

PSCP TIMES

Doug Rushlau, Psy.D., Editor

Tim Peterson, Psy.D., Designer

President's Welcome

Lillian Goertzel, Ed.D.

Welcome to the start of the 2014 Fall season of PSCP. We have exciting programs scheduled for this year and hope you enroll to benefit from the variety and vitality of our offerings in continuing education. I encourage you to register for our fall programs which you can find online at Philadelphia psychology.org then click on continuing education. We are seeking to conserve money and go green to inform you of our CEU offerings online. Please note that we have extended the date of our half price discount for the October 24, 2014 trip to Seabrook House. It will be a dynamic program of CEUs which cover ethics, treatment and pharmacology differing in content from last year. Join me and your colleagues for this innovative day of learning.

I invite any member to visit our Board meetings and committees of PSCP by contacting our

office administrator Robyn Bailey robynpscp@gmail.com or (215) 885-2562 or myself LillianG708@yahoo.com for information. Your ideas and opinions are important so please let me hear from you. I welcome your involvement as we develop and plan for our future. If you would like to consider working on continuing education, our newsletter, human services committee, mentorship, diversity, peer supervision and events please do so.

We face challenges and opportunities this year. Thank for your membership in PSCP. I hope it is a meaningful way to obtain contact with colleagues and develop a voice for psychology in our community.

I am open to hearing suggestions you may have throughout the year. We need to involve students, early, mid-career and later career

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members as all of you have potentially valuable input to offer. Whether you become more involved through our committees and/or continuing education programs I look forward to working with you this year.

The Chairs of the PSCP Board Committees welcome you, and we invite you to bring your energy and ideas to help PSCP grow and thrive!

Continuing Education – Ron Fischman

Membership – Naomi Reiskind and Seth Gillihan

Newsletter – Ian Douglas Rushlau

Students and Mentorship – Christine Waanders

Diversity Committee – Takako Suzuki

Peer Consultation- Heather Green

Human Services – Carol Gantman

Public Policy –Julie Levitt

Social Media – Nina Cummings

Join us for a vibrant 2014-2015 year!

Lillian Goertzel, Ed.D.

President, PSCP

Adolescent Sleep Deprivation Fact Sheet

Gail R. Karafin, Ed.D., PA Psychological Association, State Psychology Board

The National Sleep Foundation reports that teenagers worldwide need an average of 9-1/4 hours of sleep each night. As a result, the middle and high school early start times are counterproductive to our children's developmental needs. Adolescents have a unique internal clock that is a form of Delayed Sleep Phase Disorder. Their circadian rhythms do not enable sleep habits for a 9:00 p.m. bedtime. The melatonin secretion which induces sleepiness starts much later, about midnight. It is difficult, therefore, for a teen to fall asleep much before 11 p.m. and the problem is compounded when they must wake at about 6 a.m. to be able to get to school on time, often omitting breakfast. The effects of this sleep deprivation interrupts the circadian sleep phase shift and creates a type of perpetual "jet-lag," also known as "short sleep" and is associated with a number of cognitive,

emotional, physical, and safety problems, as well problems related to equity for economically disadvantaged students. Chronic sleep deprivation should be considered a public health concern.

Arne Duncan, United States Secretary of Education, stated that it is a common sense remedy to improve student achievement that few have implemented; let teens sleep more. Start school later.

Mary Carskadon, Ph.D., Director of the Sleep and Chronology Research Lab at E.P. Bradley Hospital and Brown University, wrote: Given the primary focus of education is to maximize human potential, then a new task before us is to ensure that the conditions in which learning takes place addresses the very biology of our learners.



HELPING FAMILIES FIND THE COURAGE TO RECOVER



Seabrook House is an internationally recognized, private CARF-accredited addiction treatment center with several locations. The main facility is located in Bridgeton, NJ.



Our main campus is home to our detox and inpatient residential programs, various outpatient programs and our high-end women's extended care program, Changes for Women.



Our luxurious 90-day transitional living facility for men, Seabrook House West, is located in north central Pennsylvania in the town of Westfield.

Seabrook House has two new outpatient offices in Cherry Hill and Northfield, NJ.

Seabrook House has been helping families find the courage to find recovery from alcoholism, drug addiction and substance abuse since 1974.

SEABROOK HOUSE

www.seabrookhouse.org

NEW JERSEY PENNSYLVANIA NEW

800-761-7575

SeabrookHouse.org

SHARECounseling.org

SeabrookWest.org

Changes4Women.org

TEXT GETHELP
TO 45411 (47411)
FOR INFORMATION



Cognitive Consequences of Short Sleep

- School Underachievement
- Slower Reaction Time
- Inattentiveness
- Reduced memory
- Reduced information processing
- Reduced time on task
- Difficulty with response shifts
- Decreased Executive Functioning

Educational Consequences of Short Sleep

- Daytime sleepiness in class
- Increased tardiness
- Increased absence
- Decreased motivation
- Increased discipline problems
- Decreased grades
- Increased drop-out rates
- Increased visits to school nurse

Emotional Consequences of Short Sleep

- Increased incidence of depression and anxiety
- Reduced motivation

- Increased drug and alcohol experimentation
- Increased suicidal thoughts
- Irritability

Physical Consequences of Short Sleep

- Increased incidence of Diabetes
- Increased incidence of High Blood Pressure
- Increased incidence of Obesity
- Reduction of immune system effectiveness
- Increased headache
- Cardio-metabolic Disease
- Metabolic slowdown
- Food cravings
- Skin problems

Safety Consequences of Short Sleep

- Increased car accident rate for sleep deprived teens who are driving
- Increased accident rate for drowsy students walking to bus stops in the dark or in low visibility

Equity Consequences of Short Sleep

Early school hours disproportionately affects disadvantaged students. Privileged families can more easily counter the negative consequences by choosing private schools with later starts, hiring tutors to boost achievement, and driving their children to school later to maximize morning sleep. Later school start times have shown increased school performance to be nearly double the baseline for economically disadvantaged students.

Consider the following:

- To date there are between 50 and 100 school districts across the United States and Hawaii that have started school later for teens.
- Many school districts have worked out a later school start time without increasing costs. Some found they were able to reduce costs with a later start time.
- In Florida 23 school districts now start 8:00 a.m. or later.
- In Virginia 72 out of 95 counties start school 8:00 a.m. or later.
- In Honolulu Hawaii the SEEQS Charter School moved their teen start time to 8:30 a.m. to match teen sleep patterns. Also to promote healthy lifestyles, the first block always starts with physical activity. Academics do not begin until 9:30 a.m.
- In Pennsylvania only one school found to date has started school later: in fall 2013, the Blue Ridge School District pushed middle and high school start times by 30 minutes, to 8:15 a.m.

Legislation 2014

- Maryland HB 883/SB14: Task Force to Study Safe and Health School Hours for Maryland Public Schools
- Virginia HB 34: Requires local school boards to set the daily school calendar so that programs of instruction at public high schools start no earlier than 8:00 a.m.
- Florida HB 67: provides requirements for district school board policies for high school daily start times.
- Massachusetts SB 215: An Act authorizing a study of starting times and schedules.
- Dr. Judith Owens, Director of Sleep Medicine at Children's National Medical Center, testified before the House Ways and Means Committee stating, "Chronic sleep loss in adolescents is one of the most important public health issues that face our nation's youth."

There has been no research identified to date that has contradicted any of the findings that teens have unaddressed circadian rhythm differences or that starting school after 8:00 a.m. did not demonstrate positive outcomes.

Keep in mind that delayed sleep phase disorder is a recognized sleep disorder that negatively impacts daily life functioning. IDEA guarantees that all students with an impairing disability can expect accommodations to optimize their performance in the learning environment.

Chronic sleep deprivation in our children is a public health concern.

Questions or comments welcome to:

gkarafin@verizon.net

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@MolnarPsychology.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

Classifieds

Center City Office Space

Fitler Square. Four beautiful designer decorated offices, three waiting rooms. fireplaces, decks, garden, a/c, cathedral ceiling, skylight, kitchen, wifi, fax, buzzer for each office. Over bridge from U/Penn.

Psychiatrists and learning disabilities specialist on premises. Parking option. Flexible arrangements: Full time, day, hour. Reasonable rent.

215-546-2379

marlabisaacs@gmail.com

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.

Articles may address any subject, or any issue of current interest, though 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