

PSCP TIMES

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President's Welcome

Lillian Goertzel, Ed.D.

PSCP has presented valuable continuing education workshops and hosted a major fall event. PSCP is your local professional organization which values giving back to our community. During this holiday season of festivities please take time to note that January has been designated Human Anti-trafficking Awareness month nationally. At our November Mix and Mingle event we raised \$840 for this cause. I appreciate the generosity of those who contributed. If anyone else wishes to contribute please send a check payable to: The Women's Center of Montgomery County; on the lower left side please write MCAT. Your check should be mailed to the PSCP office.

We hope to have future events which highlight the value of your membership, interaction with colleagues, and ways to contribute to worthy causes. Many Board members have contributed

to the Montgomery County Children and Youth by providing them with gift cards for the children to purchase winter clothing. This is becoming an annual tradition for PSCP. This effort is made possible by Julie Levitt, Phd., President-Elect.

Please read your emails from us as we have exciting workshops coming in 2015.

Pennsylvania's child abuse mandate has given us a new continuing education requirement and we can thank Ron Fischman EdD., Chair of Continuing Education, Julie Levitt Phd, President-Elect, as well as our administrator Robyn Bailey for so quickly organizing training sessions for PSCP members.

Our annual event will be held Saturday evening April 18th so please hold this date. We will have a wonderful keynote speaker and honoree, Dr.

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Bersoff. More detailed information will be sent soon. Join us for this special event as I look forward to seeing you there.

Consider offering therapy to a Human Services client and earn credits towards a free CEU workshop after 20 sessions. It is another way you can make a difference for clients in need. Carol Gantman PhD is Chair of the Human Services Committee and Client Services.

Wishing all of you a healthy and memorable holiday season and a wonderful year ahead. I welcome your participation and suggestions as we move forward in the New Year. Help us make this unique organization even more successful by sharing your voice, and thank you for joining PSCP.

Lillian Goertzel, Ed.D.

President, PSCP

BOOK REVIEW: *Autism in the Family: Caring and coping together* (2014), by Robert A. Naseef

Christine Waanders, Ph.D.

Philadelphia's own Robert Naseef has written an informative and engaging guide to the experiences of families living with autism. He artfully integrates information from the behavioral psychology field with valuable insights and descriptions of the emotional process experienced by families living with Autism. Naseef shows a great breadth of knowledge, referencing philosophers, early Autism theorists, current psychologists and other providers—pulling in what's useful for parents, and supporting his points with evidence from research.

Autism in the Family offers an excellent overview of the symptoms of Autism Spectrum Disorder and the dramatic increase in the incidence of Autism over the past several decades. Naseef explains the process of diagnosis, and provides a review of the challenging behaviors children and adolescents with Autism can exhibit, along with concise descriptions of the most effective treatments available. This portion of the book will be

helpful not only for the families themselves, but for clinicians seeking a better understanding of the challenges faced by the parents they see in therapy.

The more extraordinary contribution of this book, however, is Naseef's exploration of the parents' and family members' own psychological reactions to the process of raising a child with Autism. He offers information on the unique emotional experiences of mothers, fathers, siblings, and other family members of a child with Autism. He describes the psychological adjustment process that occurs for parents of typically developing children from birth through early childhood (which can be dramatic enough), and then explores some of the ways this process differs when the child has Autism. What makes this book special is that Naseef offers an open and honest examination of his experiences with a son with severe Autism. His own reflections, along with clinical examples from families he has met or worked with, leave

HELPING FAMILIES FIND THE COURAGE TO RECOVER



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the reader with a much richer understanding of the emotional journey traveled by parents of children with disabilities. He intersperses photos of his family and his son at different stages, making the stories more real and the book more engaging. Naseef includes a chapter especially on the emotional experiences of men coping with a child's disability, and offers his own and other clinical examples of men struggling to express their grief and pain after being acculturated to hide these feelings.

Autism in the Family will help parents of family members living with a child with a disability to recognize and better understand their own emotional reactions to the parenting and caregiving challenges they face. Children with Autism have behaviors that can interfere with even the simplest tasks in the daily routine, making it challenging to get them dressed, to get through a meal, or to sleep through the night. These issues cause enormous stress for siblings and parents. As a seasoned parent and clinician, Naseef recognizes this stress, and offers insights and strategies for approaching these behavior problems that can help parents better understand their children and their options for responding to them. Naseef validates parents' experiences of anger or grief, and gives them hope that peace and acceptance may come down the road.

Autism in the Family includes a chapter on the relationships between parents and professionals, helping us better understand each other's perspectives, hopes, and goals, and providing examples of what we have to offer each other. He describes the unrealistic hopes some parents place in the physician or psychologist for a cure

or a dramatic intervention, which can lead to great disappointment. On the other side, he describes the unhelpful behaviors some professionals exhibit, which may come out of the pressure we feel to solve the very challenging problems these families face. Then, Naseef offers a model of collaboration and partnership for us all to strive toward. He guides parents to assertively seek out the professionals who will work best with their child, and offers advice for effectively and assertively communicating with those professionals.

Autism in the Family is a valuable resource that I plan to share with families in my practice. However, I think it offers much to professionals as well. I found that it gave me many helpful insights that will inform my practice with families. For example, I appreciated the understanding Naseef offers parents seeking alternative therapies or even blaming vaccines as the cause of autism. He points out their "passion for their children" on p. 37. As a social scientist, it is disturbing to see people blaming vaccines or altering their children's diets without evidence to support these approaches. However, as a clinician, it is helpful to be reminded of where these parents are coming from and their strong desire to solve the "puzzle" that is their children's Autism. Many times parents come into our sessions in problem-solving mode. Focusing only on the problem of the week, however, is not always enough. *Autism in the Family* has raised my awareness of the parents' own emotional experiences, reminding me to explore underlying issues of grief, frustration, and anger with more of the parents I encounter. 

EVENT: Child Abuse Workshops


On April 15, 2014, the Pennsylvania State Legislature passed Act 31, which mandates all health care providers and funeral directors licensed in the Commonwealth of Pennsylvania to complete a 3 credit workshop in recognizing and reporting good faith suspicions of child abuse. This workshop must be completed by the end of their current licensing biennium. Act 31 specifically states that all licensed professionals in Pennsylvania must fulfill this requirement regardless of the population they serve. Even if a psychologist practices with a geriatric or adult clientele, he or she must fulfill this requirement.

In subsequent licensing bienniums, licensed professionals will be required to take at least a two credit workshop in recognizing and reporting good faith suspicions of child abuse.

The Philadelphia Society of Clinical Psychologists has applied to the Department of Public Welfare and to the Bureau of Professional Standards for approval to offer a three credit workshop to fulfill this requirement. Dr. Ron Fischman and Dr. Julie Levitt will be presenting workshops, pending approval, at the Philadelphia College of Osteopathic Medicine on January 30, 2015.

Registration for the morning session begins at 8:30am, and the workshop runs from 9:00am to 12:00pm. Registration for the afternoon session begins at 12:30pm, and the workshop runs from 1:00pm to 4:00pm have been totally subscribed and are now closed. In event of inclement weather, these workshops will be held on February 13, 2015.

Dr. Robert Naseef will present this same workshop on behalf of PSCP on February 12, 2015 with registration and dinner beginning at 5:00pm.

The Philadelphia Society of Clinical Psychologists is dedicated to serving the mental health community of Southeastern Pennsylvania and will present additional child abuse recognition workshops as necessary. These programs will also offer APA and Act 48 continuing education credits. However, these programs will not serve to fulfill the ethics requirement for psychologists each licensing biennium. An ethics workshop, separate from the child abuse recognition workshop, is still required each biennium. 

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

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215-546-2379 or marlabisaacs@gmail.com

Call for Submissions

The PSCP Quarterly Newsletter invites your articles addressing any subject or issue of current interest so long as it pertains to the role of psychologists, psychology as a discipline, or the impact on psychologists of the topic addressed. These articles are *by* psychologists, *for* psychologists.

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 Dr. Rushlau with submission guidelines and requirements:

Dr.Rushlau@centeredpsychology.com