



The Official Bulletin of Greater Pittsburgh Psychological Association

211 North Whitfield St., Suite 643, Pittsburgh, PA 15206

(412) 441-7736 www.gppaonline.org

Issue for Summer-Fall 2009

A View From the Chair

Mick Sittig, PhD p. 1

The Mentoring Psychologist in Action

Rex P Gatto, Ph. D. p. 2

Legislation in Progress

Arnold Freedman, Ph. D p. 4

New Books by GPPA Members p. 5

The Balanced-Heart Healing Center: A new Non-profit Provider Network

Katie McCorkle, PhD p. 1

Share Your Mentor Memories

Charles Bonner, PhD p. 4

Updates from the CE Committee

Kit Gautier, PhD p. 4

Continuing Education Calendar

Francine Fettman, PhD p. 5

A View From the Chair

Mick Sittig, Ph.D.
President of GPPA

Hello, colleagues. This is the time of year when GPPA elects and seats new Board members. During the last Board meeting, some officers stepped down, some moved into different positions, and some took on ‘real’ responsibilities within the Board for the first time. I’m in the last category: I’m the newly elected president of the GPPA Board.

Steve Feinstein, our immediate past Board President, serves as a mentor as I take on some responsibilities within the Board. Clara “Kit” Gautier continues to lead the Education Committee while taking on new Board responsibilities.

Others demonstrate commitment to GPPA through work done ‘behind the scenes.’ For example, Ray Naar routinely offers APA approved CEU’s and donates proceeds to our organization. Elissa Manka has provided very dependable administrative support throughout the years. “Lori” Gephardt, our outgoing Treasurer, did a most remarkable job managing our ledgers. Hilda Schorr-Ribera, Katie Hammond-Holtz, and other ‘silent partners’ continue to make our organization a viable asset to the Greater Pittsburgh

community. Special “Thanks” goes to Carl Bonner and Ed Zuckerman, who continue to set the bar high for our regional newsletter.

It’s most fortunate – for me at least – that we rotate members in and out of the Board. I hope that we meet at our next Legacy Award(s) Meeting on September 13th. If you haven’t done so yet, please take some time to consider whom you would nominate for a Legacy Award. Legacy Awards are presented in the fall to members of the Greater Pittsburgh community who have significantly and positively impacted the psychological well being of our community. A person does not have to be a psychologist in order to be nominated, only to have contributed to the ‘psychological health’ of the community.

Lastly, I want to make my personal and professional agenda transparent. I’m committed to enhancing the psychological well being of individuals who have experienced physical traumas-- especially those who have experienced traumatic brain injuries (TBI’s). If you do not actively work in this area, please consider how you may help people with brain injuries regain the active and productive lifestyles ‘lost’ through a TBI.

The Balanced-Heart Healing Center: A New Non-Profit Provider Network

Katie McCorkle, Ph.D.
www.balancedheart.org

The Balanced Heart™ Healing Center is an emerging 501(c)(3) nonprofit holistic (mind/body/spirit) healing network providing unconditional and unlimited access to a wide range of health care providers and services. The providers in our Healing-Donor network are licensed health care professionals working in their own offices and donating their services to create a preventive, primary, and specialty health care network serving people unconditionally.... regardless of their insurance status or ability to pay. BHHC intends to provide not only mental health, but also other health services as well (primary care, massage, nutrition, chiropractic, dentistry, etc.). Our intention is to be an integrative health clinic.

Founded by psychologist “Dr. Katie” McCorkle, Ph.D., Balanced Heart™ Healing Center grew out of her belief that with sufficient organizational and technological infrastructure to match healers willing to serve others freely and people with needs to be met, we currently have sufficient resources to

provide universal access to a wide range of traditional and holistic healthcare services affordably and sustainably. BHHC was founded in 2006 to demonstrate this proposition.

Our **goals** are to:

- **create great relationships** with our clients, students, providers, and volunteers
- **eliminate fear** about paying for health care services, and
- **empower people** to support both themselves and others

Educating clients, students, providers, and volunteers in best practices for healing is a core aspect of BHHC's mission. Since 2007, graduate students from Carlow University and Indiana University of PA have studied and served at BHHC. We are currently developing relationships with other institutions of higher learning as well.

Balanced Heart™ Healing Center's **core values** are openness, honesty, safety, service, equality, freedom, integrity, respect, acceptance without judgment, and congruence between thought/word/deed in a life lived. The **10 Principles** (©2002) guide the way care is offered at Balanced Heart™ Healing Center:

- Open your heart and TRUST
- Give and receive freely, WITHOUT ATTACHMENT to the outcome
- Create SAFETY for yourself and others
- Welcome *everything* as a BLESSING, especially when it doesn't look like one
- See only GOODNESS (Love)
- DREAM BIG!
- Take RESPONSIBILITY for everything, no exceptions
- LET GO of what no longer serves you
- Have NO JUDGMENTS, so the truth can be revealed
- BE the MIRACLE you wish to create!

How we support everybody

Balanced Heart™ Healing Center accepts both commercial and government sponsored insurance. By allowing uninsured and underinsured

people to determine their own "affordable fee", Balanced Heart™ Healing Center provides **unconditional treatment** to all clients.

We make it easy to donate your services. As a provider in our Healing-Donor network, we provide you with **administrative support**, and you allow Balanced Heart™ Healing Center to bill for and keep the insurance payments for service you provide to clients we refer to you. You determine how many hours you wish to donate, and what is sustainable for you. This money then funds overhead expenses and unconditional service provided to people without insurance, or to people whose insurance doesn't cover the service they need.

You **receive a tax deduction** for whatever amount the clients and insurance companies pay for your donated services. This is how we assure that everyone gets what they need, including you.

Procedurally, therapists add BHHC to their current credentialing with insurance companies with whom they are in-network. This is the same arrangement as if they had their own practice, and also worked part-time for another practice as an independent contractor. In this case, however, instead of receiving a paycheck and 1099, they will receive from BHHC a charitable deduction on their income taxes.

Therapists may handle situations where a client requires hospitalization in the same way they would if one of their practice's clients needed to be hospitalized and did not have insurance benefits available for that service. Hopefully, we will be able to engage area hospitals in offering unconditional services also as we grow. What we are doing now is a start. Of course, if at any time a therapist feels uncomfortable with a client for any reason, we will be happy to make an internal referral to another BHHC therapist.

How you can help

Currently, we are preparing to open our clinic, a prerequisite to become Pennsylvania's first state licensed, holistic mental health clinic. Here are some other ways you can help:

- **Send this article** to everyone you know, and place it on your Facebook, LinkedIn, or other social media page.
- **Sign up for Dr. Katie's email newsletter** at www.balancedheart.org, and forward it to others each time you receive it.
- **Host a friend-raiser**, an informational gathering for people (professionals and non-professionals) interested in contributing to this project.
- **Teach a workshop** or class, and donate the proceeds to BHHC.
- **Donate** space, furnishings, or office supplies for our clinic facility.
- **Introduce us** to people who may want to become major donors.
- **Contribute other services--** What are you gifted at doing, and what activities do you most enjoy? Chances are that we need what you want to do. Please ask.

For more information, contact us at drkatie@balancedheart.org or 866-DR-KATIE. Blessings of good health, and thanks to all!

The Mentoring Psychologist in Action

Rex Gatto, PhD.

www.rexgatto.com

Introduction

The mentoring process can foster many positive results for psychologists. For example, it allows them to become role models for appropriately giving and receiving feedback and demonstrating how to effectively utilize feedback. Mentoring, the more experienced person (mentor) working with the less experienced (mentee), has been part of psychology for decades - e.g. through internships and advisors working with doctoral candidates Psychologists often give feedback based on assessments, clinical interviews and observations, but rarely do they stop to receive feedback.

In today's academic or internship business environment, psychologists

need to have a clear understanding of the behaviors and levels of performance required to achieve organizational goals. People in all levels of an organization need to be held accountable for performance. All need to be aware of interactions with coworkers and need to continue to enhance technical expertise as well as people skills. Both skill sets are critical to professional success.

Measures of Effectiveness

Let's use the following scenario to illustrate how mentoring works: Suppose that Barbara, a supervising psychologist is mentoring Ned, a second year Psy.D. intern. The mentoring process, through assessment, sharing of thoughts and perceptions, helps the mentee (Ned) learn and develop his skills. Following are sample-mentoring questions that the mentor (Barbara) would ask:

1. Do you appropriately work with others? How?
2. Do you complete work in a timely fashion? Give me some examples.
3. Do you competently perform your work? In what ways?
4. Do you follow organizational/professional procedures? Give me some examples.
5. Do you effectively act as a leader in psychology? Tell me how you have done this.

By discussing these questions, Barbara and Ned can establish openness about competence, confidence and compassion. What follows is a very brief example via numerical ratings of how these questions can be used to gain insight into the mentoring process. The feedback is given after the mentor and mentee rate the mentee's level of performance. The rating numbers are whole numbers (low) 1-5 (high).

1. Work with others - Mentee 4.0 (80%) Mentor 3 (60%) Through the feedback, Ned realized he needed to demonstrate more effort in building relationships with others to accomplish work-related goals rather than just doing it himself. Barbara, in a

mentoring way, discussed with Ned how to become successful by building stronger working relationships with others and learning to delegate some of the work to first year interns.

2. Management of the work - Mentee 4.0 (80%) Mentor 4.0 (80%) Barbara shared with Ned that the job of every intern is to help and support the behavioral clinic's growth, not just provide psychological services. Ned said he never thought about it like that -- he just wanted to get his work done. Barbara went on to say that this is a strength of hers and Ned could observe how she demonstrates managing the workflow (achieving organizational goals). Barbara asked Ned to spend a day shadowing her.

3. Work-related Issues - Mentee 4.0 (80%) Mentor 4.5 (90%) Ned demonstrates a high level of work related performance. He leads group sessions very well and completes tasks efficiently, accurately, on time, and has good working relationships with patients/clients. Barbara's feedback agrees he works efficiently, accurately, and helps the performance of the entire counseling team.

4. Role Model - Mentee 3.0 (60%) Mentor 3.0 (60%) Barbara said to Ned, "Remember this is a benchmark for you and something you can work on over the years to come. You can set a goal to be more of a role model as you gain more experience." Ned realizes that being a role model is something that will come with time and experience.

5. Leadership - Mentee 4.0 (80%) Mentor 4.0 (80%) Ned's feedback indicated he is continually looking for leadership opportunities within the behavioral clinic, such as getting involved in new and challenging assignments/cases. He wants to positively influence others while accomplishing departmental and organizational goals.

As Ned strives to work together with other team members to meet new challenges, Barbara reminded him of the need to support the health of the

entire behavioral clinic. If one part of the organization suffers, the whole organization suffers. The preceding five point recognition system will help Ned stay on track and continually focus on growing.

Conclusion

Mentors help mentees create an organization that develops all of it's people.

The mentoring process focuses the mentor and mentee on change. Based on the five-point mentoring process example, the developmental discussion is a starting point for mentee development.

Mentors should not allow mentees to maintain the status quo. They need to challenge mentees to grow and develop. A healthy organization (behavioral clinic or academic setting) is a business striving to achieve, grow and work together toward success. An organization is people coming together to achieve common goals, while working together to overcome obstacles. The organization must be able to rely on the development of its people to achieve goals, create a clear direction, and support beliefs and values.

The five points and narrative comments are an example of how to put into place and to understand the mentoring process in action. Psychologists cannot be only care-giving in the present-- they must also develop the next generation of psychologists to continue the good work.

Share Your Mentor Memories!

Charles Bonner, Ph.D.
Editor, GPPA Report

What are your most memorable mentor moments? Who had the biggest impact on your development as a psychologist early in your career? Would you be willing to share short stories of your experiences as a mentor or as a mentee

(or as Irv Guyett might say, mentar/menta)?

GPPA is interested in publishing mentoring stories in future issues of the *The GPPA Report*. You are invited to write as little or as much as you want. Please send submissions to me at drbonner@mindspring.com I will review these with Irv Guyett, Ph.D. for inclusion (and possible editing) in future issues.

Legislation in Progress

Arnold Freedman, Ph. D.
Chair, Legislative Committee
afreedman3@verizon.net

HEALTHCARE ISSUES-FEDERAL

Psychologists, like other health care professionals, have been involved in the effort to reform health care. Although APA and PPA have not taken positions on the overall President's health care plan, we have weighed in on various issues of importance to psychologists, such as ensuring that mental health parity is retained in any government or cooperative insurance plan that covers the uninsured.

In addition, a strong effort has been made to ensure that psychologists get adequate reimbursement under Medicare.

The formulas for determining payment under Medicare are complex, but the simple explanation is that psychologists had their reimbursement cut about 7% several years ago and last year Congress passed a law that restored most of that reduction for a period of 18 months. Now an effort is underway to make that restoration permanent. Currently, that provision is in most of the health reform bills in Congress.

Medicare rates have wide implications for all psychologists, even those who do not participate in Medicare, because many private insurers base their reimbursement schedules on a portion of Medicare's reimbursement schedule.

Many of the bills being proposed have

other provisions favorable to psychologists, such as increasing debt repayment through the National Service Corps or involving psychologists in health prevention activities. It remains to be seen whether these provisions will survive the health care debate or whether any health care law will be passed at all.

Arnold Freedman, Ph.D.
afreedman3@verizon.net

Sign Up NOW!

October 9, 2009

Continuing Education and Ethics Conference

See page 9 for details

Updates from the CE Committee

Kit Gautier, PhD
Chair, CE Committee

Speed communications and lower expenses by giving us your email address. GPPA is cultivating Continuing Education partnerships within our wealth of local universities and health service institutes, building our relationships within the community and also obtaining registration discounts for our members. However, most educational and non-profit institutions now expect to advertise and register online, in order to curb costs. I urge you to provide your email address for CE workshop announcements, as requiring paper mail-outs affects our negotiations for registration discounts and even our ability to cosponsor some workshops and conferences.

Still need Ethics CE credits? GPPA will not be sponsoring an Ethics workshop this fall. Although we intend to continue to sponsor Ethics workshops, there are now many quality programs available around the time of license renewal, as well as other fall

events competing for time. We are therefore reconsidering the time of year and frequency of our Ethics workshops. For anyone seeking Ethics credits prior to 2009 license renewal, we have several suggestions:

- Locally, the Pennsylvania Psychological Association Fall Continuing Education & Ethics Conferences will be held in Mars, PA on October 9th (see www.papsy.org calendar of events).
- Online, APA offers a number of inexpensive 1-credit programs based on APA Monitor Ethics Rounds articles. Download and read them (see www.apa.org/ce/online.html), purchase & pass the brief online tests, and print out your CE certificates.
- Lastly, as those of you with APA Trust malpractice coverage likely know, the Trust offers Ethics CE modules on CD-ROM (see www.apa.org/ce/apait.html). Passing the exams on two modules gets you a 10% discount on your premium. All three of these options are available to members and non-members of the respective organizations.

Your comments & suggestions are most welcome. Write to me at claragautier@yahoo.com

New Books by GPPA Members

Rachamim:

From darkness into light

A novel by Ray Naar Ph.D. ABPP

A blend of action and introspection, *Rachamim* explores the angst of a young man as he comes to terms with agonizing concentration camp experiences and recaptures humanness, dignity and gentleness while accomplishing a mission fraught with danger and violence.

Readers accompany David along his journey from darkness into light through interspersed therapeutic sessions and his relationships with a fellow soldier, a Korean Martial Arts Master and Ibrahim, a PLO agent. The relationship with Ibrahim

evolves from a confrontation to an unexpected bond of friendship and provides a different perspective on the Middle Eastern conflict based on understanding, compassion, and dignity.

**Eating the Moment:
141 Mindful Practices to
Overcome Overeating One Meal
at a Time**

A self-help book by Pavel Somov, PhD.

Dr. Somov makes it clear that this is not a diet book—e.g. there are no meals plans or discussion of goal weights. Rather, the pocket sized book consists of an easy to digest series of exercises, integrating mindfulness and cognitive-behavioral methods.

The mindfulness exercises are accordingly divided between awareness-building and habit-modifying practices, although some exercises combine these two characteristics.

Dr. Somov describes four dimensions of mindless eating. These are:

- Mindlessness of the environmental triggers of eating
- Mindlessness of the process of eating
- Mindlessness of the sensations of fullness
- Mindlessness of emotional eating

Craving and trigger control strategies are reviewed in detail. There are chapters on becoming mindful of the process of eating, becoming mindful of fullness, and moving toward mindful emotional eating. A soothing sense of humor is evident throughout the book, with such playfully named exercises as “The Mmm Mantra”, “Souperior Fullness”, and “An Egg Sample of How to Sample Methods of Food Preparation.”

The concluding chapter reviews various meanings of mindful eating-- such as “appreciation of abundance,” “an opportunity for spirituality,” and “an act of reunification with the universe”. Food for thought, indeed!

**Save the Date for
the 2009 Legacy
Awards Dinner**

This year's Legacy Awards Dinner will be held on Friday evening, November 13th at the Grand Concourse, Station Square. We held the event there last year and it was wonderful! We will be mailing a detailed announcement shortly.

Come join in the celebration and fellowship! And if you have not yet submitted your Legacy Award nominations, please do so soon! You can email nominations to Mick Sittig (micpitt@mac.com and/or Kit Gautier at claragautier@yahoo.com

**Continuing Education
Calendar**

Francine Fettman, Ph.D.

OCTOBER

Friday, 10.2.09
Understanding Personality Disorders.
Joseph Shannon, Ph.D.
Holiday Inn North Hills, 4859
McKnight Road, Pittsburgh, 15237,
412-366-5200. 8:15-4:00. CE Credits:
6. Fee: \$75. For information:
www.IBPCEU.com or 866-652-7414.

Friday and Saturday 10.2-3.09
**Fear of Being: Black and White –
racial and individual identities.**
Harry Fogarty, Ph.D.
Sponsored by the Pgh. Jung Society.
Friends Meeting House, 4636 Ellsworth
Ave. Pittsburgh, 15213. 10.2:
8:00-10:00 P.M., 10.3: 8:30 A.M. to
noon. CE Credits, 2 and 3 – for both
days, 5. Fee: \$20 and \$50, \$70 for both
days. For information: Steve Hesky,
412-361-2850.

Wednesday, 10.7.09
**Sensory Integration &
Neurodevelopmental Treatment
(NDT)**
Ricardo C. Carrasco, Ph.D., OTR/L,
FAOTA.
Holiday Inn Select University Center,
100 Lytton Avenue, Pittsburgh, 15213.
7:30-3:30. CE Credits: 6 Fee: \$169
before 9.23.09, \$189 after. For
information: www.summit-education.com Or 800-433-9570.

Wednesday, 10.7.09
**Journal Therapy for Mood
Disorders: Evidence-Based Theories,
Practical Techniques.**
Kathleen Adams, LPC, PTR
Holiday Inn Pittsburgh Airport, 8256
University Boulevard, Moon Township,
PA 15108; Phone: 412-262-3600. 8:00
AM - 3:30 PM; CE Credits: 6.; Fee:
\$159; For information:
www.crosscountryeducation.com or
800-397-0180

Friday, 10.9.09
**Ethical Principles in the Practice of
the Mental Health Professional in PA**
Allan M. Tepper, J.D., Psy. D.
Radisson Pittsburgh, 101 Radisson
Drive, Pittsburgh 15205, 412-922-8400.
8:00-4:30. CE Credits: 6. Fee: \$158
before 9.4.09, \$198 before 9.29.09,
\$228 after. For information:
www.meds-pdn.com or 715-836-9900.

Friday, 10.9.09
Motivational Interviewing.
Ann Fields, MSE, CADC III, CGAC III.
Sheraton Hotel Station Square, 300 W
Station Square, Pittsburgh, 15219,
412-261-2000. 7:30-4:00. CE Credits:
6. Fee: \$184.00 before 9.18.09,
\$189.99 after. For information:
www.pesi.com or 800-844-8260.

Friday, 10.16.09
**Couple & Marital Therapy:
Assessment, Interventions, Relapse
Prevention Strategies.**
Barry W McCarthy, Ph. ABPP.
Four Points by Sheraton Pittsburgh
North, 910 Sheraton Drive, Mars, PA
16046, 7274-776-6900. 7:30-3:30. CE
Credits: 6. Fee: \$179. For information:
www.health-ed.com or 800-839-4584.

Friday, 10.23.09

Suicide and Self Mutilation.

Jack Klott, MSSA, LISW,CSW.
Best Western Parkway Center Inn, 875
Greentree Road, Pittsburgh, 15220,
412-922-7070. 7:30-4:00. CE Credits:
6. Fee: \$189.99. For information:
www.pesi.com or 800-844-8260.

Wednesday & Thursday 10.28-29.09

**Evidenced-Based Treatments for
Addiction: A Conference for
Clinicians.**

Course Co-Directors:Dennis Daley,
PhD & Lawrence DeMarzo
Sheraton Hotel at Station Square;
Pittsburgh, PA 15219; 800-255- 7488;
9:00 a.m. -4:30 p.m both days; 12 CE's
for 2 days; register before 10.9.09 to
receive these rates: Allied Health
Professionals-- \$125 (2 days) & \$ 75
(1day); WPIC/UPMC/VA/State
Hospital Staff \$85 (2 days) & \$60 (1
day); Telephone: 412-802-6917;
Brochure: [www.wpic.pitt.edu/oerp/
conferences/MC15Flyer.pdf](http://www.wpic.pitt.edu/oerp/conferences/MC15Flyer.pdf)

NOVEMBER

Tuesday 11.10.09

**Over 75 Quick On-The-Spot
Techniques for Children with
Emotional and Behavioral Problems.**

Jennifer Craig, LCSW, BC D.
Best Western Parkway Center Inn, 875
Greentree Road, Pittsburgh, 15220,
412-922-7070. 8:00 AM - 4:00 PM CE
Credits: 6. Fee: \$189.99. For
information: www.pesi.com or
800-844-8260.

Friday 11.20.09

**Complicated Grief: Practical
Strategies for Helping People Heal.**

Phyllis Kosminsky, PhD
Holiday Inn, Monroeville; 2750
Mosside Blvd Monroeville PA, 15146.
Phone: 412-372-1022; 7:30-3:30. CE
Credits: 6. Fee: \$179. For information:
www.health-ed.com or 800-839-4584.

**Training Program in Psychodynamic
Psychotherapy.**

James T. McLaughlin
Pittsburgh Psychoanalytic Center. For
information: 412-661-4224 or
WWW.PGHPSA.ORG CE Credits: 60.
You can download an application from
the website, above.

Please note: Often I receive CE
brochures after the GPPA Report's
publication date has passed. To see if
anything more has come in, please feel
free to call 412-367-1369 either early in
the morning or after 5 in the evening or
email ffettman@hadassah.org and I
will try to reply within 24 hours.

The GPPA Report

Editor Charles Bonner Ph.D.

drbonner@mindspring.com

Publisher Ed Zuckerman, Ph.D.

edzucker@mac.com

Advertising Director Charles Bonner
Ph.D. drbonner@mindspring.com

The *GPPA Report* is the official bulletin of the
Greater Pittsburgh Psychological Association. A
subscription is included in your dues and a
subscription for former members who are not
residents of this area and for professionals not
eligible for membership is available for \$15 per
year.

The *GPPA Report* is published quarterly in
January, April, July and October. If you would
like to publish in the GPPA report contact
the Editor. Copy should be submitted to the
editor, via e-mail by the 1st of the month prior to
publication. Articles in the *GPPA Report*
represent the opinion of the authors and do not
necessarily represent the opinion of the Board of
Directors, membership, or staff of GPPA.
All advertisement inquiries should be sent via e-
mail to the *GPPA Report*'s advertising director.
Advertising rates for GPPA members are \$125
for a full page, \$75 for a half page, \$40 for a
quarter page, and \$20 for an eighth page. Non-
members should contact the advertising director
for rates. Acceptance of advertising does not
imply endorsement by GPPA.

Please contact Elissa Manka (412) 856-6301 for
address changes or mail to .E.A. Manka
GPPA Administrator, 10411 Forbes Rd, Penn
Hills, PA 15235-2915 or
emanka@aol.com

The People of GPPA

The Board of Directors

President Steven J Feinstein, PhD
Treasurer Loretta Gephart, MA Associate
Treasurer Robert Gallagher, EdD Secretary
Tad Gorske, PhD

Members

Ray Naar, PhD
Lee Fogarty, PhD
Tad Gorske, PhD
Michael Sittig, PhD
Loretta Gephart, MA
Kit Gautier, PhD

Committee Chairs

Awards/Programs Sharon Bernstein, PhD
By-Laws Joe Cvitkovic, PhD
CE Calendar Francine A Fettman, PhD
Community Affairs
Continuing Education-Co-chairs Katie
McCorkle, PhD Kit Gautier, PhD
Disaster Response
Ethics Consultation-Co-chairs
Mary Anne Murphy, PhD Andrea
Velletri, PhD,
Health Care
Stephen Schachner, PhD Legislative
Action
Arnold Freedman, PhD Mentoring Irv
Guyett, PhD Membership Lawrence
Glanz, PhD Networking & Social
Katie Hammond Holtz, Psy.D Newsletter
& Publications
Charles Bonner, PhD Newsletter Ads
Charles Bonner, PhD Public Affairs/
Communications
Scientific & Academic Affairs
Lawrence Glanz, PhD Telephone
Committee Elissa A Manka Website
Ed Zuckerman, PhD.
GPPA Administrator Elissa Manka
emanka@aol.com or lism1222@aol.com.
Phone 412-372-5400 or 412-855-1930 and
leave a message. Or write to Elissa Manka,
GPPA Administrator, 10411 Forbes Road,
Penn Hills, PA 15235-2951

**DUES REMINDER - If you owe
2009 dues, please pay them ASAP!
Questions? Contact Elissa at
412-372-5400 or lism1222@aol.com**

PART-TIME OFFICE SPACE FOR RENT

At the Kenmawr Building
401 Shady Avenue in Shady Side

Warm and inviting furnished office is available for rent in a suite in the Kenmawr.

Calming and restful with lovely sunlight and views of trees outside the windows; sound-proofed walls and doors; quiet suite location at the back of the building away from street noise; child's play area in the waiting room; kitchen and bathroom; doorman for the building; wireless internet available.

For more information, contact Dr. Katie Hammond Holtz, at 412 361 0773 or katieholtz@verizon.net

Anna D. Halechko,
PhD, JD
Attorney at Law

Estate Planning and Administration
Elder Law
Powers of Attorney
Special Needs Trusts

3301 Wm. Penn Hwy., Suite 2
Pittsburgh, PA 15235
412-824-2556



REDUCED FEES AVAILABLE FOR PSYCHOLOGICAL SERVICES

Duquesne University Psychology Clinic

Psychotherapy, Psychological Assessments,
Children, Adolescents, Adults,
Individuals, Couples, Groups

Fees for 50-minute session:
\$1.00 per \$1000 of annual income
with a minimum fee \$10.00

Providers: Doctoral students in clinical psychology
Supervisors: Clinical faculty members and selected Licensed adjunct faculty members from the community

Clinic Director: Jessie Goicoechea, Ph.D.
Director of Clinical Training: Russell Walsh Ph.D.
Consulting Psychiatrist: Kenneth Thompson, M.D.
Assistant to the Director: Linda Pasqualino
396-6562

Starting in Fall 2009, free services to
military members & families

E-mail: dupsychclinic@duq.edu
Website: www.duq.edu/psychology-clinic

Ninth Floor, Rockwell Hall Forbes at Shingiss or Boyd.
Pittsburgh, PA 15219 (on bus line)

DOWNTOWN OFFICE SPACE

We are a collection of therapists sharing a suite of offices in a downtown Pittsburgh office building-- The Bank Tower, a lovely historical landmark at the corner of 4th & Wood Streets (near Point Park University and Market Square). For part-time or full-time space and reasonable rent, contact Nancy Chubb at (412) 441-3313 or chubb.nancy@yahoo.com. We are happy to show our space and talk details.



DOCTOR OF PSYCHOLOGY IN COUNSELING PSYCHOLOGY

- Practitioner-scholar model prepares post-master's-level candidates for a science-informed practice of counseling psychology
- Unique focus on psychology for sustainable health and well-being at Chatham's historic Shadyside Campus and its new 388-acre Eden Hall Campus
- Designed to help graduates assume leadership positions in professional settings
- Full-time developmental cohort program – students admitted each fall
- Program includes three years of coursework and practicum experience and a one-year internship
- Access to supervised practicum experiences within a wide array of community-, university-, and hospital-based behavioral health care facilities



Big thinking for a big world.

chatham UNIVERSITY

COLLEGE FOR GRADUATE STUDIES

chatham.edu/PsyD

Woodland Road . . .Pittsburgh, PA 15232
800-837-1290 . . .admissions@chatham.edu

Discounted registrations must be made by Friday, 9/25.

FALL 2009 CONTINUING EDUCATION AND ETHICS CONFERENCE

October 9, 2009
Four Points Sheraton
Pittsburgh North
Mars, Pennsylvania

W-1: The Ten Most Difficult Ethical Issues Faced by Psychologists

9:00 a.m.-12:00 p.m.
3 C.E. Credits (ethics) - Intermediate Workshop

This workshop will review the most common difficult ethical or legal issues faced by psychologists. These often occur in the areas of professional boundaries, confidentiality (including subpoenas and court orders), mandated reporting, and treating suicidal or dangerous patients. Consideration will be given to patient focused risk management strategies. This intermediate workshop, which assumes a basic understanding of Pennsylvania's laws, will involve collaborative learning exercises and participant interaction. This workshop qualifies for three contact hours for the ethics requirement as mandated by the Pennsylvania State Board of Psychology.

PRESENTER: Samuel J. Knapp, Ed.D., Director of Professional Affairs, Pennsylvania Psychological Association. Dr. Knapp has been conducting ethics workshops for more than 25 years.

W-2: Neuropsychological Assessment and Rehabilitation: Person Centered Principles

9:00 a.m.-12:00 p.m.
3 C.E. Credits - Intermediate Workshop
Rehabilitation programs have been developed for brain injured patients. A working alliance between patient and practitioner is a key element of successful rehabilitation. This workshop will present information about brain injury, rehabilitation principles, person-centered methods and case examples of ways to empower patients as active participants in the rehabilitation process.
PRESENTERS: Tad T. Gorske, Ph.D., Assistant Professor, Division of Neuropsychology and Rehabilitation Psychology, Department of Physical Medicine and Rehabilitation, Clinical Neuropsychology Services, University of Pittsburgh Medical Center; and Michael Sittig, Ph.D., Rehabilitation Psychologist, ReMed, Pittsburgh. Dr. Gorske manages the Clinical Neuropsychology Service at UPMC Physical Medicine and Rehabilitation, and is also chair of PPA's Program and Education Board.

W-3: Violence Risk Assessment in Pediatric Populations

9:00 a.m.-12:00 p.m.
3 C.E. Credits- Intermediate Workshop
Contemporary violence risk assessment approaches provide a means for identifying high risk youth and their needs. More importantly, these assessment approaches present opportunities for treatment teams to align services with child specific risk factors. The Structured Professional Judgment model will be discussed as a promising practice for working with youth populations.
PRESENTER: Mark R. McGowan, Ph.D., Assistant Professor, Indiana University of Pennsylvania, and private practice, Indiana. Western Pennsylvania

W-4: Concepts and Practices of Ethical Clinical Supervision

1:30 p.m.-4:30 p.m.
3 C.E. Credits (ethics) - Intermediate Workshop
This workshop surveys professional and ethical issues unique to supervision, major theories of supervision, and

professional methods in clinical supervision. Using lecture and discussion, participants will learn how to effectively create and maintain ethical clinical supervision of psychotherapy. This workshop qualifies for three contact hours for the ethics requirement as mandated by the Pennsylvania State Board of Psychology.
PRESENTER: John A. "Jay" Mills, Ph.D., ABPP, Professor of Psychology, Indiana University of Pennsylvania. Dr. Mills has conducted supervision with doctoral students and prelicensure candidates for 23 years.

W-5: Personal Housekeeping: Ethically Managing the Emotional Impact of Patient Care on Psychologists

1:30 p.m.-4:30 p.m.
3 C.E. Credits (ethics) - Intermediate Workshop
During each day of patient care, psychologists may see a series of 6 to 10 patients. All psychologists and patients have a one-of-a-kind impact on each other. During this program, we will demonstrate a process to examine this impact, increase our awareness and discuss the range of emotional management styles. This workshop qualifies for three contact hours for the ethics requirement as mandated by the Pennsylvania State Board of Psychology.
PRESENTERS: Jeffrey L. Sternlieb, Ph.D., Owner, MetaWorks, Inc., a business consulting practice, Wyomissing; and Joseph F. Cvitkovic, Ph.D., Director, Behavioral Health Care, Jefferson Regional Medical Center, Pittsburgh, and private practice, Mt. Lebanon. Both presenters are members of PPA's Colleague Assistance Committee.

W-6: Cognitive-Behavioral Therapy with Individuals with an Autism Spectrum Disorder

1:30 p.m.-4:30 p.m.
3 C.E. Credits - Intermediate Workshop

Continued next page



Return Postage Guaranteed

The Official Bulletin of the Greater Pittsburgh Psychological Association

Mail to
E. Manka, GPPA Administrator
10411 Forbes Road
Penn Hills, PA 15235-2915
(412)-372-5400 www.gppaonline.org

EVERYONE, even non-members can get the GPPA Report FREE by Email. Tell Edzucker@Mac.com

With a prevalence rate of 1/150, clinicians must learn to provide appropriate treatment interventions for individuals with autism spectrum disorder (ASD). With adaptations, cognitive-behavioral techniques can be effective for the ASD population. This workshop will provide strategies for implementing and adapting CBT for use with individuals with an ASD.

PRESENTERS: From The Watson Institute in Sewickley: Joseph R. McAllister Jr., Ph.D., Director of Psychological Services; and Lori A. Zychowski, Psy.D., psychologist

For more information
<http://www.papsy.org/resources/ce.html>

Get YOUR GPPA Report by email!

- Just a click to open it and you can read it, **highlight** parts, **save or reuse sections, forward articles** to others, etc.
- No hassles with torn copies or late delivery. **No lost copies** when you want to refer back to an article or reference. The last year's back issues are online.
- We use **color** for photos and other elements. The cost of printing these is prohibitive but you will see it all online.
- Writers will offer online resources so **when you see an URL to a resource**, article, book or website you want to visit, you can **just click it**.
- Write to an author with just a click.
- Save GPPA very substantial mailing costs.

If you would like to try this alternate delivery approach, just send an email to [**edzucker@mac.com**](mailto:edzucker@mac.com)