



CCPA NET Letter

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Collin County
Psychological Association

AUGUST 2008
Volume 17, Issue 8

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UPCOMING 2
Meetings

Review your 2
Listing!

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

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FUTURE MEET- INGS:

- 8/22 –TREATMENT PROGRAMS - TINO'S—12 NOON
- 9/26 —FAMILY LAW- TINO'S—12 NOON
- 10/24– PSYCHOANALYTIC — TINO'S—12 NOON
- 12/5 HOLIDAY SOCIAL



CHILD CUSTODY EVALUATIONS

JOHN
ZERVOPOULOS,
PHD

CCPA members were very enlightened by John's thorough presentation. While only a few members are

regularly doing evaluations, the recommendations and skills for performing these evaluations so that the client, attorneys and judges are benefited was emphasized. John's focus on "Trustworthiness" is key. CCPA plans to have John give us specific tips on how therapists can both interface with clients and the legal system when their records are needed next year.

If you have specific questions contact John at www.psychologylawpartners.com

NEXT CCPA MEETING LOCATION !
TINO'S MEXICAN RESTAURANT
SOUTH MAIN ENTRANCE

"TREATMENT PROGRAMS"

8/2—12 NOON Ψ Tazim Merchant, M.S.

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

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.

August 22—TREATMENT ISSUES- T. MERCHANT, MS— 12 Noon Tino's Collin Creek— 1.5 CEU's

Sept. 26—FAMILY LAW ISSUES— 12 Noon Tino's Collin Creek— 1.5 CEU's Ethics

Oct. 24—Psychoanalytic Update— 12 Noon Tino's Collin Creek— 1.5 CEU's

Dec. 5—Holiday Social

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!

WE ARE RECEIVING A NUMBER OF REQUESTS FOR PRO BONO SERVICES. PLEASE NOTIFY FRANK WICHERN AT wichern@att.net IF YOU WOULD LIKE TO RECEIVE A REFERRAL!

OPPORTUNITIES!

Office Space

Several 200 sq. ft. offices with waiting area available. Located in Richardson near UTD.

Office with other mental health professionals.

Contact Frank Wichern at 972-234-3178 or wichern@att.net

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

Assessment Materials

Susan Porter-Levy has made several child abuse assessment tools available. Also she has some neuropsych testing tools for sale. Please contact Susan for more information: porterlevy@aol.com

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:

AUGUST 2008

Greetings CCPA members!

This is my first newsletter contribution for the CCPA President's Column. I am looking forward to complimenting the creative members who have served this association before me.

Again, I want to express my appreciation to Dr. Gary Chase for the contribution he made during this past year as President. He was instrumental in helping the board be productive and address the important issues of each meeting. I am looking forward to working with the board and utilizing their experience in helping to identify those issues of importance that we all need to consider.

Therefore, in the tradition of serving as president there are a few issues to briefly address.

I would also like to take this opportunity to thank Dr. John Zervopoulos for his insightful presentation on "Child Custody Evaluations." His information and guidelines were extremely important to those of us who are faced with the challenge of providing information to the court. He emphasized the importance of staying within the competence and boundaries of our specialization and training. His information was so valuable that consideration is being made to have him come back and follow up with areas not covered initially. We are in an age where the demands for Psychologists to provide Forensic medicine through testing or court testimony is becoming more prevalent and we all need to be informed.

Please feel free to let the board or myself know if there are any issues in particular you would like to see addressed and we will pass them on to the presenter.

Administratively, the policy for dues have changed. Starting this year If you are a member of Texas Psychological Association, the fee for CCPA will be waived. If you are **not** a member of TPA, the fee will be \$90.00 annually. Anyone on the board would be glad to help in this matter.

There is good news from Washington D.C: It was recently announced that both the House and Senate have voted to override the Presidents veto of Medicare bill (H.R. 6331). This is a supportive move by Government officials to support the significance of psychological services. The bill will restore services and money cut previously. More information will be provided in future newsletters on the impact this critical legislation will have on patients and our clinical practice.

A reminder: The next CCPA Presenter will be Theda Page from the Page Law Firm to discuss "family law and the collaborative process." This presentation will be at TIno's and count for ethical CEU's. We hope to see you there for this informative presentation. Additionally, anyone is welcome to attend the next board meeting on September 5, 2008 at Dr. Frank Wichern's office.

Finally, if anyone is going to the APA convention in August and would like to share your experience or information, we would welcome your insights. Please contact me at (214) 236-4900 or gary@drdonbishop.com or the board to determine when this could be scheduled.

As we make it through the **hot** August summer, I hope you will take care of your needs and know that we are here to support you in anyway we can.

Gary Grossman, 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!*

ETHICALITY! From: Frank Wichern

GOOD TREATMENT GOALS: DOPAMINE

Researchers Schultz and Read Montague, along with Peter Dayan, now at University College London, have made three profound discoveries about dopamine and reward:

1. Good treatment goals combine knowledge, action plans and positive motivation

In the popular mind, dopamine is a pleasure drug that gives you a natural high, an internal Dr. Feelgood flooding your brain with a soft euphoria whenever you get something you want. There's more to it than that. Besides estimating the value of an expected reward, you also need to propel yourself into the actions that will capture it. "If you know that a reward might happen," says psychologist Kent Berridge of the University of Michigan, "then you have knowledge. *If you find that you can't just sit there, but that you must do something, then that's adding power and motivational value to knowledge. We've evolved to be that way, because passively knowing about the future is not good enough.*"

2. Good treatment goals involve both the therapist and the client thinking outside the box.

An unexpected gain fires up the brain. By studying the brains of monkeys earning "income" like sips of juice or morsels of fruit, Schultz confirmed that when a reward comes as a surprise, the dopamine neurons fire longer and stronger than they do in response to a reward that was signaled ahead of time. In a flash, the neurons go from firing 3 times a second to as often as 40 times per second. The faster the neurons fire, the more urgent the signal of reward they send. "The dopamine system is more interested in novel stimuli than familiar ones," explains Schultz.

3. By setting treatment goals and helping your client reach them, especially when they don't think they can change, —then your dopamine neurons will bombard the rest of your brain with a jolt of motivation. "This kind of positive reinforcement creates a special kind of attention dedicated to rewards," says Schultz. "Rewards are what keep you coming back for more." Both therapist and client feel good!

4. Good treatment goals reflect the therapist's magic of reframing. The release of dopamine after an unexpected reward makes us willing to take risks in the first place. After all, taking chances is scary; if winning big on long shots didn't feel good, we would never be willing to gamble on anything but the safest (and least rewarding) bets. Clients do not expect change, therapists hopefully see it daily. Reframing a client's apparent failure as an unexpected success will motivate them and encourage bigger risks!