



CCPA NET Letter

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Collin County
Psychological Association

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Meetings

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ETHICS IN BILLING & NPI

Frank Wichern, PhD

**ARE YOU READY FOR THE
IMPORTANT BILLING
CHANGES COMING APRIL
1ST! CCPA members en-
joyed lunch and a discus-
sion of office management**

issues related to NPI and the new 1500 form. Frank began with a review of how his practice has been effected since 1990 and the trend of third party payments. He then went on to suggest how to have a profitable practice and future trends, as well as how these new procedures will allow third party payers to track you.

A review of online filing for NPI and choices for taxonomy codes followed with discussion. Finally, he presented the new CMS 1500 form for filing and what is new on it. A 1500 form that can be filled in was offered to CCPA members. To obtain this file email Frank at:

wichern@att.net

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

“SOCIAL AGGRESSION IN CHILDREN”

4/27—12 Noon Ψ **MARION UNDERWOOD, PhD**

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

FUTURE MEET- INGS:

- 4/27— SOCIAL AGGRESSION— TINO'S 12 Noon
- 5/18—TBA— TINO'S — 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.

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!

April 27—SOCIAL AGGRESSION, MARION UNDERWOOD, PhD - 12 Noon, Tino's, Collin Creek Mall, Plano

May 18—TBA—12 Noon, Tino's, Collin Creek Mall, Plano

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: wickern@att.net

CCPA PRESIDENT'S COLUMN: Greetings CCPA members!

April 2007

Exercise Impacts on the Brain



First a few business items. Thank you Dr. Wichern for hosting the March meeting at your office and presenting on the NPI number and ethical issues in business practices. We appreciated your statistics on trends with reimbursement and your dedication and time spent on the new HCFA form.

Dr. Tim Branaman, President of the Dallas Psychological Association informed CCPA about the movement of Licensed Psychological Associates initiating legislation for independent practice under the auspices of the Texas State Board of Examiners of Psychologists. As you recall, this was an issue last year that apparently has again gained recent momentum. The passage of such a law will have long term implications for the practice of psychology, no longer being a doctoral level profession. The Texas Psychological Association has taken a position to oppose HB3155 and its companion SB1505. As Dr. Branaman notes, our legislators need to be informed of our stance now. You may consider contacting your legislators by a letter or a personal visit. For more information you can visit the website at <http://www.capitol.state.tx.us/> or you can also contact Dr. Branaman.

Dr. Marion Underwood, a professor in the School of Behavioral and Brain Sciences at the University of Texas at Dallas will be speaking at the April 27th meeting. The meeting will be at Tino's restaurant in the Collin Creek Mall in Plano. Dr. Underwood was recently awarded a grant from the National Institutes of Health (NIH) to examine a longitudinal study of social aggression in children. Her areas of expertise are anger, aggression, gender, and children's peer relationships. Her research efforts are called the "Friends Project" and focuses on investigating how children use social aggression in various contexts. She has written a book, "Social Aggression among Girls."

Now that spring is finally here, I've been attempting to motivate myself to go outdoors and exercise more frequently. My motivation has been encouraged by recent articles and studies suggesting that exercise can have tremendous impacts on the brain, making us smarter, fighting diseases, and decreasing risks associated with Alzheimer's disease. Still not motivated? Research has shown that exercise helps people perform better on memory tests. Additionally, a Columbia University Medical Center study found links that exercise targets and improves processes in a region of the brain within the Hippocampus, the dentate gyrus, which is related to normal age-related memory decline.

With an obesity epidemic in America and weight having negative impacts on health, highlighting the benefits of exercise are becoming ever more important. An article published in the April 2007 issue of the Monitor, "America: A toxic lifestyle?" suggests that simply living in America puts us at risk for unhealthy lifestyles. Americans are exposed to unhealthy fast foods, long work hours leaving us more stressed and isolated from friends and social support, and possibly too busy to engage in regular exercise. A recent Newsweek article published in the March 26, 2007 issue focused on "Exercise and the Brain." The authors reported that physically inactive people have a 45% greater chance of developing coronary artery disease than active people. Likewise, that figure is 60% for developing osteoporosis, and 40% for colon cancer. The benefits of exercise are beginning to be seen in preventing and reducing the effects of depression, dementia, and diabetes.

For many decades research has shown the effects of exercise on the brain, labeling it the "endorphin high" that promotes feelings of well being immediately after exercise. Additional research has shown that exercise can have longer lasting effects on the brain, showing that regular exercise improves mood, decreases anxiety, improves sleep, improves resilience in stressful situations, and can increase self-esteem. Some researchers are asking if exercise is the new antidepressant. Some studies have shown that exercise impacts on depression have equal benefits to drug therapy or psychotherapy.

Still not motivated to exercise? You're not alone. Just knowing the benefits of exercise does not guarantee motivation to do so. Motivational factors are also contributors to sustaining an exercise program. An important finding is that the type of exercise and the intensity and duration of the workout are less important than ability to sustain and commit to a regular program. It seems to be that depressive symptoms respond to exercise in general and that vigorous, sweat producing workouts are not necessarily a key factor for mood benefits. So what does all of this mean? Recommendations by researchers and doctors suggest a combination of aerobic and strength training exercise for the most benefits. Start small and gradually increase the workout. Starting with ten minutes of walking and building to a thirty minute work out per day. Find ways to enjoy the exercise such as listening to music or an audio book. By now I hope you are more motivated and convinced of the benefits of exercise on health and mood. I think I'll finish this article now and head out for a walk!

Sarah Spreda, Ph.D.

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Psychological Association**

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*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!

FROM DAVID RUDD, TPA:

I'm writing to ask for your support and immediate action. As you'll see from the summary of bills, TPA has filed a bill to solidify the doctoral standard in psychology (HB 3155). Psychological associates in Texas have filed competing bills (HB 3301 and SB 1505) that would lower the standard to a master's degree and would grant them independent practice. I'm asking for you to do two things:

1. Send emails and make phone calls to all members of the Public Health Committee and Health and Human Service Committee voicing your support for HB 3155 and opposition to HB 3301 and SB 1505. In your comments please note that our bill does not alter the scope of practice in any way, it simply clarifies in statute that the doctorate has been the standard since licensure was initiated in Texas. You may also want to mention it's the national standard as well. Their bill lowers the standard for the practice of psychology. When queried about the importance of the doctorate you can mention that those trained at the doctoral level are trained to evaluate and utilize assessment and treatment technologies in the rapidly and ever changing science of psychology (see attached article for more information). Individuals trained at the sub-doctoral level are not trained to independently evaluate and implement assessment and treatment approaches in this way, hence the need for supervision.

2. Contact your local representative and senator and alert them to the above issues.

This is the most important juncture in Texas psychology since licensure was enacted. The doctoral standard is under full assault. If this battle is lost, our other efforts with respect to access, quality and continuity of care will be difficult, if not impossible. Lowering the standard for psychology would be disastrous for Texans! Please take a few minutes and let your voice be heard! We'll be coordinating several additional TPA Legislative Days in Austin over the next two months and I hope to see you there. This is your profession; stand up and be heard! If you have questions or need something from me, please don't hesitate to let me know.