

PSCP TIMES

Doug Rushlau, Psy.D., Editor

Tim Peterson, M.Ed., Designer

Welcome, Spring!

Ron Fischman, Ed.D., Board President



Activities and events for the 2012-2013 calendar year are well under way. With the superb direction of both Dr. Andy D'Amico during the year before last and Dr. Nicole Lipkin last year, we have started several

new, important initiatives. First, in November, 2012 we applied to APA for approval to provide **distance learning workshops** to allow members and non members alike to take continuing education courses at home, on vacation or at the office. We have already experimented with two programs, one presented by Dr. Victor Shklyarevsky, "Lost Boys, Failure to Launch," and by Dr. Ari Tuckman, Treating Adult AD/HD." We recently received renewed authorization from the Pennsylvania Department of education to continue providing

Act 48 **continuing education credits**. We partnered with the Family Firm Institute and the Philadelphia Society of Financial Analysts to present two 3 hour CE workshops on November 28, 2012 at the Cira Center in Philadelphia. We have also partnered with the Philadelphia Society of Group Psychoanalysts to provide each other's members with workshops at a membership rate.

PSCP has acted on requests for **peer consultation, an early Career development group and student mentoring**. We are still working on projects recommended on the Membership Survey, conducted during the winter of 2011-2012.

Our society has greatly

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benefitted from these recommendations and from the recommendations for continuing education made by participants at our workshops during the course of the year.

Nineteen workshops are on the 2012-2013 schedule, and we are in the process of scheduling programs for the 2013-2014 workshop year. On June 8, 2012, Dr. Takako Suzuki moderated a panel on cultural diversity in clinical services, and on February 22, Dr. Suzuki presented a second cultural diversity workshop. This presentation, as most of our presentations, was developed in response to the request of both PSCP members and non-members who attended workshop programs. If you would like to recommend a topic or a speaker, or if you would like to present a program, contact either Dr. Minna Baker, or me, by email or phone. Workshops are scheduled approximately 8 to 10 months in advance of presentation.

Dr. Kaila Dickstein and Dr. Shawn Blue are busily planning our **annual dinner** and our **annual picnic**. If you would like to make suggestions or volunteer to help them, do contact them.

Dr. Steve Simminger has taken over the role of **treasurer** from Dr. Naomi Reiskind, who now serves as our **membership chair**. If you have a colleague who would like to join our Society, please direct them to Dr. Reiskind's contact information on the PSCP website, or have that person contact our Administrator, Robyn Bailey, at the PSCP office.

Dr. Lillian Goertzel, president of the Human Services Center, is actively rebuilding the **PSCP Speaker's Bureau**, to arrange presentations by individuals with significant expertise in various fields of psychology, to speak on a variety of subjects requested by organizations. She also directs the HSC effort to provide referral and reduced-fee counseling services to lower income people in need of therapy. Dr. Kristine Boward, our president-elect, is leading the initiative to develop peer consultation groups. Amanda Chase, the PSCP liaison to student members in doctoral programs in the Delaware Valley, has developed programs for students to meet with experienced psychologists in various clinical areas of practice, to serve as mentors.


Dr. Julie Levitt continues to pursue programs and activities focused on **public policy**, at local, state and national levels. (Read an insightful article on education policy by her on page 7) She is a valuable resource and liaison to PPA and APA, addressing issues such as urban violence and providing professional support to immigrants seeking political asylum in the U.S. Also involved in this important work is Dr. Carol Gantman, who serves as a member of the PSCP Executive Board.

I have saved the most important goal for last! **The Executive Board and I invite you** to take a greater role in our Society. Please feel free to join us at a monthly board meeting, held the first Friday of each month at Belmont Behavioral Hospital. Robyn Bailey will gladly provide you with directions to Belmont, as well as a list of meeting dates. Please feel free to join

one of our standing committees. If there is a need we presently do not serve, or if there is an activity you'd like to see us offer, contact Robyn, or tell the Board. We want to hear from you!

I congratulate and express my sincere thanks to those on the Executive Board and to those who serve on our committees; however, we need more help. We need to **broaden the composition of our organization**, to include more areas of practice, a wider range of backgrounds and experiences, and more input into

PSCP's course for the future. Most importantly, we need more members to take an active part in the work we do. Thinking of becoming more active with PSCP? There are great ways to get more involved as a PSCP member presented throughout this newsletter. Join the Public Policy committee (p. 7); take part in Advocacy day (p. 4); or join a Peer Support Group (p. 9). Your efforts make PSCP work!

I hope to see you soon at a PSCP activity. 


A Heartfelt Thanks to Sandi Greenwald

The Executive Board

For the past six years, Sandi Greenwald has run the business office of the Philadelphia Society of Clinical Psychologists. During that time, she has served with five Society presidents and still managed to maintain her sanity and sense of humor. She has helped develop our continuing education program, our outreach programs and community initiatives and relations with other professional organizations. She has overseen a move in our office location and the upgrading of office systems and procedures.



At the November, 2012 Executive Board meeting, Sandi announced her plan to retire on her birthday, May 3, 2013. Unfortunately, she fell and broke her left ankle while on vacation in Florida on Christmas day, 2012. While she is unable to return to her regular office duties, she still shares her concern about the PSCP and offers support and information when called upon.


The great news is that Sandi is not merely retiring from her position from PSCP, but she is retiring to her new role as a grandmother. We wish Sandi the best in her new role as grand-mother and look forward to her participating in our gatherings and celebrations. 

SAVE THE DATE! Advocacy Day April 15

Be part of history! PSCP is offering a chartered bus in support of PPA's annual Advocacy Day on April 15th. Ride along with your colleagues to Harrisburg, where you will attend training to learn how to lobby effectively for issues that impact our field, our work, and the world we live in (and earn 1.5 continuing education credits!) We will then work in groups to lobby our state legislators to effect all the change we can! The bus leaves at 7:30 am from the King of Prussia Mall, and will return by 7:30pm.



Picture by David Amsler

The cost is \$40 for members and \$60 for non-members. Register to join the group at www.philapsych.org or by calling the office at 215-885-2562. Please direct any questions to Dr. Kristine Boward at 610-878-9330. 

Annual Event on April 13 Benefits HSC

PSCP's Annual Event is going to be held Saturday, April 13 at Bistro St. Tropez in Philadelphia. This dinner serves as our annual fundraiser, at which we honor members who have made vital contributions to our organization, and gives us all an opportunity to join in camaraderie and networking.

The PSCP Annual Event also raises awareness and money for the Human Services Committee. HSC is an invaluable service to the Philadelphia community, providing mental health services to those in need.

Purchase tickets at tinyurl.com/pscpevent 



Event Details

April 13, 2013, 7-11 pm
Bistro St. Tropez
24th and Market

\$75 per plate for members
\$85 for non-members

Kaila Dickstein
215-885-2562

Silver Linings Playbook: Book and Movie Review

Karyn Scher, Ph.D.



Thanks to Tony Soprano, Carrie Mathison, and now Pat Solitano, psychological problems and psychotherapy are firmly in society's mainstream, stimulating debate, normalizing requests for help, and unifying vulnerability among a variety of demographic groups. The multiply lauded and Oscar-nominated *Silver Linings Playbook*, set in the Delaware Valley, and based on the insightful character study by former New Jersey teacher Matthew Quick, is rich with psychological realities that are simultaneously informative, disconcerting, and yes, even entertaining. Moreover, the depictions are so relatable that they can be constructively utilized to catalyze valuable discussions within the privacy of our own psychotherapy practices.

A fine story-teller, Matthew Quick allows Pat's story to unfold in a visual puzzle with pieces beginning to fit together

as Pat, sensitively and robustly portrayed by Bradley Cooper, recalls what led him to a lengthy psychiatric hospitalization for bipolar disorder. It is relevant to note that psychotherapy "stories" progress similarly, without a precise chronology, instead with revealing episodes that can begin to be linked to psychological history.




In Pat's case, we learn about his rages first, then his broken marriage, then we begin to witness the family-of-origin strife, including a raging father, portrayed by Robert De Niro, the raging bull himself. Weaving these threads together on screen can allow

psychologists to non-threateningly introduce the complex concept of inherited versus environmental influences in the development of symptoms of mood disorders, anger management, and relationship problems.

The theme of the agonizing consequences of loss, at times leading to acting-out behavior, was developed through the Oscar-winning portrayal by Jennifer Lawrence of Tiffany, the young widow of a tragically killed policeman. As Tiffany and Pat unite in a shared goal, they also begin to share more details of their stories, vulnerabilities, but also self-destructive relationship mistakes. This is most certainly not a superficial "romcom" depiction of the development of a relationship. On the contrary, the movie reveals their distortions, fears of intimacy, denial, and even manipulative dishonesty. Once again, within the confines of our treatment sessions, relating to these moral dilemmas from the safe distance of the movie characters may allow us to

invite our patients to reveal more of their own tendencies to distort, deny, avoid, and manipulate in their relationships. One of the film's guilty pleasures is voyeuristically witnessing the unfolding of the relationship between Pat and his therapist, Dr. Patel, whom he also gets to know on a personal level, in and out of the office, as a rabid Philadelphia Eagles fan. The novel includes a quirky touch which addresses boundaries in therapeutic relationships when Dr. Patel tells Pat that when they are each seated in their respective leather chairs, they are doctor and patient, but that when he stands up from his chair, they can share their respective loyalties as Eagles fans, and indeed, they share the chants, the songs, and more! This is a wonderful and unique vehicle for discussing "the person of the therapist" with patients who might otherwise feel averse to addressing personal feelings, transference experiences, and shared values with their psychotherapists. This review would not be complete without referencing the "silver lining" theme. Hollywood craves happy endings, and both

the book and the film grappled with finding the silver lining without yielding to fantasy and superficiality.


I heartily recommend the book, a quick but poignant read, to understand Matthew Quick's original intent, as Pat confronts his wish for the stereotypical movie ending, but the inevitable acceptance that reality cannot possibly measure up to our fantastic yearnings. Nevertheless, the film version allows Pat and Tiffany to find and support each other, knowing their vulnerabilities rather intimately, without implying it will be easy and "happily ever after" for them. This is such a critical theme in psychotherapy, where we are still well-advised to be guided by Freud's most "non-silver lining" perspective about the goal of treatment being to "transform hysterical misery into common unhappiness," but with a better ability to cope. 

Call for Submissions

Having something to say? The PSCP Quarterly Newsletter wants your articles. PSCP members, and PSCP student members, are invited to submit articles and essays.

All articles should be relevant to the professional practice of psychology. While articles may address any subject, or any issue of current interest, it is essential that the focus be on the role of psychologists, psychology as a discipline, or the impact on psychologists of the topic addressed. These articles are by psychologists, for psychologists. Please keep that in mind when submitting an article for consideration.

In addition to articles relevant to psychology, students are invited to submit the abstract of their approved **dissertation**, along with a brief biographical note, for inclusion in the 'Student Profile' section.

Please contact Doug Rushlau, editor with submission guidelines and requirements for inclusion: Dr.Rushlau@centeredpsychology.com 

How Public Education is Systematically Undermined: Education and Public Policy from a Psychologist's Perspective

Julie Meranze Levitt, Ph.D., Public Policy Chair

Education is a cornerstone of our work. As psychologists, we know that an adequate education is a crucial building block in the development of skills necessary to lead a productive life. It is well established that poverty is linked to poor educational outcomes. Consequently, any action that weakens public education disproportionately affects the poor, for whom public schools are often the only option for educating their children. Inadequate education leaves young adults without the skills to find jobs that pay a living wage. With the absence of skills and

opportunities come a sense of disempowerment, and feelings of shame. These in turn contribute directly to the development of psychological problems, including depression, anxiety and substance abuse. The cycle of poverty, poor education, limited opportunities, and desperation continues from one generation to the next. As psychologists, we must join with others in addressing poverty and all its pernicious effects. This is why it is important for psychologists fight against initiatives that serve to undermine public

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TherapyNotes
Online Practice Management for Mental Health Professionals

Special Offer Just For Philadelphia Society of Clinical Psychologists Newsletter Readers!

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Time to get connected!

Research shows that psychologists who participate in a peer consultation group are less likely become involved in a lawsuit, less likely to describe feelings of burnout, and rate themselves more satisfied with their career. PSCP sponsors a range of peer consultation groups, and we invite you to join! Contact Kristine Boward, Psy.D. to join an existing group, or to start your own peer consultation group. Dr. Boward can be reached by phone at: 610-878-9330 ext. 107 or via e-mail at KBoward@CenteredPsychology.com.

Peer Consultation groups are a chance sharpen clinical skills, learn from peers, fight professional isolation, and gain clarity on difficult cases. They are a meeting of peers and are not meant as any form of supervision. Although some consultation groups welcome student members, these groups do not take on a supervisory role.

Diversity Group

This group meets on occasional Fridays from 10am-12pm, via Skype. The group discusses culturally informed, responsive and adaptive ways to treat individuals, couples, and families of diverse cultural backgrounds. Groups of focus include: race, ethnicity, national origin, gender, sexual orientation, religious/spiritual traditions and beliefs, disability, those with socioeconomic challenges, and more. Issues can be relating to, but not limited to acculturation stress, cultural identity formation, interracial marriage and families, intergenerational issues, discrimination, etc. Participants are asked to

bring a case to discuss. Student members are welcome. Group leader is Dr. Takako Suzuki. For those interested in joining, she can be contacted at suztakako@gmail.com or 610-526-2928.

Mindful Therapist Peer Consultation Group (Melrose Park, PA)

The Mindful therapists peer consultation group is for mental health professionals, and those in training, who integrate mindfulness into their professional work for self-care and/or client care. A personal daily meditation practice is required of all participants – this can be from a variety of wisdom traditions, including but not limited to, the Buddhist traditions from which MBSR/MBCT are derived. Participants in training must be currently enrolled in a graduate program with a focus on mental and/or physical health. We meet in Melrose Park, PA on the first Tuesday of each month from 10am to noon. We begin with a sitting meditation practice. For more information please contact Chris Molnar, Ph.D. at Chris@MolnarPsychogy.com or 267-287-8347.

Autism Spectrum Disorders Group (Old City, Philadelphia)

This group will meet monthly on Wednesdays from 9-10:30am at the offices of Drs. Cindy Ariel and Robert Naseef, in Old City, 319 Vine Street, #110. The focus of the group is on the treatment of autism and related disabilities in children and adults, as well as on treatment strategies and support for families/caregivers. Interested participants should contact Dr. Cindy Ariel at cariel@alternativechoices.com or 215-592-1333.

Peer Consultation Group (Media, PA)

This is a general consultation group that meets in the afternoon on the last Friday of every month, at the office of Dr. Greg Milbourne in Media, PA. Please contact Dr. Milbourne at 610-348-7780 or e-mail him at Milbourne@gmail.com if you are interested in participating.

Peer Consultation Group (King of Prussia)

This is a general consultation group that meets every other Monday at 1pm at the office of Dr. Kristine Boward. Please contact Dr. Boward by phone at 610-878-9330 or by email at KBoward@CenteredPsychology.com if you are interested in participating.

Special Interest Group Contact Info

Diversity Group - Dr. Takako Suzuki
Suztakako@gmail.com

Mindful Therapist Group - Dr. Chris Molnar
Chris@molnarpsychology.com

Autism Spectrum - Dr. Cindy Ariel
Cariel@alternativechoices.com

General (Media, PA) - Dr. Greg Melbourne
Milbourne@gmail.com

General (King of Prussia, PA) - Dr. Kristine Boward | KBoward@centeredpsychology.com

Education policy, continued from page 7

education. Defending and enhancing quality public education must be part of Psychology’s public policy agenda.

The primary threat to public schools comes from efforts to reduce education funding in state budgets. The children most affected by these efforts are poor, living in districts that cannot adequately fund public schools on their own. Public education is also undermined by tax credits and voucher programs for non-public schools. There has been a movement over several decades to use public monies to fund private schools (Doerr, 2012, Tabachnick, 2012). In many states, the use of tax dollars to fund private schools, most of which are religious in orientation, is becoming the norm,

despite 2:1 opposition when such plans are put to referendum (Doerr, 2012).


Presently, fifteen states and the District of Columbia have voucher programs. The National Education Association (NEA) reports that there is no link between the use of voucher programs and gains in student achievement. Test results for the two oldest voucher programs in the country, Milwaukee and Cleveland, are disappointing (Richards & Hertzner, 2011). Vouchers programs, moreover, have reduced accountability because private schools, unlike public schools, have less governmental oversight. Charter schools, considered to be quasi-public, have less stringent oversight than regular public schools.* In contrast, stunning improvement in student success occurs in places where voucher

programs do not exist, such as Texas, North Carolina, Connecticut, and the city of Chicago. Public monies in these communities go to enhancing teacher quality and providing extra help to students in need of academic support services.

With voucher programs, funds follow children to private schools, depleting already scarce resources desperately needed in public schools. Ironically, despite being touted as creating “choice,” vouchers do not give students and parents more options. Private schools are free to choose which children they admit. The poor, and members of underserved ethnic groups, are often not considered suitable for admission, or are only admitted in limited numbers. Private schools—unlike public schools—are free to expel children that are considered ‘problem’ students, without having to provide appropriate educational alternatives.

Undermining public education further is the ill-conceived *No Child Left Behind Act of 2001*, now being reconsidered in Congress (Rich, 2012.) No Child left Behind set the stage for increased reliance on standardized testing to measure the effectiveness of educational practices. Under this Act, teachers and school programs have been subjected to evaluations that may have no bearing on how, and to what extent, children master academic skills. Standardized tests do not take into account the child’s socioeconomic environment, barriers to learning, and specific educational and developmental needs. Each of these factors affect a child’s test scores.

Where do we as psychologists fit in this complex educational system, a system which does not work well for our poor and underserved populations? How do we help support public education? In her address at the PPA Convention in June, Dr. Jana N. Martin, former APA Public Education Coordinator in California, and current Chief Executive Officer of the APA Insurance Trust, stressed the many ways in which psychologists interface with educators. Many of us work in schools as school psychologists, and many are involved in the psychoeducational assessment of children. In the course of our day, we frequently consult with school personnel to provide better service to children and their families. Working together, psychologists and educators provide necessary supports for children and families, helping to ensure appropriate and effective education.

In public schools, we can work with educators and with parents to press for fundamental changes in how state and federal funds are channeled, and we can volunteer in programs designed to improve academic achievement. We can bear witness to the needs of children and families at public hearings and budget meetings. We can help parents and children to find their voices, make them aware of what needs to be done, and assist them to becoming active participants in the dialogue about public education, even as they face powerful, entrenched systems. 

*For more on charter schools and their effectiveness, see the Stanford University Study from 2009, which reported that 17% of children in charter schools reported academic gains that

were significantly better than traditional public school, 37 % showed gains that were worse than traditional public schools, and 46% of charter schools do about the same as their public schools counterparts; q.v. also CREDO, 2009.

To learn more, go to the National Education Association's website <http://www.nea.org/> and <http://www.edweek.com/> ; for Pennsylvania, <http://www.researchforaction.org>

Please consider joining us on the PSCP Public Policy Committee. For questions or comments, contact me at julie.levitt@verizon.net.

Published with permission of the Pennsylvania Psychological Association, in which a version of this article appeared. Levitt, J. (2013) School vouchers, education, and psychologists. *The Pennsylvania Psychologist*, March, pp. 25-6.

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Watch Your Inbox

PSCP will resume its regular, monthly e-update the first week of April. While *The Times*, our quarterly newsletter, provides in-depth news, opinion and analysis, the e-update seeks to keep you informed of upcoming events of interest in the Philadelphia area.

Classifieds

Licensed and School Certified Psychologists in Private

Practice Setting

I am looking for two licensed and school certified psychologists to join our practice. The positions require psychoeducational testing experience (ages 5-18) and/or experience treating children, adolescents, and their families. Minimum availability ranges from 5-15 hours per week depending on the position. Some evening and/or Saturday hours are required.

We are an established private clinical psychology practice in Bucks County, serving Pennsylvania and New Jersey. Our practice provides a full range of clinical services to children, adolescents, adults, couples and families. The practice serves a motivated and insightful population where you'll be working in a collegial environment alongside 7 experienced clinicians available for peer consultation. We also offer flexible hours, minimal paperwork, and administrative support. I am looking for two additional licensed and school certified psychologists to

provide clinical services on a fee for service basis. Please feel free to view our website at www.drjeffreyfine.com.

Please contact Dr. Jeffrey Fine directly at 215-860-1144 ext.1 and/or send your C.V. to 4 Terry Drive, Suite 7, Newtown, PA 18940 or email me at 7atrium@gmail.com.

Walnut Street Office Space

Office availability in my suite on Walnut Street, between 15th and 16th Streets. Please contact Dr. Sandra Koffler via email at drskoffler@gmail.com or by phone at (215) 266-6064.

Main Line Office Space

Wonderful office for rent on Philadelphia's Main Line in Ardmore's Suburban Square. Collaborative or consulting opportunities are available with other psychologists, serving children and adults. Office offers ample parking and is in close proximity to train and bus lines. Secretarial services available. Large waiting room and basement storage are included, as are all utilities. Office is already furnished and overlooks a beautiful garden. Monthly rent is \$550. Call Sandy at 610-896-8666.

The Philadelphia Jungian Professional Club 2013 Spring Seminar Series

April 19th, Deconstructing the Monstrous, Sylvester Wojtkowski, PhD, Analyst, founding member of the Jungian Psychoanalytic Association, international speaker.

May 17th, What Dissociates in Dissociation? Richard Kluff, MD, PhD, Psychiatrist, analyst, professor; Temple Medical School, prolific author, faculty PCP.

Small group seminars are held at the Academy House, 15th and Locust Sts., Phila. on Fridays, 1-5 pm. Enrollment is limited. (\$125, 4 CE's)

Go to www.thejungclub.com for registration form and additional info or contact Marion Rudin Frank, Ed.D at 215-545-7800.

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Your Ad Here!

Contact Robyn Bailey for rates and submission deadlines. info@philadelphiapsychology.org 215-885-2562