



# CCPA NET Letter

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Collin County  
Psychological  
Association

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## ***GOING ON THE NET!***

**CCPA NEWS GOES ONLINE!!**

**WITH THIS ISSUE AND IN THE FUTURE YOU WILL BE ABLE TO FIND OUR NEWS AT:**

**[www.psychselect.com/ccpa](http://www.psychselect.com/ccpa)**

*The newsletter, programs, awards and workshop registration will all be online at our website. These materials will be available to download and print. You will also be able to find referral information on our members!*

*We will notify by email when a new information is available and provide reminders of our meetings. Please be sure to keep us informed of your current email address.*

*You can send us questions and email addresses at [wichern@att.net](mailto:wichern@att.net)*

**We wish to thank Alan Hopewell, PhD, TPA President for current status of TPA and issues with TSBEP. Much of the discussion was on Sunset legislation for the licensing act. There is concern about whether a joint licensing board might come about where the interests of psychologists would not be represented. Also concerns about funding of Medicare for patients will limit our reimbursement. Alan emphasized the role we have in influencing our local legislators and enlisted us in lobbying for psychology with them.**



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### **FUTURE MEETINGS:**

- 3/26 8 AM-1 PM Learning Disabilities Workshop Southfork Hotel
- 4/23 Building Private Practice Southfork Hotel 12 Noon
- 5/11 CCPA/DPA SOCIAL 7PM Royal Oaks CC
- 5/21 Psychiatric Update Southfork Hotel 12 Noon

## **"LEARNING DISABILITIES WORKSHOP"**

**3/26—8:30 to 1 PM Ψ Cheryl Silver, PhD**

**Join CCPA at Southfork (Harvey) Hotel, Plano  
Dr. Silver is a specialist in Disability Assessment and will bring her extensive experience to share with us!**

**Please see the flier and register!**

## 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 the Southfork Hotel Plano, unless otherwise specified. The Southfork Hotel is on the east side of 75, 1 block north of 15th Street in Plano. Meetings are usually held in the Hackberry room. Members may order lunch from the menu, or just enjoy the presentation. 1.5 CEU credits are given to members for attending the meeting.

**Friday, March 26, 2004—Workshop**  
Assessing Learning Disabilities,  
Cheryl Silver PhD

**Friday, April 23, 2004**

Building Private Practice— Important Information on HIPPA Compliance, Office Forms, Billing, e-filing, office management, marketing, etc. **Please send or bring your office forms; intake, interview, release, etc. to share with colleagues.**

**Email to [wichern@att.net](mailto:wichern@att.net)!**

**May 11—Joint Social with DPA at Royal Oaks Country Club 7 PM**

**May 21—Psychiatric Update with Alan Koenigsberg, MD**

### FROM TPA: Policy On Ethics Course Guidelines FOR TSBEP!

Ethics Course Guidelines for Psychologists and Providers: Material suitable for CE credit is that which reflects on the directives of the TSBEP and or the guidelines established by APA, NASP or other organizations of professional psychologists. Courses that focus on bases for ethical decision making and/or problem-solving with diverse groups, contexts and situations are particularly relevant to this category of CE.

Professional Ethics concerns conduct and practice when engaged in professional work. Any code may be considered to be a formalization of experience into a set of rules. A professional group adopts a code in order to define and promote its purposes and activities – ethical boundaries are established in order to regulate practice in a way that is acceptable to its incumbents.

Codes of Ethics are concerned with a range of issues designed to set out the ideals and responsibilities of the profession. Ethics requirements are intended to provide assistance in determining appropriate decision-making and behavior, improve consistency, and provide a minimum acceptable level of practice.

Examples of acceptable continuing education courses/topics could include: "Update on new and revised TSBEP rules" or "Informed consent with geriatric populations." Examples of unacceptable continuing education courses/topics include: "Diagnostic indicators for..." or "Medical model implications for the practice of psychology."

**The following may be considered by the Board Staff in determining whether a particular Continuing Education course may be counted for the purposes of the ethics requirement:**

**Does the title of the designated CE experience include the word or derivations of "ethics" "legal," "rules," "regulation," "risk management," or other conceptually related terms?**

**Does the title of the CE activity suggest that the focus was to enhance or improve practice that is consistent with lawful, regulated and/or ethical practice of psychology (as opposed to new, elaborated or improved techniques of practice)?**

**Is it clear from the title or course description (for audited CEs) that the course or activity was designed to enhance or upgrade professional skills or knowledge relative to ethical practice of psychology as regulated by the Rules of the TSBEP? Effective: November 2003**



## PRESIDENT'S COLUMN:

### *Greetings CCPA members! March 2004*

Welcome to the online edition of our CCPA Net Letter! Please keep us informed of any changes in your e-mail address. You can always check for the latest issue as well as recent back issues on our [www.psychselect.com/ccpa](http://www.psychselect.com/ccpa) website.

Thanks to Dr. Alan Hopewell for his excellent presentation updating us on TPA and practice issues. The topics that brought the most discussion were Sunset Legislation and prescription privileges for psychologists. This presentation provided members with 1.5 hours of ethics continuing education.

Don Wolff, our President Elect, is stepping down from his position. His wife has been called to active duty in the National Guard, and Don decided to join her for her tour of duty. He has closed his practice and will be moving to Germany very soon. Thanks, Don, for your participation in CCPA and your help as Program Chair. Steve Sliwinski, our current Treasurer, has volunteered to take over as President Elect and then serve as President following our elections at our June meeting for a new CCPA Executive Board.

Since I have been discussing medications in my recent columns, I thought I would give you some more drug information provided by Public Citizen. The weight loss drug Meridia (sibutramine) has been on the market for over five years. This drug was approved by the FDA even though the FDA's own doctors and advisors said that the benefits of a few pounds of weight loss do not outweigh the risks of increased blood pressure and thereby increased risk for heart attack and stroke. Through May 2003, there have been a total of 49 cardiovascular deaths reported, 68% of which were people in their 20s, 30s, and 40s, groups in which such deaths would be considered rare. In addition, at least 126 serious cardiovascular adverse events such as heart attacks, irregular heartbeats and hypertension were reported, with half of these cases requiring hospitalization. Recent data indicates an adverse effect on the developing fetus with cases of cardiovascular birth defects, spontaneous abortions, and stillbirths from women taking Meridia during pregnancy.

The average weight loss in obese people taking a moderate dose of Meridia for one year is only 6 1/2 pounds, with no significant weight loss occurring after four months of use. Up to one third of the weight that was lost disappears within six weeks of stopping the drug.

Other serious side effects have been found with statins, a family of anti-cholesterol drugs, including a potentially fatal, muscle-destroying condition called rhabdomyolysis.

Working with eating disorder and obesity patients can be challenging due to the complexity of issues related to food, addictive behaviors, and the habit of satisfying emotional needs and reducing anxiety through self-medicating behaviors. We are not likely to see patients who want a quick fix if their physician will prescribe an appetite suppressant. Many of us have done psychological screenings for gastric by-pass candidates. Some of these patients have legitimate life-threatening risks from their obesity, and others view the procedure essentially the same way they would view plastic surgery with little insight into the substantial lifestyle changes and risks of the procedure, which is said to be as invasive as open-heart surgery. We can inform patients of the consequences of their behaviors, but we cannot make the decision for them. (Incidentally, Dr. Andrew Block will be discussing psychological screenings for gastric bypass surgery at our June meeting.)

Down the road, I think we may start to see more serious side effects with new psychotropic medications introduced, as drug companies keep competitive and want to keep revenues up as patents expire on older drugs which have been good money-makers for them. A similar analogy could be made between the quick fix with weight-loss drugs for people who are overweight and a quick fix with antidepressants for mildly depressed patients. We may not be likely to see the latter patient either, but this could start to happen once prescribing privileges for psychologists becomes widespread.

Behavioral research has found that psychotherapy and behavioral interventions can produce changes in behavior (such as obsessive-compulsive disorder) thought only to be the province of medication. Will psychology be abandoning its roots and ideals if it turns into the profession of "psychiatrists with better mental health training"? What are your views on this issue?

Please join us for Dr. Cheryl Silver's workshop on "Assessment of Learning Disabilities" at the Southfork Hotel (the old Harvey Hotel) on March 26th!

**Bob Weiner, Ph.D.**

Suggestions, comments? Please contact me at 972-596-0272 or by e-mail at [drbobw@flash.net](mailto:drbobw@flash.net)

**Collin County  
Psychological Association**

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*The network of psychologists that  
connects!*

**CCPA EXECUTIVE COMMITTEE**

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**ANNOUNCEMENT OR OTHER  
RELEVANT INFORMATION,  
CONTACT CCPA: [wichern@att.net](mailto:wichern@att.net)**

***BOARD MEETINGS:***

***Please attend!***

600 W. Campbell Rd #5,  
Richardson

***NOON – First Friday of month!***

**OPPORTUNITIES!**

**Office Space**

Several large offices with waiting area available . Located in Richardson near UTD. Office with other mental health professionals.

Contact: Frank Wichern (972) 234-3178

Two story, reasonably priced (\$950), 1200 sq ft office for rent. Four offices, waiting room, break area, rest room. 1325 19<sup>th</sup> St. Ste. 4B, Plano

Contact: Dan Perkins 972-562-9140

Rooms for rent at Private Psychology Practice in N. Plano. Beautiful, new office condo, \$550-750. Contact: Grace Chew, 469-467-7595

**Services**

I would also like to tell you about a new service that I am providing, which I call The Front Office. It is a unique service designed to duplicate 95% of an office manager's services, but at a much more affordable price. You provide the therapy, we provide the rest!

The services include:

- Patient scheduling
  - Insurance claim submission (billing)
  - Insurance verification and preauthorization
  - Accelerated insurance claim payment
  - Record keeping
  - Answering service with call screening and triage
  - Appointment reminder calls and emails
  - Help with managed care session reauthorization
- ...and more! Because The Front Office is Internet-friendly, we provide conveniences that no other service can provide, including:
- A virtually paperless office. No charts, no filing cabinets, no billing software to buy!
  - Full HIPPA compliance (including separate storage for administrative and therapy records)
  - Secure "anywhere" access to your appointment schedule and client records
  - Multi-layered protection ensures confidentiality at a level unmatched by paper records
  - Patients can change or set appointments online-even at midnight!
  - A professional web page for your practice
  - a 70% cost savings over hiring a full time office manager

Traditional telephone-based services are provided for patients without Internet access.

**call Bill Whitehead at 972-818-3993, or  
email ([wcw@psychselect.com](mailto:wcw@psychselect.com)).**

**Groups**

Sarah Spreda, PhD and Misty Hook, PhD will be offering several coping skills and support groups for 2004! These groups will concern anxiety, depression, pregnancy, body image and adolescent issues. Contact them at 972.377.4262 Or 214.244.5835 email:mistyhook@comcast.net

**Jobs**

Denton County MHMR Center Request for Applications

The Denton County MHMR Center (Center) issues this Request for Applications (RFA) to develop a network of **PSYCHOLOGISTS OR PSYCHOLOGICAL ASSOCIATES** to provide one or more of the following:

Determinations of Mental Retardation (DMR); Psychological Testing; Preparation of Behavior Management Plans for persons with mental illness and mental retardation.

The Center is a government entity established by the State of Texas for the purpose of providing medical, therapeutic, and residential services to the target population served by the Center that consists of mentally ill and mentally retarded persons who are residents of Denton county.

To request an RFA copy or for further information, please contact the following Center staff member: Melissa Eckstein, Administrator, Essential Services, Denton County MHMR Center, 2519 Scripture Street Denton, TX 76201-2324 940-381-5000