if it means making substantial material sacrifices. You also have to let go of status anxiety, either ceasing to be bothered by peer disapproval or finding a community of peers that shares your values."

I hope you find yourself happy as you finish reading this piece.

The CCPA Board will continue to plan timely and relevant monthly CE topics and as always, welcomes your feedback and input. Sarah Spreda, Ph.D. Questions or comments please contact me at 469-879-9588; slspreda@sbcglobal.net; <http://www.apapa.org/DrSarahSpreda>

Sarah Spreda, Ph.D.



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Psychological Association**

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www.psychselect.com/ccpa

*The network of psychologists that
connects!*

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**ANNOUNCEMENT OR OTHER
RELEVANT INFORMATION,
CONTACT CCPA: wichern@att.net**

BOARD MEETINGS:

Please attend!

600 W. Campbell Rd #5,
Richardson

NOON – First Friday of month!

**PLEASE
RENEW YOUR
CCPA
MEMBERSHIP!**

**Application at:
www.psychselect.com/ccpa**

MENTOR'S CORNER: *CCPA encourages it's members to build profitable, ethical practices. These tips are timely and* we solicit your suggestions, recommendations and Questions!

Get Ready for the Revised CMS-1500 Claim Form

Circle April 2, 2007, on your calendar. That's the deadline for submitting claims using the new CMS-1500 claim form, which was recently modified to incorporate the new National Provider Identifier (NPI) numbers.

1. The first step, which some of us have already completed, is to obtain your NPI number. If you have not obtained a NPI, go to: <https://nppes.cms.hhs.gov/NPPES/Welcome.do>
2. Follow the Health Care Provider link to get started.
3. Prepare by having all of your addresses, SSN, EIN, and insurance company PIN's available to list.
4. If you are a licensed Health Service Provider, be sure to make that a code. You can also use other codes.

Here's the time line for implementing the revised form:

- Jan. 2, 2007 - Health plans, clearinghouses and other information-support vendors should be ready to accept the revised form.
- Jan. 2, 2007, through March 30, 2007 - Providers can use either the current form (CMS-1500 [12-90]) or the revised form.
- April 2, 2007 - Only the revised form can be used. Re-billed claims should also use the revised form, even if earlier submissions were on the previous form.

Changes to Revised 1500

Field 17a was split to provide space for the NPI number or other types of identifiers that payers may require (e.g., your current payer-assigned provider number or your Unique Physician Identifier Number). Similar changes were made to fields 24I, 32 and 33.

GOOD NEWS! I HAVE BEEN ABLE TO MODIFY THE REV 1500 FORM FOR DATA INPUT! THE FILE WILL BE AVAILABLE TO CURRENT CCPA MEMBERS and we will discuss all of this in our March meeting!