

# Connecticut Psychologist

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Newsletter of the Connecticut Psychological Association

Fall 2004

## Keynote Speaker David Barlow — A Multifaceted Man!

*Written by Ilene Gruenberg, Ph.D.*

CPA is incredibly lucky to have Dr. David Barlow as our keynote speaker for this year's convention and I hope you ALL will avail yourselves of the unique opportunity to meet and experience him.

I first met Dave in 1979 when he became a professor in my graduate program at SUNY Albany. All I initially knew of Dave was that he (along with colleague Ed Blanchard) had a history of teaching in a "medical center environment" and offered a demanding and detail-oriented approach to learning psychopathology. Dave taught the psychopathology course with Ed Blanchard and certainly impacted the development of my ideas on science and clinical practice.

What I didn't know about Dave is what a prolific researcher, innovative clinician, motivated administrator, tireless crusader, and multifaceted, warm, and delightful person he is.



*David Barlow, Ph.D.*

It will be impossible to fully describe all of what Dave is and has done in the 500 words allocated to me—but I will try to highlight the essence.

Dave is native to Needham, MA and is a diehard Red Sox fan. It speaks well that this Bronx girl respects him so in spite of that! He once aspired to be a ball player—and did make it to the Little League World Series. Dave also has a longstanding love of Nantucket and has spent much time with his family and friends vacationing there—and claims to do his best writing while soaking up the island's offerings.

In Dave's illustrious career, he has studied under, worked with and helped to train some of psychology's best. Joseph Cautela introduced him to the integration of scientific theory as the backdrop to the application of psychological principles to human problems. He worked with Joseph Wolpe to use Behavior Therapy principles in introducing psychological principles in a clinical environment. Dave was convinced of the importance of the scientific base in clinical psychology and set out to develop clinical training programs and facilities that reflected that belief. He developed the single case experimental design model in collaboration with Stuart Agras and Harold Leitenberg. He developed clinical internship training programs at the University of Mississippi Medical Center (with Ed Blanchard, Gene Abel and Michel Hersen) and at Brown Univer-

sity. One of his notable (now Yale-based) graduate students was Kelly Brownell.

Throughout his career, Dave has maintained a vibrant interest in anxiety disorders and sexual dysfunctions and deviations. His desire for a pure focus on clinical research led him to SUNY Albany (lucky me!) where he developed the Center for Stress and Anxiety Disorders (where I got my first taste of "therapy through a one-way mirror"—AGH!).

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**CT Psychological Association**  
342 North Main Street  
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The CT Psychological Association (CPA) represents professional psychologists in this state. You are invited to become a member. Membership information can be obtained from:

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The mission of this newsletter is to expand the CPA professional readership in new and relevant ways. We strive to create a balance between sound bites and lengthy discourse on topics that affect and reflect the practice of psychology in this state.

CPA members are invited to submit letters, original articles, and notices to the editor. Submissions are usually 500 words or less. Please send your copy electronically to the editor in Word 95 or text file format to:

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Copy deadline for the next issue is **November 26, 2004.**

**Christine Farber, Ph.D.**  
**Contributing Editor**

**Liz Kohanski**  
**CP Design and Layout**

## PRESIDENT'S MESSAGE

### Time to Begin, Again

*By David Abrams, Psy.D.*



It seems that CPA may finally be "at the table." When I first became involved with CPA a million years ago I was always amazed and disappointed that psychology, and CPA in particular, was not one of the first groups called upon to assist in answering questions about mental health services in our state. The appointment of Dan Abrahamson, Randolph Lee, and me to Lt. Governor Kevin Sullivan's Mental Health Cabinet is only the latest example of how this has changed. It has taken many years and a great deal of hard work by numerous people. I now routinely hear CPA members being asked to participate on committees and task forces that are addressing the mental health needs of both children and adolescents in Connecticut. In this newsletter Dr. Abrahamson goes into more detail about the Mental Health Cabinet and its purpose.

Now that the summer has ended and the political season has begun again, it is time to get back to work. There will be fund raisers and opportunities to assist local candidates, and further opportunities to be harangued by those of

us who do that sort of thing. The process of change moves at a snail's pace, as we all know, but from time to time we see a result. I find that this is most noticeable when looking back over the long term, rather than from year to year. Mental health is once again in the political spotlight, having been lost from sight for some time. I hope we can make the most of the opportunity.

Summer's end also means that this year's convention is around the corner. Dr. David Barlow is featured as the keynote speaker, and, as always, the convention committee has done a tremendous job putting together a great lineup of speakers and workshops. A number of scholarships are available for ethnic minority students through the Ethnic Diversity Task Force. Questions regarding these scholarships should be directed to Betty Ann Foy at the CPA office. In addition, the newly created Division of Early Career Psychology, led by Christine Farber and Jennifer O'Neill, will have a workshop during the day on Friday. The convention committee has also been able to secure a karaoke consultant for the evening, if you have never seen Rick Fontayne before, do not miss it.

*David Abrams, Psy.D.*

**Keynote Speaker David Barlow – By Ilene Grueneberg, Ph.D.**

*Continued from page 1*

Along with everything else he was doing, Dave participated on an anxiety disorders work group for DSM-III-R, a task force for DSM-IV, was president of the APA Division of Clinical Psychology and has been active on many APA initiatives. He has written prolifically, edited journals, and communicated impressively the large body of empirical evidence for psychological interventions.

Dave returned to his roots in 1996—to Boston University—as a professor of psychology and research psychiatry, Director of Clinical Programs and the Center for Anxiety and Stress Related Disorders. He is thrilled to be across the street from the Red Sox and within easy access

of Nantucket. He marvels that he "gets paid for the endlessly fascinating endeavors of applying scientific principles of psychology to the relief of human suffering and the enhancement of human functioning." I marvel that he will be at our convention—in a time where the promotion of the science and practice of psychology is so crucial to the evolving future of our profession.

*Dr. Grueneberg is in private practice in Glastonbury and Co-Chair of CPA Convention Committee.*



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## Married to Advocacy

By Daniel J. Abrahamson, Ph.D.

### Something Old

Blue ribbon. White paper. Red Alert. So a psychologist gets off a plane after 16 glorious days in Hawaii and buys a newspaper. The August 8 front-page *Hartford Courant* headline reads, "Mental Health Crisis for Kids." He's thrilled. Clearly, time had reversed itself in his absence. He still has the Hawaii trip to anticipate. Better yet, he is 5-10 years younger. After all there had been so many blue ribbon commission and white paper reports over the past two decades that the dire state of mental health care in Connecticut could hardly still be big news. But, it was. In his responsive letter-to-the-editor the psychologist stated:

*Stop doing the same thing. The state cannot just combine agency programs in a different recipe and expect more services to rise up from the batter. The problem of too few hospital beds and too few child psychiatrists to evaluate and prescribe appropriate medications will not disappear by our doing the same things.*

### Something New

Just when the psychologist started contemplating something radical such as moving to Paradise (a.k.a., Kauai, Hawaii; see Ken Gilstein's articles in the last and current *CP*) he was jolted to his senses by a call from the Lt. Governor's office. What? Would he join the CPA President and serve on the Lt. Governor's "Mental Health Cabinet?" Ummmm . . . Sure. In recognition of the intractable shortage of mental health services in Connecticut, Governor Rell asked Lt. Governor Sullivan to do something meaningful. Now.

### Something Borrowed

To give the initiative a level of priority and immediacy beyond previous commissions and reports, Lt. Governor Sullivan borrowed the term "cabinet." He expects this body to formulate a small number of recommendations for Governor Rell's consideration and presentation to the legislature as part of her 2005-2007 budget. The cabinet, composed of approximately two dozen mental health professionals, administrators, and advocates, had already met three times by the end of August. CPA was represented by three individuals on this advisory body (i.e., David Abrams, Psy.D., President, Dan Abrahamson, Ph.D., Director of Professional Affairs, and Randolph Lee, Ph.D. for the college counseling community).

### Something True

So how is it that CPA once again has a meaningful opportunity to promote the well-being of Connecticut's residents and address the needs of our members? The answer is tried and true. CPA participates in the political process. We are part of that great experiment called democracy. We are "at the table" and "rubbing elbows." We are raising voices as we raise political contributions. Advocacy is not an event. It is an endless process.

*Dr. Abrahamson is Director of Professional Affairs for CPA.*



## Marketing Connecticut Psychology to the Public

By Thomas W. Miller, Ph.D., ABPP

As you are probably aware, the American Psychological Association is in the midst of its national Public Education Campaign. Key topics are available on its Web site at [www.apa.org](http://www.apa.org) and include the following:

- Painful Shyness
- The Road to Resilience
- Change Your Mind
- Warning Signs
- Resilience Guide
- Resilience for Teens
- Resilience in a Time of War



APA provides CPA members with several tools to address public education forums, including the *Road to Resilience*. Tool kits are available that can assist you in providing a program for public education on any of these topics. The resilience kit addresses the question, "How do people deal with difficult events that change their lives?" The death of a loved one, loss of a job, serious illness, terrorist attacks and other traumatic events: these are all examples of very challenging life experiences. Many people react to such circumstances with a flood of strong emotions and a sense of uncertainty. The brochure is intended to help readers find their own road to resilience. The information describes resilience and some factors that affect how people deal with hardship. Much of the brochure focuses on developing and using a personal strategy for enhancing resilience.

APA has also launched a redesigned online help center, [www.APAHelpCenter.org](http://www.APAHelpCenter.org). Consumers are able to navigate a user-friendlier Web site with expanded free information, facts, and tips about mental health issues. Consider using this help center, visiting the Web site and joining the Public Education campaign!

The CPA Public Education and Marketing Committee plans to survey CPA members at the 2004 CPA convention on their level of marketing activities. Please take the time to complete the survey and help us to help you.

*Dr. Miller is Chair of PEC and Marketing Committees.*

**Take a psychologist to lunch . . .**

**and invite him or her to join CPA.**

# Depression Subtype and CBT Treatment

By Christine Farber, Ph.D.

Conventional wisdom within the psychological community holds that melancholic, endogenous, and/or severe forms of depression are less responsive to psychotherapy than are other subtypes. Despite a long history of such wisdom, few hard-core studies exist to provide experimental evidence for these beliefs. In fact, cognitive behavioral therapy (CBT) has fared as well as antidepressant medication with severely depressed outpatients in four major comparisons (DeRubeis et al., 1999).



Researchers at the Yale Depression Research Clinic are addressing the question of who will and who will not respond to psychotherapy as a first-line treatment approach in a new study looking for biological and psychological markers of treatment response. In 1999, Gerard Sanacora, M.D., Ph.D. and colleagues published a study detailing significant differences in cortical  $\gamma$ -aminobutyric acid (GABA) concentration levels in the occipital cortex between participants diagnosed with Major Depressive Disorder (MDD) and healthy controls: As a group, depressed participants had significantly lower GABA levels. A second study (2004) confirmed the findings, although the MDD group from this study demonstrated a smaller difference in GABA levels compared to controls, a finding likely due to greater heterogeneity in MDD severity of this group. Interestingly, the 2004 study also found differences in GABA concentration levels among depression subtypes. Participants with melancholic subtype, especially those with psychotic features, differed from controls as did the no subtype group, albeit to a lesser extent; the atypical group did not. Similar differences were found among subtypes with regard to glutamate concentrations. According to Dr. Sanacora, this is the cleanest study to date pointing to the roles of GABA and glutamate as biological markers for depression subtype and one of the few studies to suggest a rationale for the aforementioned conventional, clinical wisdom.

Lisa Fenton, Psy.D., clinical psychologist and researcher at Yale's Depression Research Clinic, suggests that the clinical implications of this study include potential data-based evidence for treatment decisions based on biological markers, including whether medication (SSRIs have been shown to normalize GABA levels) or psychotherapy ought to be the first line of treatment.

Funded by the Donahue Foundation and run through Yale, a third study—about to commence—will build on these findings by examining response to CBT according to GABA levels. It is thought that a subgroup of participants with MDD, those with decreased GABA levels, will be less responsive to a course of CBT. Participants are being accepted on an ongoing basis and will be offered 12 weeks (12-16 sessions) of psychotherapy free of charge. Therapy will be provided by experienced clinicians trained at the Beck Institute for Cognitive Therapy.

Potential participants will be screened for MDD via a diagnostic interview and will undergo a noninvasive procedure, similar to an MRI, used to detect GABA levels. All levels of MDD severity will be included and provisions will be made for those who do not respond to CBT over the course of the treatment. Researchers will also be looking at other biological, social, and psychological markers that might predict response to treatment, including early parental loss, separation and trauma, and genes associated with GABA and glutamate.

For information about this study and/or to refer a potential participant, individuals can call Lisa Fenton, Psy.D. (203) 764-9133 or Donna Fasula, M.S., APRN (203) 764-9131. Self-referrals are welcome. Investigators anticipate that the study will continue over the next three years.

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Dr. Farber works at the Traumatic Stress Institute and is Secretary of the CPA Board of Directors.

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# Time- and Cost-Effective Treatment for Motor Vehicle Accident-Related PTSD

By Jill Sabsevit, M.A.

Following exposure to a perceived threatening event, it is not uncommon to respond with intense fear, helplessness, or horror. In fact, 1 to 14% of the general population who experience such an event may eventually develop post-traumatic stress disorder (PTSD). PTSD is characterized by the development of specific impairing symptoms for at least one month following exposure to a traumatic event. The symptoms include persistent reexperiencing of the traumatic event (recurrent and intrusive distressing recollections or dreams), avoidance of stimuli associated with the traumatic event (e.g., diminished interest in activities, avoidance of thoughts or people associated with the event), and increased arousal (e.g., difficulty falling asleep, exaggerated startle response).



Though numerous causal events have been noted for PTSD (e.g., combat, rape, abuse), it has been suggested that motor vehicle accidents (MVAs) may be one of the most significant types of traumatic event to result in anxiety disorders in the general population (Kessler, Sonnega, Bromet, Hughes, & Nelson, 1995; Norris, 1992). In fact, approximately 5% to 45% of MVA survivors who seek medical attention will develop PTSD within one year of the event and an additional 15% to 30% will develop subclinical levels of PTSD (e.g., report symptoms though fewer than what is required for a diagnosis) (Green et al., 1993; Hickling & Blanchard, 1992).

Assessment studies have shown that survivors of MVAs who demonstrate symptoms of PTSD report interference in their daily

lives, including fear and avoidance of driving, fear and avoidance of other situations or cues that resemble the original traumatic event, and depressive symptoms. However, seeking treatment is difficult for many of these individuals as driving has become an aversive task, often producing great levels of distress or avoided altogether.

In response to this finding, the Center for Stress and Anxiety Disorders at SUNY-Albany developed a therapist-directed treatment that has been shown in a controlled study to be effective in the reduction and elimination of such symptoms. However, this treatment has yet to be evaluated as a self-help treatment. Such a treatment would allow a greater proportion of MVA survivors to receive help and may allow for a more cost- and time-efficient treatment. A self-help book would provide a means for clients who are unable to drive to a clinic to receive the help necessary to reduce or eliminate their anxiety.

*Ms. Sabsevit is currently a clinical psychology doctoral intern at the Greater Hartford Consortium. At the present time, she is recruiting individuals to participate in her IRB-approved dissertation, examining the efficacy of a CBT self-help modality of treatment for MVA survivors with PTSD, sub-clinical PTSD, or travel anxiety. All contact for this study may be accomplished via mail and phone so no driving to a clinic is necessary and there are no geographical limitations. Individuals interested in participating in this free 6-8 week treatment study can write [travelanxiety@hotmail.com](mailto:travelanxiety@hotmail.com) or call (860) 224-5267 x2555.*

## New Members 2004

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West Hartford	Jeremy E. Mirsky, Ph.D.	Paul D. Williams, Ph.D.	Laura Nimchek
Linda H. Berger, Psy.D.	West Hartford	Pomfret Center	Simsbury
Milford	Amy B. Palmer, Psy.D.	<b>Student Affiliate</b>	Rebecca K. Papas, M.S.
Robert D. Broad, Ph.D.	Stamford	Lisa Carraretto, M.S., M.A.	New Haven
Westport	Laura B. Radin, Ph.D.	Rocky Hill	Jill Sabsevit, M.A.
Judith R. Epstein, Ph.D.	Moodus	Liese M. Franklin-Zitzkat	West Hartford
Weston	Anna Seta, Psy.D.	Clinton	Marc J. Tobin
Diana G. Fox, Psy.D.	Manchester	Jennifer A. Lefebvre-McGevna	Green Farms
Hamden	Darlene Shelton, Ph.D.	Torrington	Peter Tolisano, Jr., M.A.
Jane S. Jane, Ph.D.	Guilford	Jennifer Lusa, M.S.W.	Hartford
New Haven	Susan D. Steneck, Ph.D.	Willington	
Thomas S. Kocienda, Psy.D.	Westport		
Woodbury			

## Election 2004 Primary Results — Campaign Season Heats Up!

By Linda A. Kowalski

Since the legislature adjourned in May, much has been happening! With the resignation of former Governor Rowland and inauguration of Governor M. Jodi Rell in early July, it has been a very busy time as the new governor continues to shape her administration by making new appointments. State primaries have been held. We have been working with the CPA office to ensure CPA's support and attendance at political fund-raiser events. As election day (November 2) approaches please remember to contribute, volunteer and participate in the process.



**August Primary Results:** On August 10 the state had its first August primary for 16 elected positions. The highest profile primary was in the second congressional district in Eastern Connecticut where former city councilor Jim Sullivan, the party endorsed-candidate, beat former State Representative Shaun McNally. Sullivan (D) will face incumbent Republican Congressman Rob Simmons in the November election.

Primaries were held for two State Senate seats and in 10 State House districts. In the 2nd senatorial district (Bloomfield, Hartford and Windsor) Democrat State Senator Eric Coleman retained his seat; however, at the writing of this article, the media has published reports that his opponent, Windsor Deputy Mayor Timothy Curtis, may challenge the results. In the 20th senatorial district (East Lyme, Montville, New London, Old Lyme, Old Saybrook, Salem and Waterford) Republicans faced off to win the nomination. Mark Diebolt won the primary. Diebolt will now run against current Democrat State Representative Andrea Stillman in the November election for the State Senate seat currently held by Senator Melodie Peters. Senator Peters is not seeking re-election.

In the State House a number of incumbents faced challenges. In Hartford, State Representatives Marie Kirkley-Bey and Art Feltman won primary challenges. Both veteran Democrat lawmakers will seek re-election in November to their 5th and 6th House district seats, respectively. However, incumbent, veteran lawmaker Annette Carter lost her primary challenge to Douglas McCrory by an overwhelming margin. McCrory will now go forward on the ballot as the Democrat candidate for the 7th district assembly seat. In another contest, Democrat State Representative Walter Pawelkiewicz survived a primary challenge for the 49th district seat (Windham).

In Waterbury, the elections for two seats have been hotly contested. Long-time incumbent, Democrat State Representative Tom Conway decided not to seek re-election to the 75th district seat this year. David Aldarondo won the chance to seek election as the Democrat nominee in a hotly contested primary. Democrat State Representative Jeff Berger won a hard fought battle and the primary to run for re-election in the November elections in the 73rd district seat.

In the city of New London challengers rallied for a seat vacated by long-time incumbent, Deputy Speaker Wade Hyslop. In the 39th assembly district, Democrat Ernest Hewitt won the primary.

On the Republican side, Brian Elliott won the primary in the 117th House district (Milford, Orange and West Haven). He will now go forward as the Republican nominee seeking the seat currently held by Republican State Representative Ray Collins, who will not seek re-election.

Democrat John Hennessy won the primary in the 127th house district in the city of Bridgeport. This is the seat currently held by veteran Democrat lawmaker Jackie Cocco, who will not seek re-election. In Stamford, Democrat Jim Shapiro won the primary for the seat currently held by State Representative John Wayne Fox.

**Changes:** State Representative Bob Duff, Norwalk, is vacating his 137th House seat to run for the 25th district (Darien, Norwalk) Senate seat currently held by Republican Senator Bob Genuario, who is not seeking re-election.

**Federal Election Update:** I was excited to have the opportunity to attend the Democratic National Convention in Boston in July and the Republican National Convention in New York in September.

**A Call to Action:** It is crucial that psychologists get involved in their local elections for State House and State Senate seats as well as in their congressional races. Now is the time to contact your local legislator(s) and candidates to let them know your issues. If you do not know your legislators, your district or candidates, contact David Abrams, Psy.D., Michael Schwarzschild, Ph.D. or contact our office. Visit our Web site for information at [www.thekowalskigroup.com](http://www.thekowalskigroup.com). We will be calling upon members to assist candidates with campaigns and to attend fund-raisers. Please help when your leadership calls! It's your profession.

*Ms. Kowalski is CPA's Lobbyist.*

### CLASSIFIED

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## Closing A Practice Due to Death: Patient Issues

By Jeffrey Pingpank, J.D.

The first step in closing a practice due to death is to determine what individual has authority to represent the estate and make decisions for it. If there is a will, the will should provide for an executor. If there is no will, an administrator is appointed by the probate court. Executors and administrators are given broad authority to handle the estate's affairs, including closing out a practice.

Patients must be notified. A state regulation, Sec. 19a-14-44, requires the surviving responsible relative or executor of the estate to inform patients of the death by placing an ad of required size and frequency in the local newspaper. In addition, an individual letter must be sent to each patient seen within the prior three years. While the regulation provides that medical records must be retained for at least 60 days, the wise course of action is to retain them for three years, until the statute of limitations for bringing a lawsuit will have passed.

The more difficult issues involve patient records and transfers. While the executor or administrator has broad powers, unless that individual has the requisite medical training, someone else with the requisite training should deal with the records of the deceased psychologist. In a group practice, the other psychologists can likely take on that role if the patients are the patients of the group. In an individual practice, the prudent course of action is to ask the probate court to appoint a psychologist to handle those decisions. The reviewing psychologist wants the protection and authorization of a court order, which should specifically appoint the reviewer of medical records so as to avoid any privacy issues. In effect, the reviewer steps into the shoes of the deceased psychologist to accomplish the tasks that the deceased would have done in closing out his or her own practice.

Records should not be turned over to a patient if the turnover might be detrimental to the health of the patient or another individual. A lay person cannot make this decision. In addition, HIPAA specifically provides that psychologists' notes are not part of the medical record. An expert must decide whether or not the notes should be disclosed.

The reviewing psychologist should assure that malpractice insurance will cover the endeavor. The reviewing psychologist should avoid providing any medical advice or care to those whose records he or she reviews. If the reviewing psychologist takes on these patients, there is a question of self-interest. If the reviewer starts to give ad hoc treatment or advice, a doctor/patient relationship with all of its attendant duties could be established, and there could be liability if the treatment is wrong. The reviewer is best advised to tell the patient to seek other help, and do what is necessary for the transition, short of providing care.

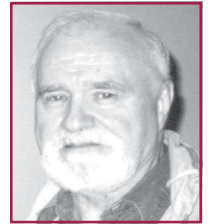
*Attorney Pingpank is with the firm of Cooney, Scully and Dowling, designated counsel for CPA's Legal Consultation Plan. CPA members are eligible to join the plan for a nominal fee.*



## War and Peace: Part II

By Ralph S. Welsh, Ph.D., ABPP

In the spring of 2003, while our president was preparing to go to war, I expressed my concerns on the pages of CP. The "rush to war" had its mentality in the paranoia of the far right, and we now see how the Patriot Act has eroded our basic freedoms, and those of prisoners held at Guantanamo Bay and the large group of "suspects" grabbed following 9/11. Sen. Joe McCarthy mentality targets Arabs.



My own daughter, Regan, experienced a taste of the Patriot Act when she was pulled over for not dimming her lights. A discrepancy between the birth date on her license and that on her registration led to the confiscation of her car. She was held at the police station until she could show them her birth certificate. The police still sent her home without her car. A week later she was "allowed" to meet with a representative of the Colorado DMV to convince them she was indeed Dr. Regan Welsh (she is an OB/GYN physician). One can only imagine what it is like for someone who is actually suspected of being a foreign agent no matter how flimsy the evidence against them.

In the CP 2003 letter I pleaded for containment of Iraq, not invasion. We invaded. I said, "I do not feel our country has the moral right to engage in preemptive strike," adding that such action could be catastrophic. It has been. This action would turn the whole world of Islam against us. It has. Our favorability percentage was around 70% in the Islamic world prior to the Iraq war. In most Arab states it now hovers around 10% to 15%. The average Brit doesn't like us any more than the average Frenchman. They must know something our president doesn't know.

Protesters in this country should have an open right to express their views. This freedom is dwindling rapidly. The recent ruling disallowing the massive protest in Central Park during the Republican Convention is a case in point. Open dissent built this nation, and our freedom is something that should be more important than the mere inconvenience to a city.

We need a president who cares about our freedoms, who wants to make peace, not war, with the Arab world (and Europe for that matter), and who will try to understand the psychological roots fueling the anger in the Islamic world. Above all, we need to spend money to help the Islamic world educate their children in a manner that includes more information about the world than is found in the Koran. Similarly, our universities should offer programs in Arab studies of both the language and the culture. We need Arab students. Isolation and paranoia against those with the "wrong" passports is not a healthy long-term policy. In reality, the number of potentially active terrorists is minuscule, but our policies are helping to make those numbers grow.

We need a president who no longer categorizes people as "good" or "bad" (You are with us or against us!) with no shades of grey. In short, we do not need the president we now have. His policies are psychologically destructive to this nation.

*Dr. Welsh is a CPA Regional Rep. The opinions expressed are his own and not necessarily those of CPA.*

## Program—Thursday, October 28

6:00 p.m. Dinner — Self-Care Program  
Massage, Reiki, Yoga

## Program—Friday, October 29

7:30 a.m.-8:30 a.m. Registration/Continental  
Breakfast and Networking

8:15 a.m.-11:55 a.m. Poster Session  
John G. Mehm, Ph.D., Chair

8:30 a.m.-8:45 a.m. Presidential Welcome  
David B. Abrams, Psy.D.

8:45 a.m.-10:00 a.m.  
Keynote Address

1. **A Unified Treatment Protocol for Emotional Disorders**  
David Barlow, Ph.D.,  
Professor of Psychology,  
Research Professor of Psychiatry, Director of  
Clinical Programs and Director, Center for Anxiety  
and Related Disorders at Boston University



10:00 a.m.-10:25 a.m. Break, Exhibitors and  
Posters

10:25 a.m.-11:55 a.m.

2. **Ethical Dilemmas: Implementation of the Revised Ethical Code**  
Howard J. Oakes, Psy.D., ABPP-CN,  
David W. Lovejoy, Psy.D.
3. **Introduction to Clinical Health Psychology for Non-Medical and Private Practice Settings**  
Lisa M. Frantsve, Ph.D.,  
Rebecca K. Papas, Ph.D.
4. **A Unified Model for Treating Personality Dysfunction**  
Jeffrey J. Magnavita, Ph.D., ABPP
5. **Standard and Appetite-Focused CBT for the Treatment of Binge Eating**  
Katherine A. Elder, Ph.D.
6. **Gambling and Problem Gambling in Connecticut: Major Issues**  
Marvin A. Steinberg, Ph.D.

11:55 a.m.-1:45 p.m. Lunch and Awards

1:45 p.m.-3:15 p.m.

7. **Objective Discrimination of Valid from Invalid Claims in Brain Function Impairment**  
Stephen D. Sarfaty, Psy.D.
8. **Reproductive Losses: Helping Couples Grieve and Explore Alternatives**  
Beth M. Cooper, Ph.D.
9. **Techniques and Technology: Treatment of Schizophrenia in the 21st Century**  
Dana Shagan, Psy.D., Matthew Kurtz, Ph.D.

## Program—Friday, October 29

10. **Clinical Assessment Through the Eyes of a Behaviorist**  
William M. Sherman, Ph.D.

11. **How Can I Forgive You? A Radical Approach to Healing Intimate Wounds**  
Janis A. Spring, Ph.D.

3:15 p.m.-3:30 p.m. Break and Exhibitors

3:30 p.m.-5:00 p.m.

12. **ADHD — The Weaving of the Therapeutic Quilt**  
David J. Suscovich, Psy.D., LMFT,  
Robert F. Reynolds, Ph.D.
13. **3:30 p.m.-4:30 p.m. Development and Validation of a Brief Instrument Assessing Cardiac Risk in Working Women**  
Carol H. Rodriguez
- 13A. **4:30 p.m.-5:00 p.m. Testifying: When to Talk, When to Hush, What to Say, and How to Say It**  
Attorney Jeffrey Pingpank
14. **Treating Severe Psychopathology in an Office Setting**  
Lawrence Haber, Ph.D., James Seltzer, Ph.D.,  
Linda Denton, OTR/L, M.S.
15. **Fight, Flight or Freeze: Releasing Emotional Blocks by Treating Their Physical Roots**  
Pat D. Barry, Ph.D.
16. **Journeying Through the Early Stages of Careers in Professional Psychology: Developmental Perspectives**  
Christine Farber, Ph.D., John G. Mehm, Ph.D.,  
Candice Norcott, B.A.

5:00 p.m.-6:00 p.m. Social Hour

6:00 p.m.-??? Dinner and Entertainment  
**The Rick Fontayne Karaoke Seminar**



By popular demand, CPA is pleased to present an encore engagement of The Rick Fontayne Karaoke Seminar. Known worldwide as the Undisputed Originator of the Rick Fontayne Sound, this seasoned veteran of the music world has developed a unique approach to help participants develop, improve, or (in some rare cases) perfect their very own karaoke sound. All participants will have ample opportunity to practice what they have learned in front of a live audience.

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—Rick Fontayne

### Attention Students

Ethnic Diversity Scholarships are available. Application on CPA Web site at [www.connpsych.org](http://www.connpsych.org) or contact CPA office (860) 586-7522 or [bfoy@connpsych.org](mailto:bfoy@connpsych.org).



# CPA CONVENTION REGISTRATION

Join your colleagues at the Water's Edge Resort, October 28-29, 2004

Register now—limited enrollment!

Early Fee Deadline: October 8, 2004

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

☐ Please check if you are a first-time attendee.

CPA fully complies with the legal requirements of the ADA and its rules and regulations. Please indicate if you require special accommodations to participate fully. ☐ Yes ☐ No If yes, describe \_\_\_\_\_

Please indicate any special dietary needs. \_\_\_\_\_

## Fees (Please circle appropriate fee)

	Early-Bird Rec'd by 10/8	On- site
<input type="checkbox"/> Thursday, October 28 Preconvention Program & Dinner	\$ 40	\$ 40
<input type="checkbox"/> Friday, October 29 Dinner and Entertainment	\$ 39	\$ 39
<b>CPA Member in good standing</b> (fee includes lunches)		
<input type="checkbox"/> Friday, October 29	\$149	\$159
<b>Non-CPA Member</b> (fee includes lunches)		
<input type="checkbox"/> Friday, October 29	\$169	\$179

## Attention Non-Members (please complete application)

Special **New Member Convention Rate—Save \$50**

<input type="checkbox"/> Convention registration including 2004-05 Membership	\$189	\$189
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## Attention Students (\$10 membership with 1 day registration)

<input type="checkbox"/> Friday, October 29	\$55	\$55
<input type="checkbox"/> Convention registration including 2004-05 Membership	\$65	\$65
<input type="checkbox"/> Professional (Non-eligible for CPA Membership) per day	\$159	\$169

## Included in Registration

The following events are **included** with your paid registration.  
**Please indicate which you plan to attend.**

- ☐ Friday Lunch/Awards  
☐ CPA Social Hour • Friday 5:00 p.m.-6:00 p.m.

## Special Events

The following events are available at **additional cost**.

- ☐ **Thursday** – Preconvention Dinner Buffet and Self-Care Program **\$40**  
Dinner plus Massage, Yoga, Reiki offerings – 6:00 p.m.
- ☐ **Friday** – Dinner Buffet and Entertainment **\$39**  
Dinner plus Karaoke – 6:00 p.m.

## Concurrent Friday Sessions

Circle one number for each time frame. This will enable CPA to plan for space requirements.

8:45-10:00 (1 CE)	1– Keynote Address					
10:25-11:55 (1.5 CE)	2	3	4	5	6	
1:45-3:15 (1.5 CE)	7	8	9	10	11	
3:30-5:00 (1.5 CE)	12	14	15	16		
3:30-4:30 (1 CE)		13				
4:30-5:00		13A				

**Cancellations:** If your request is received in writing before October 14, 2004 we will refund your meeting registration. A \$35 administration fee will be applied. Fees cannot be refunded for registrations cancelled on or after October 14, 2004.

## Three Easy Ways to Register



**Mail this form with your check, American Express, VISA or MasterCard number to:**

**CPA, Inc., 342 North Main Street  
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**or**  
**Fax** this form with your American Express, VISA or MasterCard number to (860) 586-7550



**or**  
**Register on-line** at [www.connpsych.org](http://www.connpsych.org)

**Please make checks payable to CPA, Inc.**

**Or charge my:**

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Registration and Special Events

**Total Amount** \_\_\_\_\_ **Exp. Date** \_\_\_\_\_

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*Clinical Assistant Professor of Psychiatry  
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#### **Certification**

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#### **BRUCE SHAPIRO, M.D., D.F.A.P.A.**

*Clinical Professor of Psychiatry  
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#### **Certification**

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## CALENDAR

### September 24, 2004

9:30 a.m.-1:00 p.m.: **"Ethical Decision-Marking** for Mental Health Professionals and the New APA Ethics Code" by Stephen Behnke, J.D., Ph.D. in Hartford. For information, [www.connpsych.org](http://www.connpsych.org)

### September 24-25, 2004

**Color Breathwork Method**, Level Two Training Program. Call (860) 231-7477 or (888) 80color; [www.colorbreathworkmethod.com](http://www.colorbreathworkmethod.com). Co-Sponsored with CPA.

### September 29, 2004

"Treatment Update Series: **Anxiety Disorders**" by David Tolin, Ph.D. at IOL. Call Joy Mounds at (860) 545-7151

### October 28, 2004

6:00 p.m.: **Preconvention Self-Care Program** and Dinner at Water's Edge. For information, [www.connpsych.org](http://www.connpsych.org)

### October 29, 2004

8:30 a.m.-6:00 p.m.: **CPA Convention** at Water's Edge. For information, [www.connpsych.org](http://www.connpsych.org)

### December 1, 2004

7:00 p.m.: **CPA Board of Directors Meeting** in West Hartford. Open to members.

*Submissions for future calendars may be sent to [cfarber@connpsych.org](mailto:cfarber@connpsych.org)*

## The Master Therapists 2004-2005

One-day Workshops Held in Keller Auditorium at UCONN Health Center

**Friday, October 1 ROBERT LEAHY, PH.D.**

*Overcoming Roadblocks in Psychotherapy*

**Friday, October 29 BOB BERTOLINO, PH.D.**

*Breaking All the Rules: Collaborative, Change-Oriented Therapy with Challenging Youth and Families*

**Friday, November 19 LAURIE BRODEUR, PSY.D.**

*An Integrative Approach to Post Traumatic Stress Disorder: Challenges in Treatment*

**Friday, December 10 JUDITH S. BECK, PH.D.**

*Cognitive Therapy for Personality Disorders*

**Friday, January 21 ROBERT KINSCHERFF, PH.D., J.D.**

*Clinical and Ethical Challenges with High Risk Behaviors*

**Friday, February 11 DAVID J. PALMITER, PH.D., ABPP**

*Help Me, I'm Raging; Help Me, I'm Sad: Assessment & Interventions with Children & Adolescents Suffering from Bipolar Disorder*

**Friday, March 11 WARREN BERLAND, PH.D.**

*Out of the Box for Life:*

*A Brief Solution-Oriented Approach to Being Free*

**Friday, April 8 PEGGY PAPP, M.S.W.**

*Treating Depression in Couples and Families*

**Friday, May 6 MARY JO BARRETT, M.S.W.**

*Childhood Abuse: Can a Family Survive?:*

*A Multisystems Approach*

**Friday, June 3 MARTIN M. ANTONY, PH.D.**

*Conquering Anxiety Disorders: Practical Strategies for Assessment and Treatment of Anxiety and Fear*

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263 Farmington Ave. • Farmington, CT 06030-1935

## CPA Convention — General Information October 28-29, 2004

### Issues Tables

#### Ethnic Diversity Task Force

Gretchen Vaughn, Ph.D., and Members of Ethnic Diversity Task Force

#### Early Career Division and Mentoring Subcommittee

Christine Farber, Ph.D.  
Jennifer O'Neill, Psy.D., Chair

#### Gay, Lesbian, Bisexual Transgender Task Force

Richard Stillson, Ph.D., Chair, and Task Force Members

### General Convention Information

#### Hotel

**Reservations at Water's Edge must be made by September 28, 2004:** Thereafter, reservations are accepted on a space-available basis only. The special CPA room rates are \$155 single and \$155 double

(rooms are subject to Connecticut and city occupancy tax). Please call Water's Edge directly to reserve your room (860) 399-5901. Be sure to identify yourself as a CPA meeting attendee.

#### Directions

**From New York:** Take I-95 North-Exit 65. At exit light, turn right onto Route 153 South for 1/2 mile. At second light, turn left onto Route 1 East. Water's Edge is located 1/2 mile down on the right side of Route 1.

**From Hartford/Springfield:** Take I-91 South to Route 9 South-Exit 3. Go through the first stop sign at the end of the exit and proceed to the second stop sign. Turn right onto Route 153. Proceed to the intersection of Route 1 and turn left. Water's Edge is located 1/2 mile down on the right side of Route 1.

## It's Quite a Change

By Kenneth W. Gilstein, Ph.D.

I have been working on the Hawaiian island of Kaua'i now for one week. I am the clinical psychologist/neuropsychologist for Waimea High School and Waimea Canyon School (K–8th). It's been a little different from the 60 hours per week that I used to put in my private practice in Guilford and Middletown.

Waimea is a small town on the west side of Kaua'i, with many of the 850 high school students coming from the plantations here on the island. The people of Waimea consider themselves family, and anyone who can help their children is welcomed into the community as part of that family. This was very evident to me even during the first couple of days on the job. Even though I was warned about the possible mistrust that the people here might have for me, being an "outsider," it hasn't happened yet. The warmth and friendliness that I have experienced have been pervasive.

Since Kaua'i is desperately in need of therapists who can work with kids, adolescents, and families, and those who do psychological/neuropsychological evaluations, I have been getting many calls to see people in private practice. I am attempting to get office space, and see people (on a very limited basis). One of my major reasons for moving was to cut down on my hours of work. However, with such a great demand for my services, that might be hard to do.

Once a month, all of the psychologists who work for the Department of Education on Kaua'i meet to discuss cases. A meeting is happening this Friday, and I am curious to meet my colleagues. My job entails working with Family Support Workers, mainly social workers with either master's or bachelor's degrees, and other school support staff. It will be nice to meet with other psychologists.

In October, the annual meeting of HPA (Hawaii Psychological Association) will meet in Honolulu. Instead of driving to Westbrook, to the Water's Edge, I will be flying to Oahu (a 28-minute flight).

Of course, some of the other changes include being able to go to the beach after work (there are 43 beaches on Kaua'i), wearing bright Aloha shirts to work (standard for the male professionals), and having to put up with cold winters here (they tell me that it gets down to about 63 degrees at night).

So far, so good. Aloha to all of my friends in Connecticut. Please feel free to email me at: k.gilstein@gmail.com and let me know what's happening "back east."

*Dr. Gilstein is CPA's new correspondent in Hawaii. It's a tough job, but someone had to do it.*



Paula and Ken Gilstein standing on their new lanai overlooking the ocean.

## The Inspiration of Honolulu

By Alma D. Elder, Ph.D.

Dramatic vistas, quality discussions, fluid transitions between indoors and outdoors—these characterized the APA Convention in Hawaii—a scholarly time and a magical place. Positive Psychology was in abundance. Here are some examples.

- Holo holo means to get out and walk about.
- The lei represents a circle of unending alohas.



Albert Bandura, Ph.D. received a Psychology Award for Outstanding Lifetime Contribution. He explained that he was on top of a mulberry tree pruning branches when he received a telephone call informing him of election as president of APA. He joked that this was the fastest example of evolution after coming down from the trees.

In a one-hour videotape on psychotherapy, a client candidly struggled before the therapist and the camera to understand his issues. Afterward, a discussant commented, "I appreciate the client's openness and will strive to show sensitivity for his courage."

The Mayor of Honolulu proclaimed: "Psychologists deal with some of the most critical issues facing society and have made a significant difference in increasing knowledge and understanding of these challenges."

A Presidential Citation Award was given to Kenneth B. Clark, Ph.D. and Mamie Phipps Clark, Ph.D., whose work was termed the "new authority" by the U.S. Supreme Court in the landmark Brown vs. Board of Education case. Their doll studies showed the deleterious effects of *de jure* racial segregation on the self-concept of young African-American children. Their work "legitimized the moral rejection of racial segregation" and became a cornerstone of "psychology's role in the establishment of public policy."

A Presidential Citation Award was given to Specialist Joseph M. Darby of the Army Reserve Military Police Company in Iraq, who exposed abuses against prisoners at Abu Ghraib prison. "His heroic act of independence is set against the background of the powerful situational forces that overwhelmed the morality and ideals of many of his peers."

A Presidential Citation Award was also given to Senator Donald E. Hines, M.D., who "showed leadership, vision, and courage in sponsoring the recently enacted law granting prescriptive authority to appropriately trained psychologists in the State of Louisiana... His willingness as a physician to carry this bill for psychology was politically courageous."

"I release all unresolved decisions, challenges, and toxic thoughts to my higher self as I prepare myself to go to sleep"—from a sports psychology curriculum on Zen Mental Training.

A sign in the Hawaii convention center where palm trees grew under the glass sail-shapes of the roof: "Ulu La'au. The Trees. Ulu La'au refers to the grove of trees that grow in Kahi Aloha (the Grand Lobby). The root term "ulu" in Hawaiian also means to inspire. Indeed, tall trees have always inspired the human soul. Like vaulted cathedrals, these towering steel trees symbolize the aspirations of all who seek higher goals and accomplishments."

*Dr. Elder is Editor of CP and Representative of CPA's Public Interest.*

## APA and CPA Ballots 2005

CPA ballot for the 2005 election is in the mail and includes by-law changes to create two new member types "Individual Affiliate" and "Organizational Affiliate". Please return your ballot and remember to sign across the seal.

## Help Raise the Volume to 10

The voice of State Psychological Association has been getting louder at APA. This has been due to the creation of additional seats on the APA Council of Representatives.

However, if we become complacent we can lose some of these seats and our voice representing the needs of psychologists in the states will be quieted.

## What Can You Do?

When you receive the APA Apportionment Ballot, please allocate all 10 of your votes to CPA. That's . . .

## 10 for CPA

## Want to See Research Projects?

Don't miss the  
Poster Session  
(8:15 a.m.-11:55 a.m.)  
at the  
CPA Convention.

October 29, 2004  
Water's Edge, Westbrook

## PRACTICE

### Professional Development During Training

By Lisa Gersony, M.S., M.A.

In the midst of my post doc year, not far now from the formalized moment of becoming a psychologist, I wonder what factors contribute to successful professional development? How can students of psychology best use their training? And how do we keep our passion for the discipline? To answer such questions, I turned to a few established Connecticut psychologists.



One factor in successful professional development, notes Dr. Steve Moore, Director of Outpatient Behavioral Health at New Britain General Hospital, is openness to new experiences. "My training turned on lights and opened doors to things I didn't know existed. Training educated me about the possibilities." He believes it's important to keep options available so that there will be more choices down the road. "Open as many doors as you can possibly find. Don't limit your choices or options in any way."

Dr. Donna DiCello, Associate Director of GIPP at the University of Hartford, speaks to exceptional mentorship and supervision. "I had really good people around me during both my graduate program and internship. I feel like giving back now because of what I received as a student."

Dr. Luis Anez, Assistant Professor of Psychology at Yale University School of Medicine and Director of Hispanic Services, also stresses the importance of successful mentors who exceed the formalized roles that are already a part of training. "Mentorship in the training process is extremely important and needs to be looked at more closely. Mentors must go beyond" he says, "and that is when it makes a difference. If we mentor students in this way, and then they in turn do the same, we would have many more fulfilled psychologists."

When difficulties arise in training Moore believes it is essential to stay focused on goals. "Keep your eye on the end and look for ways to get there." DiCello gives similar advice, "Have a vision of what you want to do and do everything you can to make it happen. Surround yourself with people who can help you to get there."

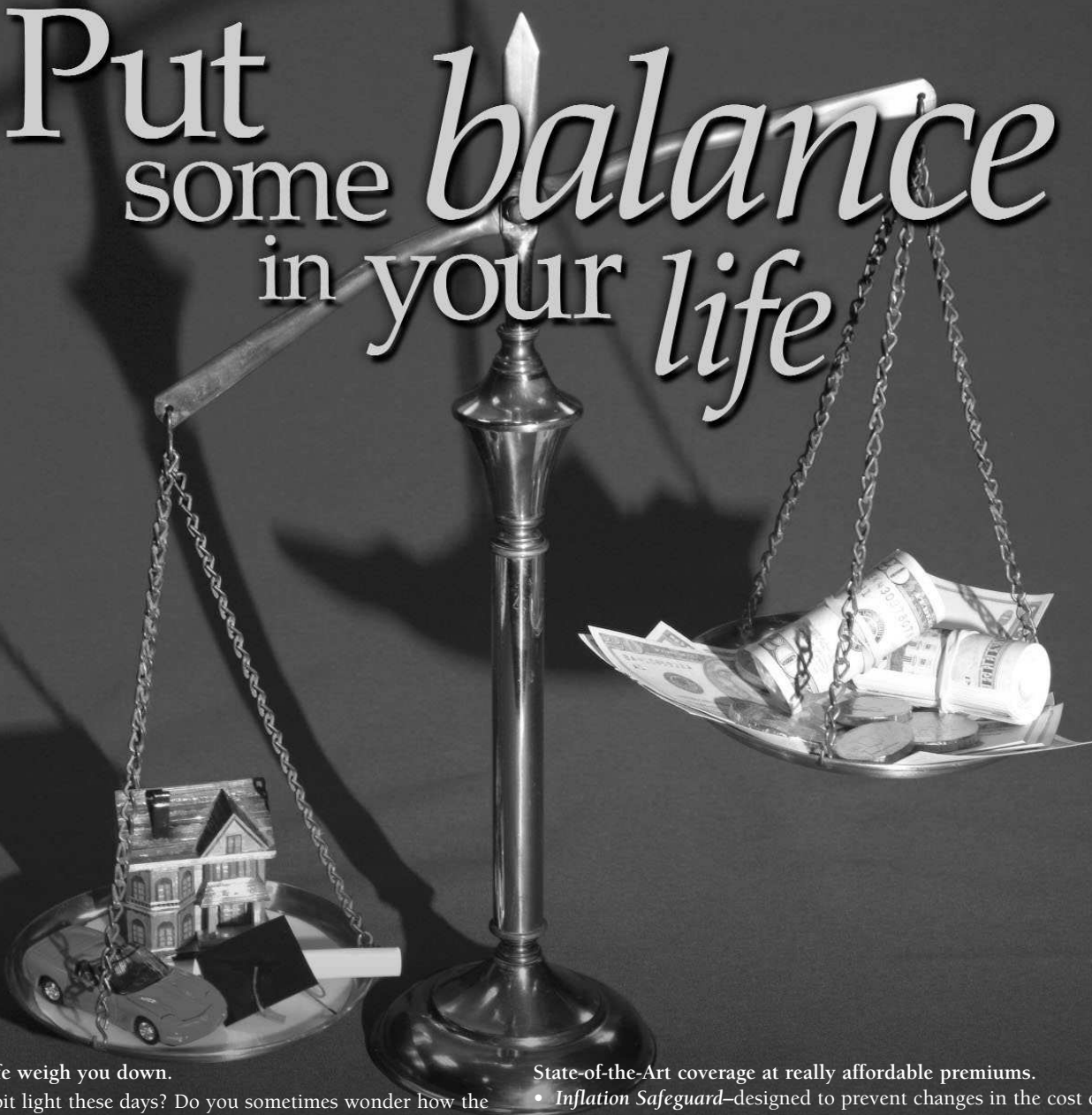
Moore notes the value of remaining open. "The passion that led me to start was not the passion I had when I made other career choices, and is not the passion I feel today." For Anez the passion comes from his daily interactions with people. "You become part of their stories," he says. The reward comes from "making some sort of difference in someone's life, even if it's just a moment of comfort."

DiCello emphasizes the need for balance and other activities. "It's important to feel zest for life outside of work – to feed oneself and give energy to one's work. If you stop loving it," she states, "take some time off – a vacation – or a day to read a book."

The CPA is also playing a role in professional development for students and early career psychologists. A mentorship program is now in place. As well, an Early Career Division has been established, offering networking, support, and opportunities for involvement in CPA. For more information about these refer to the CPA Web site or contact Jennifer O'Neill, Ph.D., Mentoring Subcommittee Chair and Early Career Division Co-chair.

*Ms. Gersony holds a post-doctoral residency at New Britain General Hospital.*

# Put some *balance* in your *life*



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## Joseph DeVito, Ph.D. 1945-2004

Dr. Joseph DeVito, a good friend and colleague, lost his life in a tragic murder-suicide on July 30, 2004, according to police reports. His 21-year-old son also died from a self-inflicted gunshot wound. Joe was the spouse of Gail Cryan-DeVito. The couple has two other children, Drs. Jill and Becky DeVito. Their brother, Gary DeVito, had suffered from a major mental illness for some four years previously.

Dr. Joseph DeVito was born in Brooklyn, New York in 1945 to Rose and the late Salvatore DeVito. The family moved to Mount Vernon, New York where his parents operated a shoe repair business. Joe spent his grammar and high school years helping around the shop and learning the fundamentals of shoe repair.

After high school he enlisted in the Army and served with distinction in Europe and the United States.

After discharge he graduated from Manhattan College, Columbia and then Georgia State University, where he received his doctorate in Psychology. His first job was in Wyoming,

where he was the director of a regional mental health center. After several years he and his family returned to Connecticut, where he opened a private

practice in the Middletown area. Joe saw a wide range of patients and specialized in complex assessment cases for Social Security (DDS), private insurance requests, as well as the Catholic Archdiocese in Hartford.

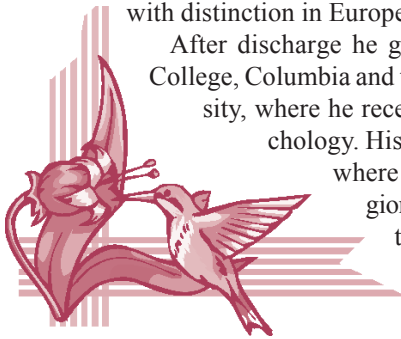
On November 25, 1996 Joe was appointed to the Board of Examiners in Psychology by then Governor Rowland. He served with distinction, rapidly becoming a valued and knowledgeable board member. He attended all scheduled meetings and volunteered extra time where needed. Joe also taught part-time at Central Connecticut State University and, most recently, was appointed as Practitioner in Residence in the Department of Criminal Justice at the University of New Haven. At the time of his death he had been appointed Clinical Director of the Counseling Program there.

The funeral was held at St. Pius X Church in Middletown on Thursday, August 5, 2004.

The family has asked that interested colleagues and friends make donations to the St. Vincent De Paul Society, 615 Main Street, Middletown, Connecticut.

Those who knew Joe will miss him terribly.

*Submitted by James J. Monahan, Ph.D., ABPP, Chair, Board of Examiners in Psychology, State of Connecticut*



It's a bird! It's a plane! It's a ....psychologist???"

**Dr. Wayne Rosenfield** spent an evening shift with the crew of a LifeStar helicopter at Hartford Hospital. The crew consisted of a pilot, a respiratory therapist, and a trauma nurse. They showed great knowledge and skill in caring for the patient. The pilot is not told any details about the patient before he or she is aboard so that the decision to fly will be based only upon safety, and not influenced by emotion. Dr. Rosenfield is a Disaster Response Network member who has worked in several crisis situations.



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### Applause

*Continued from page 16*

**David Barlow, Ph.D.** was nominated by Institute of Living for the prestigious Burlingame award. He is the first psychologist ever to be nominated for the award. He will present at the Burlingame dinner and at IOL Grand Rounds. He is also a keynote speaker at the CPA Convention in October.

The Ethnic Diversity Task Force continues a four-year tra-

dition of providing scholarships to ethnic minority students so that they can attend the CPA Convention. **Gretchen Vaughn, Ph.D.** and **Jan Owens-Lane, Ph.D.** graciously urge CPA members to make a scholarship pledge for the convention this year, which will be held on October 29, 2004 at Water's Edge in Westbrook, CT.

## APPLAUSE! APPLAUSE!

There was **Dr. Michael Schwarzschild**, standing alongside Child Advocate Jeanne Milstein and Attorney General Richard Blumenthal. As CPA's representative on the Advisory Board of Connecticut's Child Advocate, Dr. Schwarzschild provided commentary about videos of the Connecticut Junior Training School that detailed evidence of abuse by nonprofessional staff toward the adolescent males in their care. Dr. Schwarzschild said staff members in the video were responding inappropriately to "relatively low level behavioral problems." He conceded, however, that physical encounters are inevitable at such places. The press conference was held in late June.

Congratulations to **Dr. Thomas W. Miller, Ph.D., ABPP**. He was recipient of the Distinguished Service Award from Division 18 for excellence and leadership in promotion of a public service agenda. Dr. Miller's thirty-four year career has integrated science, practice and service at three public sector universities as a tenured professor teaching courses in health care administration and in health care policy.

**Dr. Jack H. Bloom** was recently interviewed on NPR about being an "Athletic Coach for Rabbis." The interested reader can go to [www.publicradioweekend.org](http://www.publicradioweekend.org). Whether or not you follow this inquiry, Bloom's loving I-You relationship remains unimpaired.

Another NPR interview was conducted with **Dr. Marvin Steinberg**, a psychologist who leads the CT Council on Problem Gambling. He reported that the average lifetime gambling loss was \$114,593, of which \$21,542 was lost in the last 12 months; current debt was \$16,842. Dr. Steinberg is a scientist who is able to provide information to the public.

The **Too Old To Care** acoustic trio provided entertainment for the Housatonic River Family Festival Day, August 14, noon to 2:30 p.m., at the Norman Rockwell Museum in Stockbridge, MA. One of the featured players was **Michael "Dr. Hopper" Schwarzschild** – guitars, vocals. The trio played their usual mix of rock, country rock, alternative country, blues, and originals. What a nice excuse for a ride in the country!

**Disaster Response Network** members have joined behavioral teams with the **Center for Trauma Response, Recovery and Preparedness**. Recently, the behavioral team members participated in an e-mail drill. Supposedly an explosion had occurred in a densely populated community. Members were asked about their availability immediately and the following day and night. Behavioral team members responded in a timely manner and 93% of them were available for crisis intervention. This was a drill and an opportunity to practice crisis response.

Legislative advocacy is critical to CPA's goals. **Dr. Ralph Welsh** volunteered to attend a fundraiser for Democratic Representative Lenny Winkler in Groton, CT where the issue of overmedication in children and the elderly came up. In essence, the RxP issue slipped in the conversational back door, and Dr. Welsh was there to discuss the issue and, in the process, to upgrade the visibility of CPA. Other CPA members may also grasp opportunities for political action during this election season.

**Janis Abrahms Spring, Ph.D.** continues to be in the forefront of clinicians. She will be a presenter at an October 21 Conference titled "Theory and Practice of Growth." The Women's Conference is presented by a partnership of America's leading addiction treatment providers, Betty Ford Center and Caron Foundation. Dr. Spring is a Diplomate in Clinical Psychology and a recipient of the CPA Award for Distinguished Contribution to the Practice of Psychology.

Governor Jodi Rell officially requested that Lt. Governor Kevin Sullivan address the state's mental health crisis. Congratulations to **Drs. Dan Abrahamson, David Abrams and Randolph Lee** for their appointment to the newly formed Mental Health Cabinet. These CPA leaders will be three of the approximately fifteen members of the panel. The Cabinet will collect information from various sources, including agency commissioners and local providers, over the next 60 days. Lt. Governor Sullivan intends to recommend an action plan that could have a major effect on the system.

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