



CCPA NET Letter

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Collin County
Psychological Association

SEPTEMBER 2008
Volume 17, Issue 9

FAMILY LAW

THEDA PAGE, ATTY

CCPA MEMBERS are encouraged to attend this presentation on family law and the collaborative process. Ms. Page comes highly recommended and we look forward to hearing about her work with divorce, custody and related issues!

HOLIDAY SOCIAL

5208 LASER LANE, PLANO 75023

IT IS NEVER TOO EARLY TO PICK UP THAT SPECIAL "GIFT" FOR THE EXCHANGE! THE EXCHANGE AND OUR TIME TOGETHER IS A "SPECIAL BONDING TIME". MARK YOUR CALENDAR!

RSVP: wichern@att.net, 972.234.3178

NEXT CCPA MEETING LOCATION !

TINO'S MEXICAN RESTAURANT
SOUTH MAIN ENTRANCE

"FAMILY LAW"

9/26—12 NOON Ψ THEDA PAGE, ATTY

**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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Office Space,
Groups and More

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ETHICALITY

FUTURE MEET- INGS:

- 9/26 —FAMILY LAW- TINO'S— 12 NOON
- 10/24- PSYCHOANALYTIC — TINO'S—12 NOON
- 12/5 HOLIDAY SOCIAL
- 1/23 -TREATMENT PROGRAMS - 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.

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—Frank & Pattie Wichern's Home 5208 Laser Ln, Plano 75023

Jan. 23—TREATMENT ISSUES- T. MERCHANT, MS- 12 Noon Tino's Collin Creek— 1.5 CEU's

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:

SEPTEMBER 2008

Greetings CCPA members!

I want to start this column by thanking those who came to the last CCPA meeting. We did not have a speaker and decided to make the meeting an open forum and informal. The turnout was tremendous and conversation was very stimulating. It was validating to share the issues of concern in our professional and personal lives. To take a meeting that was unstructured and make it productive and invigorating is a credit to the Association. It appears that together we all have a voice that not only needs validation but to be heard as well.

In following the spirit of being heard, the Texas Psychological Association Convention in Austin will be November 20th and if you have any concerns please pass them on to anyone on the board and we will do what we can to get answers. We are also fortunate to have Tim Branaman in CCPA who is very active in Austin and can assist us with concerns as well.

Gordon Sauer, Ph.D., recently expressed that BCBS has reduced the reimbursement fees for service and there were those in the last Association meeting who expressed their concerns to BCBS. We all need to confront this action and make our voices known so it does not become a trend. When I called BCBS to get an official explanation for the decrease in fees, the blame was directed towards medicare in justifying this action.

For those interested, the TPA website has an article on this topic: **'Responding to Managed Care Rate Cuts: A Practical Guide for Psychologists.'**

Reminder: The next CCPA Meeting is September 26, 2008 at Tino's. The speaker will be Theda Page of Page Law firm. Mrs. Page will present on "Family Law and the Collaborative Process." I hope that you will be able to attend this very informative presentation. Additionally, if anyone has particular topics that you want presented at the CCPA meetings please let feel free to share your ideas with anyone on the board. We are working to line up speakers for the up and coming year.

Please mark on your calendar The CCPA Christmas Social for December 5, 2008 at 7:00 pm. Details will be provided to you in the next newsletter.

The next board meeting will be Friday, October 3, 2008 at noon. Please feel free to join us at Frank Wichern's office.

As hurricane IKE is heading for us, I hope you will be safe as we continue to make life safe for those who trust us with their fears and anxieties.

Gary Grossman, Ph.D. gary@drdonbishop.com



**Collin County
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

WHY DELAYING GRATIFICATION IS SMART: A NEURAL LINK BETWEEN INTELLIGENCE AND SELF-CONTROL

If you had a choice between receiving \$1,000 right now or \$4,000 ten years from now, which would you pick? Psychologists use the term “delay discounting” to describe our inability to resist the temptation of a smaller immediate reward in lieu of receiving a larger reward at a later date. Discounting future rewards too much is a form of impulsivity, and an important way in which we can neglect to exert self-control.

Previous research suggests that higher intelligence is related to better self-control, but the reasons for this link are unknown. Psychologists Noah A. Shamosh and Jeremy R. Gray, from Yale University, and their colleagues, were interested in testing the idea that certain brain regions supporting short-term memory play a critical role in this relationship.

“It has been known for some time that intelligence and self-control are related, but we didn't know why. Our study implicates the function of a specific brain structure, the anterior prefrontal cortex, which is one of the last brain structures to fully mature,” said Dr. Shamosh.

The results show that participants with the greatest activation in the brain region known as the anterior prefrontal cortex also scored the highest on intelligence tests and exhibited the best self-control during the financial reward test. This was the only brain region to show this relation. **The results appear in the September issue of Psychological Science, a journal of the Association for Psychological Science.**

Previous studies have shown that the anterior prefrontal cortex plays a role in integrating a variety of information. The authors suggest that greater activity in the anterior prefrontal cortex helps people not only to manage complex problems, resulting in higher intelligence, but also aids in dealing with simultaneous goals, leading to better self-control.

Knowledge of the neural mechanisms underlying the relationship between short term memory, intelligence and delay discounting may result in improved techniques of increasing self-control. This is particularly applicable in regulating behavior related to gambling and substance abuse. “Understanding the factors that support better self-control is relevant to a host of important behaviors, ranging from saving for retirement to maintaining physical and mental health,” the authors conclude.