

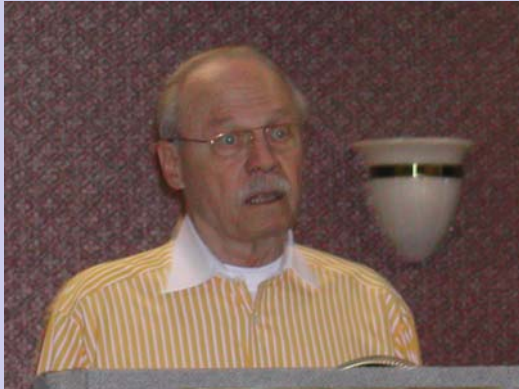


# CCPA NET Letter

www.psychselect.com/ccpa

Collin County  
Psychological Association

June 2005  
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## **STRESS & THE IMMUNE SYSTEM** **with JOSEPH WOOD, PhD**

**CCPA appreciates the presentation by Joe, who was both informing and entertaining. Joe had many anecdotes and**

**insights from his career as a educator and a psychologist.**

### **HIGHLIGHTS:**

- The immune system must be understood in terms of the whole person: neurons, hormones, physiology and organs!
- Stress effects many systems, primarily neurology, endocrine and immune.
- Stress challenges the homeostasis (equilibrium) of the person.
- Stress begins a biological & biochemical process that spreads thru the ANS causing release of hormones.
- Selye's and Martini's models are still relevant.
- Stress produces both short term and long term changes to systems at the expense of other systems.
- Reading: Psychoneuroimmunology, Ader, R., et. al., 2001, Academic Press.

## **“Treating Chemical Dependency”**

**6/24—12 PM Ψ J. SIMPSON, PhD**

**Please attend and bring a friend!  
Our meetings are a great time to network!**

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### **FUTURE MEETINGS:**

- 6/24—Treating Chemical Dependency: Southfork Hotel 12 Noon
- 7/22— Eating Disorders, The Elisa Project: Southfork Hotel 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 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.

**June 24—Why Psychologists should treat Chemical Dependency—Jason Simpson, Psy D 12 Noon, Southfork Hotel Plano**

**July 22—Eating Disorders, The Elisa Project; D 12 Noon, Southfork Hotel Plano**

Dear Collin County Psychologists:

Thank many of you for offering to see this young woman in therapy and sending me your information. I forwarded all names and information to her and she is indeed seeing one of you right now. When I heard that the woman from the Community Foundation "couldn't get any of the psychologists in the Plano area to see her for \$70.00" I knew this was not the case. After your quick responses I called her and told her that I received offers from 10-12 psychologists 24 hours after the message was sent out by Dr. Besyner. Again thank you for your kind and generous offers. You all are the best. IF I can reciprocate in the Oklahoma City area, please call me. If I find other clients with needs similar to this young woman, I will let you know.

Pam Fischer, PhD  
Thanks for your help.

**August 26—Susan Porter-Levy, PhD—WISC IV- In Practice!**

**Free Lunch—600 W. Campbell Rd. #5, Richardson, 75080**

**RSVP: 972-234-3178 or  
wichern@att.net**

**September 23—Ethics—Michael Gottlieb, PhD—12 Noon, Southfork Hotel Plano**

**PLEASE CHECK YOUR REFERRAL INFO. ON [www.psychselect.com/ccpa](http://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!**

### 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

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.

#### Services

##### Groups

Sarah Spreda, PhD and Jason Simpson, PsyD will be offering a **Divorce Recovery Support Group!** The group will concern issues about the divorce transition. Contact them at 972.670.5153 Or 469.879.9588  
email: [groups@SynergistWeb.com](mailto:groups@SynergistWeb.com)

##### Billing

WE MANAGE MANAGED CARE! You are in charge of scheduling your patients, treating your patients, and your TRF's . We do the rest. We are seasoned professionals. We make the phone calls to managed care and make sure they pay. We pre-authorize, file your claims, process your EOB's, do all the billing and collections, send you monthly reports, answer patients billing and insurance questions, and more! Free yourself to market your practice or balance your life! Call JLD and Associates at 972 -424 - 9212.

**LET THIS SPACE WORK FOR YOU! Advertise your specialty**

**CCPA PRESIDENT'S COLUMN: Greetings CCPA members! June 2005**



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. If you have been having persistent problems with your internet info you may want to snail mail Frank or go directly to "that man behind the curtain!" Bill Whitehead our secret web-master.

Thanks to Dr. Joe Wood from UTD for his fascinating presentation on neuro-immunology and stress. It was amazing to hear how the actual structure of the brain can be changed by stress. I fear that my hippocampus has become exceedingly small! Ha ha ha...!..?

The Texas Psychological Association's attempt at establishing a group benefits plan for Texas psychologists is on the edge of succeeding or failing. We needed to have 450 enrollment forms filled out and sent in. TPA received 323 by the deadline. They were able to extend the deadline by 6 weeks from the beginning of June. So we have about a week left. Even if you are not a member of TPA you can fill out and send in a form and it will count toward the 450 needed. Remember, sending in the form is not a commitment to buy the benefits plan. Your completed form is essentially a show of support that allows TPA to move forward with establishing a much needed benefit for psychologists. If you have not done so, please go to [www.texaspsyc.org](http://www.texaspsyc.org) to download and mail in the form.

The HIPPA Online Compliance Workbook is now on the web at [APApractice.org](http://APApractice.org). If you take the 2 to 3 hours to fill it out you will have your own personalized compliance manual and be good with HIPPA. It is a humorous but interesting bit of trivia that the law officers who are associated with HIPPA are referred to as the Federal Bureau of Investigation. They are not likely to be sending there helicopters out to your practice unless you are doing something on a large scale to attract their attention.

Well, my year as president of CCPA is over. It has actually been enjoyable. It has impressed me that a group of people can get together in such a relaxed and casual atmosphere of mutual support and accomplish so much in so little "meeting time." I want to thank Dr. Bob Weiner for his mentoring and Dr. Frank Wichern for his thorough knowledge of the history and guidelines of the CCPA. Quoting Dr. Dan Cox, "...we psychologists have attained a growing cohesion whereby practice tips, personal support and even some referrals are comfortably shared. We are in this together, helping each other helps ourselves as well!" Here here Dan!

Our new President is Jason Simpson, Psy.D. Jason has been in private practice since 1995. Jason is a Licensed Clinical Psychologist in Texas, Illinois, and Indiana. He has also been a certified Chemical Dependency Counselor since 1983. Jason is a very organized and competent person and the new presidency is in good hands. At our next membership meeting Dr. Simpson will be presenting on why psychologists are most qualified to be doing chemical dependency counseling.

Our new President Elect is Dr. Sarah Spreada. Sarah started her career as a psychologist working for the University of Minnesota in 1998. She is now a licensed psychologist in Texas, has a private practice in Alan Texas with Dr. Don Wolf, and has been full time faculty at UTD in Richardson for over four years. Sarah has been active with CCPA for four years. Sarah is very good a facilitating communication in the group and has been a reliable force in the background keeping us on course.

Our Treasurer is Dr. Elizabeth Lombardo. Dr. Lombardo is the Executive director of "Mind -Body Wellness." She has her doctorate in Clinical Psychology and a Master's degree in Physical Therapy! Elizabeth uses behavioral medicine and cognitive-behavioral techniques to enhance mind and body health. Dr. Lombardo's self-confidence has been a reassuring influence and she has done a great job of keeping our finances straight!

Please join us on the fourth Friday of June and the fourth Friday of each following month for the exciting continuation of our monthly educational programs!

***Steve Sliwinski, Ph.D.***

Suggestions, comments? Please contact me at [dr.sliwinski@comcast.net](mailto:dr.sliwinski@comcast.net).

**Collin County  
Psychological Association**

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*The network of psychologists that  
connects!*

**CCPA EXECUTIVE COMMITTEE**

***Steve Sliwinski, Ph.D.***

***Past President***

***Jason Simpson, Psy.D.***

***President***

***Sarah Spreda, Ph.D.***

***President Elect***

***Elizabeth Lombardo, Ph.D.***

***Treasurer***

***Secretary***

**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!***

**PLEASE  
RENEW YOUR  
CCPA  
MEMBERSHIP!**

**Application at:  
[www.psychselect.com/ccpa](http://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!

**Greetings membership;**



I am excited and looking forward to the upcoming year as Collin County Psychological Association president. I have enjoyed getting to know many of you, and look forward to talking to more of our membership over the upcoming months. In general, I work at developing collaborative relationships that create mutually beneficial outcomes. We are a diverse group of talents and interests that, in my mind, can create options that enhance our professional presence in Collin County. To that end, I do have a few agendas in mind: to increase our membership, increase the benefits of membership, create improved links with the media to better educate the public, and improved our links to agencies. If you have other ideas on directions for our association's energy, please give to me, send me an email or give me a call.

Additionally, I wish to invite you to our June meeting where I will be presenting on why Psychologists are the provider of choice for the majority of substance abuse and chemical dependency issues. For those of you that may not know, I have worked with chemical dependency populations since first certified as an addictions counselor in the 80's, and have extensive experience in all levels of chemical dependency treatment. I hope you will find the information informative and useful. I look forward to seeing you at the Southfork Hotel.

Jason Simpson, Psy.D.

[JasonPsyD@comcast.net](mailto:JasonPsyD@comcast.net)