

PSCP TIMES

Doug Rushlau, Psy.D., Editor

Tim Peterson, Psy.D., Designer

President's Farewell

Kristine Boward, Psy.D.

Dear All,

On this, my last newsletter article as I pass the presidency to the capable hands of **Dr. Lillian Goertzel**, I would like to take time to thank all those who work so hard to keep PSCP moving. Watching this organization run from a “behind the scenes” vantage point has been both humbling and inspiring. It has been my privilege to work with the board over the year. As always, we invite every one of our members to get actively involved in this great organization. While I could not possibly name all those who contributed their time, energy and elbow grease over the year, there are a few names that simply must be mentioned.

First and foremost, PSCP would simply not run without all the hard work and dedication of **Robyn Bailey**, our fearless office administrator. Robyn has expertly motivated, cajoled, and

prompted this group to move in unison. She has often caught details at the last moment, while seamlessly working to create the illusion that PSCP runs without effort. In reality it takes much effort and we couldn't do it without Robyn.

This year, **Dr. Ron Fischman** worked tirelessly to design and run our Continuing Education Program. He, along with **Robyn Bailey**, also worked to insure APA approval for our CE program over the next several years. Many thanks!

Many thanks to **Dr. Karyn Scher** for keeping us organized and on-track by taking accurate minutes at meetings dispersing them to the group. Also, much gratitude to **Dr. Steven Simminger** who kept our books, oversaw our tax preparation, and helped us stay mindful of our budget while **Dr. Naomi Rieskind** and

IN THIS ISSUE

President's Farewell page 1

Congratulations, Dr. Gillem page 2

The Stigma of Mental Illness page 4

Peer consultation groups page 5-6

Classifieds page 6

Dr. Seth Gillihan helped usher our new members into the society.

We have **Dr. Lillian Goertzel** to thank for our thriving Human Services Committee which assists many clients find quality affordable psychological services. This program couldn't happen without her dedication or the hard work of our many psychologist volunteers. In addition, **Dr. Christine Waanders** oversaw the student mentor program while **Dr. Carol Gantman** and **Dr. Mina Baker** created programming and opportunities for our early career psychologists.

Dr. Kaila Dickstein dedicated her time and energy to planning our annual event while **Dr. Shawn Blue** worked on much of our programming through the year. Meanwhile,

Geri Lynn Utter-Godfrey lent her energy as our student liaison, organizing several events throughout the year.

Finally, you wouldn't be reading this newsletter without the hard work of **Dr. Tim Peterson** who is in charge of layout, **Dr. Emily Buniva** or **Dr. Ian Douglas Rushlau** who handle the collection of articles and editing of this fine newsletter.

I know I am leaving many helping hands out as I write this. It is simply impossible to note everyone who has given their time and energy to help strengthen and grow this psychological community. We are only as strong as we are active.

- Kristine Boward, Psy.D., PSCP President

Congratulations, Dr. Gillem!

Harriet Klein, Ph.D.

Arcadia University has selected PSCP member **Dr. Angela Gillem** to receive the prestigious Professor of the Year award. The purpose of the award is to recognize people who affect the lives and careers of their students and who contribute to the overall welfare of society. The award was established by the Carnegie Foundation for the Advancement of teaching and was presented to her at the May 2014 Arcadia University Commencement. Dr. Gillem is in her 21st year as a member of the faculty at Arcadia University. Congratulations, Dr. Gillem!



Angela Gillem, Ph.D.

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 GET**HELP**
TO **US411 (87411)**
FOR INFORMATION

The Stigma of Mental Illness

John H. Rooney, Ph.D.

During the lengthy and contentious process involved in revising the DSM !V, many of us criticized its overemphasis on diagnosis and classification to the detriment of the therapeutic process. To paraphrase Yogi Berra, we argued that "in theory, clinical practice follows theory; in practice, it doesn't.

Much of the emphasis on utilizing the DSM-5 and the ICD-10-CM follows the medical model in assuming that the first order of business in therapy is to identify the disorder and then select a treatment for it. Most experienced mental health practitioners, in contrast, avoid a "rush to judgment." A higher priority is developing a collaborative relationship, a process for which classification and labeling are usually counterproductive. Yet, the demands of clinical practice today encourage clinicians to make an early diagnosis and develop a treatment plan. So, it is tempting to move quickly to the DSM-5 or ICD-10-CM, probing to see whether the client meets the criteria for a given disorder, even though doing so usually leaves the client defensive and stigmatized. For many people, the act of seeing a therapist carries a certain stigma. If, in addition, this newly-introduced therapist quickly raises questions about hallucinations, delusions, mania, suicide and similar terms that fill our classification systems, we can hardly expect the client to feel accepted, valued and understood-a state of mind we foster as conducive to therapeutic progress.

Fortunately, we have become increasingly sensitive about using many of the terms that

were formerly applied to occupational, ethnic, national and other groups as these terms came to reflect a prejudicial attitude or failed to show a proper respect. The term "secretary", for example, is being replaced by "administrative professional" as a recognition of the contribution members of this occupation make to their organization.

Unfortunately, many of the terms still used in the description and classification of mental illness are antiquated and tend to stigmatize people seeking our help. One of the responsibilities of psychologists and other mental professionals is to work to reduce this stigma both by advocating for change in the professions and by sensitivity to the terms we use in our interaction with clients.

To contact the author:

John J. Rooney, Ph.D.
Emeritus Professor, Psychology Department
Director, Professional Counseling Program
La Salle University
rooney@lasalle.edu
215-951-1282

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

Classifieds

Center City Office Space

Prime Center City location! One office (12' by 14'), 29th floor, great view, near Rittenhouse Square with easy parking. Waiting room, private bathroom, excellent security and many other amenities. Available parking and easily accessible to PA. + NJ public transportation.

Dr. Arlene Goldman:

215-545-7014 or

arlenegoldmanphd@aol.com

Jenkintown Office Space

Share suite with another psychologist and psychiatrist. Charming older building, near public transportation. Office is 11X16, has two windows, and closet with built-in shelves.

Suite has waiting room, kitchenette, powder room. Available September.

Dr. Gail Post

215-884-9260 or

gailkpost@yahoo.com.

Your Ad Here!

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