

# THE MONTANA PSYCHOLOGIST

MONTANA PSYCHOLOGICAL ASSOCIATION

SEPTEMBER 2008

## PRESIDENT'S PERSPECTIVE WILLIAM PATENAUDE, PhD

MPA continues to be busy on a number of fronts, primarily in the areas of legislation, continuing education, and membership. This is not surprising, given this has always tended to be a focus of MPA over my tenure with the same. Importantly, this extends well beyond any individual effort. Rather, it embodies a sense of purpose and direction that is an outgrowth of MPA and the individuals who comprise its membership.

In regard to legislation, as Michael Bütz and Earl Sutherland will better delineate in their particular contributions to this newsletter, this is a critical time for psychologists in Montana. I suppose any time is a critical time, but in terms of the momentum that has thus far been garnered and the timing of concerted effort, certainly our efforts in these areas are particularly important. While the great majority of MPA members support this effort, I suspect there are varying reasons for this support. I am pleased to know, however, that irrespective of the reasons, one of the least cited reasons for this support is individual gain. Rather, this effort is a response to help meet the requirements of those that we serve as psychologists. Having said this, your interest and support of these efforts is very much needed. More importantly, your willingness to directly participate by talking to legislators and coordinating those contacts with others is very much needed and appreciated.

In other areas, the CE program was able to offer a very nice program this summer and continues to create some very good educational opportunities. These offerings are an alternative/supplement to out of state conferences that are becoming more and more cost prohibitive. These are quality programs that use nationally recognized experts/teachers in the field. Feel free to contact our CE Chairs Colleen Wall-Hoeben and Audrey Mattson regarding future programs or if you have particular interests you would like to be represented in those efforts. While there will also be much more on this subject by the CE chairs, the fall program looks great, particularly if you use psychometrics in your practice. Further, as Earl will undoubtedly mention in his article, that conference will also be used to address issues associated with pharmacologic treatment of mental health disorders.

Our membership roles continue to fluctuate. It is not clear if this represents a typical pattern of involvement or if it represents something more significant. We are actively soliciting the participation of all those interested in the profession of psychology in Montana. Obviously, we cannot be all to all, but if you know of someone who is has never been part of MPA or someone who was previously a member of MPA but is no longer active, please encourage them to consider this organization as a way to express their interests and advocate for the profession of psychology. Our main office is ready and willing to provide information regarding all that we are doing and the help we can use in these various projects.

*Continued on next page*

## 2008 EVENTS

November 6-8  
**MPA Fall Education**  
Crowne Plaza  
Billings, MT

## 2009 EVENTS

April 30-May 2  
**Tri-State  
Psychological  
Convention**  
Coeur d'Alene  
Resort  
Coeur d'Alene, ID

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**PRESIDENT'S PERSPECTIVE (CONTINUED)**  
**WILLIAM PATENAUE, PHD**

In closing, I am a fan of the Olympics and am feeling the effects of 3600 hours of televised coverage of the various events comprising the Olympics..sheesh. I bring this up because it occurs to me (at 12:30 at night when I have to be up in about 5 hours), that the Olympics is something considerably more than entertainment. And it was something considerably more than entertainment long before the current version of the Olympics. I believe this longevity (about 1300 years for the Greek Olympics) is a function of the ideal instantiated in the Olympics. It inspires us and helps us to appreciate the potential we have to accomplish more, be more, than what we think we can be. That is one of the elements of MPA that I find particularly rewarding – it gives me the opportunity to be around others that inspire me and draw my attention to what I can be.

I hope to see you in Billings at our fall meeting.

**RXP UPDATE**  
**EARL SUTHERLAND, PHD, RXP CHAIR**

Get ready for this one! We have a three day experience planned for you. Pick any one of the three workshops or combine all three in one money saving package. YOUR choice. On November 6 from 1 pm to 5 pm we have a presentation planned from John Preston, Psy.D., ABPP of Alliant University on Post-Traumatic Stress Disorder: Neurobiology and Pharmacological Treatment Approaches. Dr. Preston is the author/co-author of twenty books on various topics including depression, psychotherapy, psychopharmacology, borderline disorders, and post-traumatic stress disorder. His book, *Handbook of Clinical Psychopharmacology for Therapists* was the year's number one bestseller with the Behavior Sciences Book Club. This workshop will present neurobiological models for understanding the impact of severe psychological stress, psychopharmacologic strategies for PTSD, and the integration of psychotherapy and medication treatments. This presentation will be of interest to psychologists, nurses and physicians as well as other mental health providers.

**TREASURER'S REPORT**  
**MICHELE C. MCKINNIE, PSYD**

As I begin my tenure as MPA Treasurer I find myself grateful for all of the hard work my predecessor (Vince River, Ph.D.) and Marti Wangen dedicated to the fiscal stability of MPA over the past several years. I would like to thank Vince for leaving me in such a well-informed position, and I look forward to working with Marti and the rest of the MPA Board members.

Currently MPA's budget is tight. We have had a significant drop in membership this year relative to 2007 and this translates directly into our operating budget. As well, APA's CAPP Grant came in less than last year's amount. These factors have made the income generated through our Continuing Education workshops particularly critical – at the moment we find ourselves at a break-even point with that income.

How does this impact you, the members? In many ways we may not feel the impact of these factors in 2008. However, as we head into 2009 and the coming years, if the situation continues the way it has been going, we may see less representation in the legislature, less interesting or challenging continuing education workshops, and less of a presence in Montana as a profession. I imagine that no one is interested in these potential outcomes. What can we do about it? If you (or someone you know) is not a current member of MPA please consider joining this year. Consider participating actively in MPA in some fashion – join a committee, attend the CE workshops and interact with colleagues, contact a Board Member and let us know what you think and want from your Association. We are interested in working together with you to create and sustain a healthy, active state association. Please feel free to contact me directly if you have any thoughts you would like to share. I would be happy to hear from you.

**EDUCATION COMMITTEE**  
**AUDREY MATTSON, PHD AND COLLEEN HOEBEN, PSYD CO-CHAIRS**

**SUMMER CONFERENCE 2008 A SUCCESS**

We had another great summer workshop! We were pleased to have Dr. Michael Twohig, PhD from the Utah State University present on Acceptance and Commitment Therapy (ACT) July 18 and 19 in Missoula. Dr. Twohig shared the nuts and bolts of this cutting edge form of cognitive-behavioral therapy on the first day and dedicated the second day to an experiential presentation. We had a good turnout and the feedback received from attendees was very positive.

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**FALL CONFERENCE IN BILLINGS 2008**

Get ready for this one! We have a three day experience planned for you. Pick any one of the three workshops or combine all three in one money saving package. YOUR choice. On November 6 from 1 pm to 5 pm we have a presentation planned from Alliant University on the pharmacological treatment of Trauma. This will include the latest combination of psychotherapy and medication therapy. The presentation will be of interest to psychologists, nurses and physicians as well as other mental health providers.

We have scheduled Dr. Patrick Moran, Regional Training Consultant with Psychological Corporation for the second day, November 7. Dr. Moran will provide an overview of changes contained in the new Wechsler Adult Intelligence Scale- Fourth Edition (WAIS-IV) being released later this year and the Wechsler Memory Scale- Fourth Edition (WMS-IV) which will be available in early 2009. This is a great opportunity to get up to speed with the new test materials and look over the new test kits.

The third day, November 8, will be spent with Paul Arbisi, PhD, ABAP, ABPP, LP a professor at the University of Minnesota, Minneapolis campus and staff psychologist at the Minneapolis VA Medical Center. He will share his expertise on the new MMPI-2RF scale, scoring and interpretation. Dr. Arbisi has published extensively on the use of the MMPI-2 in psychiatric and medical settings and the use of the MMPI-2 in the detection of malingering of psychiatric illnesses and chronic pain. He was involved in the development of several MMPI-2 scales including the Fp scale and the Restructured Clinical (RC) Scales. He is a Fellow of the American Psychological Association and currently serves as a consulting editor for Psychological Assessment and Assessment. Dr. Arbisi also has a small medico-legal private practice where he conducts Independent Psychological Evaluation in the context of disability claims resulting in emotional or psychological injury. It promises to be a dynamite workshop so stay tuned.

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**SPRING CONFERENCE 2009**

We are gearing up for a tri state conference with Washington and Idaho. Brainstorming regarding the program has begun, so now is the time to get input to the CE co-chairs or Marti Wangen if you have suggestions regarding speakers!

**PUBLIC EDUCATION CAMPAIGN**  
**SANDRA WHALEY-OLSON, PHD**

A number of psychologists across the state have contributed their time and knowledge to provide public education activities for their communities. I think that's great. And in thinking about ways to expand your reach, I hope you will consider working with the media to get some coverage of your presentations or other story ideas.

Working with journalists, like working with legislators, requires some groundwork. Personally knowing the reporter is important in getting attention for your idea or event. So here are some tips for getting to know reporters:

**Send an e-mail complimenting their work.** The e-mail addresses for most reporters are now frequently printed with bylines or with a story published on the Web. A quick message saying you liked their article can stick out among the dozens of irrelevant press releases, junk mail, etc.

**Introduce yourself at an event where a reporter is working.** Reporting can often be a game of "hurry up and wait." So if you see a reporter hanging out go ahead and make an introduction. Start up a conversation, and you'll not only alleviate the reporter's boredom, but you may be able to swap business cards.

**Write a thank you note...using pen and paper.** If you had the chance to work with a reporter on a story, send a thank you card. Avoid sending any gifts though—it's an ethical consideration for both of you.

**Read the bios and find a common interest.** Television reporters, bloggers, and columnists often have a personal biography included on their outlet's Web site. Take time to read over the bios and look for a personal connection with the journalist. Maybe you both went to the same college or have a similar hobby. It's okay to use that information to start up a friendly conversation.

**Say hello to new staff.** If you see a new writer covering health care send a welcoming e-mail and introduce yourself. New reporters are in need of establishing a set of sources and finding new story ideas.

**Offer good stories, even if they are not necessarily about psychology.** If you know of someone or something newsworthy, give a reporter a call or send a brief e-mail to let them know. Even if it's not related to psychology, the reporter will appreciate a good story idea, and possibly remember you when you do have a mental health related story to offer.

**Message from APA Practice Directorate**

The Practice Directorate communications staff is happy to share with you the inaugural column from Dr. Katherine Nordal that appeared in the May 2008 issue of APA's *Monitor*. We encourage interested SPTAs to use it in their own member communications in order to help us familiarize the practice community with Dr. Nordal as the new executive director for the Practice Directorate. You will find a copy of Dr. Nordal's column along with a pdf version at the link directly below. We have secured permission for reuse from *Monitor* staff and credited the magazine as the source of this material at the beginning of the column.

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A QUARTERLY NEWSLETTER  
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