



President's Message

It has been a pleasure to speak to so many CNYPA members on the telephone over the last few months. This effort to reach out to members has been divided by myself and past-President, Dr. Tanya Gesek. We have not yet touched base with everyone but we are working through the membership list. The goals of the phone calls are to a) thank all of you for being CNYPA members and supporting the organization with dues money b) checking to see if you believe you are getting what you need from the organization, c) listening to input and suggestions, and d) asking people to become more involved in CNYPA.

When I ask for people to become more involved, I am not expecting people to donate a large amount of their free time to the organization (although of course we would never turn that away). In fact, if each CNYPA member could just chip in to do one small thing per year besides paying dues, we would be much better off as an organization. This could involve: a) joining one of our committees (e.g., program, legislative), b) starting a new committee (e.g., we plan to start an insurance committee), c) attending a meeting(s) with local legislators to promote psychology, d) writing an article for the SCOPE, or e) attending a board meeting, to name a few. None of these activities require a lot of time but they help make your voice heard and they help promote your profession. All you need to do is contact me at caroned@upstate.edu to become more involved.

“... help make your voice heard and help promote your profession”

The main summary of the feedback I have received from members is that people are pleased with the organization but wish to see continuing education workshops and dinner meetings again. Rest assured, this is not something that CNYPA has abandoned and we have been hard at work in trying to shore-up a diverse array of speakers for central NY. In fact, on May 31, 2012, I am happy to report that we will have a dinner meeting on acceptance and commitment therapy (ACT) by Dr. Norman Kelley, PTSD Psychologist for the Syracuse VA, stationed in the Rome, NY, Community-Based Outpatient Clinic. Please see the announcement elsewhere in the SCOPE for more information.

In addition, we are working on getting a speaker for the Fall of this year on cognitive behavioral therapy for sleep disorders and two speakers for 2013: Eric Harris from the APA Trust to present on risk management and Jeff Cook from the American Psychological Association to discuss the changes in the U.S. Health-care system. Please consider coming to these events as we can only continue them if supported by membership. Lastly, I want to give special thanks to Dr. Charles Bradshaw, chair of the CNYPA Program Committee, for helping coordinate these events. Enjoy the spring and summer!

Dominic Carone, PhD, ABPP-CN
President, CNYPA

WAYS TO BECOME MORE INVOLVED IN CNYPA...

- JOIN ONE OF THE COMMITTEES (OR START A NEW ONE!)
- PROMOTE PSYCHOLOGY WITH LOCAL LEGISLATORS
- WRITE AN ARTICLE FOR THE SCOPE
- ATTEND A CNYPA BOARD MEETING

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Evaluating Depression in Aging Populations

Upcoming

CNYPA Board

Meetings:

May 18

June 15

July and Aug: No mtg

September 28

*October 26 -- happy
hour after*

November 16

*December: TBD (for
holiday/annual party)*

*All meetings start at
1:15 and are held in
the 2nd Floor "Grand
Rounds" area of the
Upstate Psychiatry &
Behavioral Sciences
Building, 713
Harrison St.
Syracuse.*

Depression in aging individuals has gained increased notoriety due, at least in part, to the expanding aging population in the US. Growing numbers of primary care physicians, gerontologists and psychologists are faced with evaluating and treating depressive symptoms in this group of people. Unfortunately depression in aging individuals can sometimes be considered as part of the normative experience due to retirement, loss of friends or family members, increased medical difficulties, facing mortality issues, and a host of other reasons. This can lead to delayed, or a complete lack of treatment, which can have serious physical and psychological consequences.

Depression in aging populations can appear symptomatically different than what care providers are accustomed to noticing in younger groups of individuals. Symptoms might include, for example, sleep problems, irritability, appetite loss, weight loss, social isolation, and cognitive difficulties. Further complicating treatment for depression is trying to determine whether cognitive and/or functional changes, even in people as young as in their 60's, are due to normal aging, depression,

an early degenerative condition such as Alzheimer's disease, or some combination of these factors. Early detection of both depression and degenerative changes can be critical, however, and it is important for care providers to assess and treat within their area of expertise, and then to make additional referrals when necessary. For example, if an aging individual presents with symptoms of depression and has mild cognitive concerns, it is typically advisable to start with treating their depression. If treatment leads to improved mood and attenuated thinking problems, then that outcome is optimal. If, however, treatment is not as successful for depression, or it is but there are still cognitive concerns, then a referral to a neuropsychologist to evaluate this more comprehensively is likely warranted. It is helpful to have at least attempted to treat depressive symptoms first given that depression can impact cognitive functioning; therefore, the neuropsychologist can consider factors outside of depression when formulating hypotheses about cognitive changes.

Neuropsychological evaluations are sometimes intimidating to aging individuals

who have typically not taken tests in a long time or who do not wish to endure appointments that are lengthy; however, they should be assured that each test is relatively brief, they vary in difficulty, and that appointments are paced according to their needs in terms of breaks, etc. A neuropsychological evaluation includes obtaining a thorough history that includes cognitive and functional concerns, assessment for depressive symptoms (potentially measuring treatment response), cognitive testing and obtaining collateral information about the individual's behavior and functioning.

The Neuropsychology Assessment Program at Upstate University Hospital routinely assesses cognitive concerns in aging populations. Please contact 315-464-2320 or see:

http://www.upstate.edu/pmr/healthcare/programs/neuro_psych/ to make a referral or to obtain more information about our services.

*Lyndsey Bauer, PhD
Neuropsychologist*

We're on the web!

www.cnypa.net

NYSPPA Highlights



“... the non-profit association relevant to membership in simple terms”

Dr. Richard Juman, our current President, continues to try to “move the ball forward” in terms of helping psychologists examine the impact of health care reform and how we can get a “seat at the table,” as well as ways that NYSPPA itself can become more effective and relevant.

From the APA State Leadership Conference, the following book was recommended: “Race for Relevance”; it is described as a short read and puts the concept of making non-profit associations relevant to membership in simple (and doable) terms. (You can purchase through the [NYSPPA Amazon portal at this link](#).)

We have 12,000 psychologists approximately in NY; NYSPPA needs 9000 more members to have a voice in health care reform so that psychologists are not left out. NYSPPA currently is working on legislation so that psy-

chologists can form PCs and LLCs with physicians; otherwise we may end up as employees. We can currently partner with Nurse Practitioners, who could prescribe medications for our patients.

Interviews are taking place at NYSPPA for the new position of the Director of Professional Affairs. The person in this two-day a week position will build alliances with other groups such as NAMI, MHA, and work with SED and the Legislature. This is an attempt to have a psychologist rather than just the Executive Director of NYSPPA (who is not a psychologist) as the ongoing face of psychology in New York State.

I have temporarily agreed to travel once a month to serve on the Board of the Independent Practice Division of NYSPPA (third Thursday of the month at 8:30 pm). IPD will pay travel and lodging for a member from Upstate

to be on their Board. I would be glad to turn this over to someone else who might be interested.

The Leadership Institute is still recruiting graduate students and early-to-mid career psychologists for next year. This looks great on a resume and helps you to develop tangible leadership skills, which ideally you use and give back in service to NYSPPA. Contact me at drmallen@verizon.net if interested or check out the notice elsewhere in the SCOPE regarding deadline extension.

Thanks and it's a great time to join NYSPPA. Do your part to help the practice of psychology! First year dues is only \$90.

Respectfully submitted,
Christine Allen
CNYPA Representative to
NYSPPA Council

Advertisement: Office Space Available...

Central NY Psychologists:

If you are interested in having a private practice, a wonderful opportunity to do so has just become available in a unique, older building in Syracuse. Two or three offices are available for clinical work on the second floor of the 719 E. Genesee building, the same building that houses Strong Hearts Café and Spas End. The owner of the building is particularly interested in renting to professionals focused on mind and body health. In addition to the Strong Harts Café and the Spa, this building also has a massage school, and yoga studio.

To find out more information please e mail Dr. Beth Moughty at e_moughty@yahoo.com or Dr. Nancy Lipsitt at sept2863@twcny.rr.com



Taking it to the Capitol! NYSPA Legislative Update

I was proud and excited to represent Central New York and NYSPA in Albany this month!! This was my first chance to experience Lobby Day and I took three students from SU with me for the ride. I have written before about how we are focusing more now on grassroots advocacy. To that end, I have visited several of our local representatives here in CNY. In fact, Dr. Carone and I are scheduled to visit with Rep. Barkely in a few weeks!

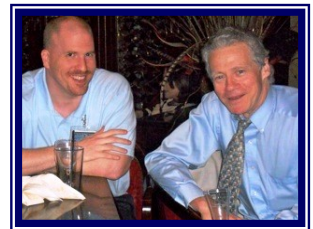
But Lobby Day should continue to be an important way to get psychology on the legislative agenda and a few dozen psychologists, students, and NYSPA staff were on hand on April 17th. This year, we decided to hold a Mind/Body Fair to provide education in addition to advocacy. We had tables in the legislative building with information about the various areas within psychology and we held brief presentations throughout the day on con-

cession management, autism, and the importance of the mind/body connection in treatment. We walked the halls, leaving materials and introducing ourselves and our issues.

Tanya Gesek, Ph.D.
Licensed Psychologist
Visiting Assistant Professor,
Syracuse University
gesekphd@gmail.com

Pictures from Happy Hour

On Friday, April 20, CNYPA Colleagues got together for drinks and great conversation. Be sure to mark your calendar for the Fall Happy Hour on October 26! Interns and non-CNYPA Members are welcome!



In the News!

Congratulations go out to CNYPA Past-President **Judy Hayman, Ph.D.**, who has recently accepted the position of Interim Associate Medical Director of the Syracuse VA. Although she will be missed as the Care-line Director of the VA Behavioral Health program, having a psychologist in the Syracuse VA administration will be a boon to the profession.

Dr. Roger Greenberg Publishes Text

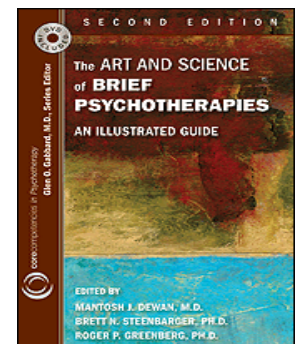
From the publisher:

“The groundbreaking text *The Art and Science of Brief Psychotherapies*, addressing a treatment modality in increasing demand, has now been released in a new edition, thoroughly updated,

revised, and expanded to include rich material for learning and teaching the “how to” of brief psychotherapy. This new edition is grounded in research and meticulously referenced; at the same time, its style is hands-on and its focus ut-

terly pragmatic.” This book also includes a DVD which illustrates the various forms of brief psychotherapy models.

Congratulations Dr. Greenberg!



Psychology on “The Hill”

The 2011-2012 academic year is coming to a close and has seen several exciting changes. Foremost is the addition of three new faculty members, one an assistant professor of social psychology (Dr. Laura VanderDrift), one an assistant professor of clinical psychology (Dr. Joe Ditre), and a third whom we expect to confirm shortly and who will serve as associate professor and Director of Clinical Training.

All three new faculty members will begin their work at SU in August 2012.

This academic year, current Interim Director of Clinical Training, Dr. Stephen Maisto, began preparation of the clinical program’s self-study (self-evaluation) for its accreditation renewal site visit from the American Psychological Association (APA). The program’s self-study is due to APA on September 1, 2012,

and the site visit team will visit our department in Spring 2013.

The goal of this effort is to successfully be granted renewal of full accreditation, which the program has had since 1956. The clinical program’s preparations for its reaccreditation review follows by one year the department’s school psychology program, which APA site visitors will be visiting in May 2012.

Dr. Juman Responds to *National Psychologist* Article

The article in the March/April 2012 issue of the National Psychologist was titled “Technician ban divides New York psychologists”. The following is the letter from NYSPA President Richard Juman responding to the article:

“The article “*Technician Ban Divides New York Psychologists*” as printed in the March/April 2012 issue had several incorrect statements.

Most importantly, NYSPA does not support a ban on the use of technicians. NYSPA is governed by a Council of representatives consisting of representatives from 17 Divisions and 12

Regional Associations. NYSPA’s Council has, for years, supported a consensus position that permits the limited use of supervised technicians in neuropsychological testing. In November, 2011, there was a discussion regarding the specific functions of the technician, but ultimately there was no change in NYSPA’s position. We continue to await a decision from the New York State Education Department that we hope will bring some resolution to the technician issue.

The discussion in Council was contentious and led to

the resignation from NYSPA of significant numbers of neuropsychologists, including many of its leaders. However, new leaders are emerging and the Neuropsychology Division is in the process of being restructured.

Finally, Dr. Peter Kanaris was quoted throughout the article. While it is true that Dr. Kanaris does serve on the Council of Representatives and the Executive Committee, he was not acting as a spokesperson for NYSPA. This was not made clear in the article. His comments are from his personal viewpoint.”



Dr. Alice Honig’s Work Published in New Texts

A 2010 article by CNYPA member and SU professor Emerita, Alice Honig, Ph.D. has just been re-published in two different textbooks published by McGraw Hill: for 2012/2013. These texts are: “Early Childhood Education” and “Human Development”.

The article, “Keys to Quality Infant Care: Nurturing every baby’s life journey” was originally published in the journal, *Young Children* in 2010. It provides detailed examples of what we need to be doing and how we need to be relating emotionally in order to help infants and toddlers flourish in our care.

Congratulations Dr. Honig!



CNYPA Scope

Upcoming CNYPA Dinner Meeting

Thursday, May 31st, Genesee Grande Hotel , 5:45 - Meet in lounge, 6:15 - Dinner.

Dr. Norman Kelly, VA psychologist , will present an after-dinner talk on Acceptance and Commitment Therapy (ACT). More details will be forthcoming on the website. The price for the dinner and the talk is \$28.00. Interns will be given a discounted price of \$15.00. Non-members will be given a free introductory membership to CNYPA!



Please send your check to: CNYPA, Box 15427, Syracuse, New York, 13215 OR Visit the CNYPA website (CNYPA.org) Workshop section to pay with PayPal

Dr. Carone's Response to Dr. Juman:

In the article cited in this issue of the Scope by Dr. Juman, it is stated that "In November, 2011, there was a discussion regarding the specific functions of the technician, but ultimately there was no change in NYSPA's position." While this can be seen as technically true in one sense, a more nuanced understanding of the issue is required to truly appreciate what occurred, and how the events leading to the mass resignations in NYSPA were indeed seen as a reflection of a change of NYSPA's position.

Specifically, from about 2003 to 2006, the initial attempt to resolve the technician restrictions in New York State took place within NYSPA by forming a committee tasked to draft legislation that specified the parameters by which technician use would be acceptable. However, the committee included some members who supported more drastic restrictions in technician use than neuropsychologists were comfortable with. Of note, neuropsychology is the profession that primarily utilizes technicians and was thus the most impacted.

Despite some internal differences,

the 11th draft of the proposed legislation was ultimately agreed upon and became known as Draft 11. Included in Draft 11 was a compromise by neuropsychologists that psychology technicians would not administer IQ tests and would not be used in school settings. Although neuropsychologists did not agree that technicians should be restricted from administering full IQ tests, they compromised with their school psychology colleagues in an attempt to find a solution. Despite years of work on proposed legislation, the bill was opposed in its entirety by the Executive Secretary (ES) of the Psychology Licensing Board and it was made clear after meeting with legislators that the bill would not pass without the support of the ES. Thus, years of work and compromise were undone and a new administrative solution was sought.

Fast forward to 2011, when years of administrative compromise with NYSPA, the New York State Association of Neuropsychology (NYSAN), and the State Education Department (SED) were undone by two proposed drastic last-minute changes by SED to the agreed

upon compromise after the ES was asked to review it. These changes included banning psychology technician use for any person under age 21 and banning the use of IQ subtests and any test deemed to be equivalent to an IQ subtest (e.g., measuring the same domain, such as attention) on other non-IQ tests. These changes came in the context of the Deputy Commissioner of SED (who was supposed to issue the letter) suddenly and unexpectedly announcing his retirement.

In late 2011, opponents of the SED administrative approach within NYSPA (primarily members of the school and clinical psychology divisions) used the newly raised issue of an IQ subtest ban to create further division and debate on the issue. Specifically, these opponents stated that the original intent of Draft 11 was for IQ subtests to be banned while neuropsychologists stated the intent was only to concede the administration of full IQ tests (for the purpose of obtaining an IQ score) by psychology technicians. A review of the minutes when this issue was discussed within NYSPA stated that "concerns" were raised about

Dr. Carone's Response... continued from page 6

whether IQ subtests could be administered and directed the reader to Draft 11 to see how these concerns were addressed. Draft 11, however, does not contain the word "subtests" or any descriptive equivalent but instead says: "Specifically excluded from the scope of activities of the Neuropsychology Technician are the administration and scoring of individually administered intelligence tests and the administration and scoring of projective tests and techniques."

Despite the above, the opponents within NYSPA succeeded on forcing the issue to a vote within the Council that resulted in a rejection of a motion to clarify that psychology technicians could indeed administer IQ subtests. For neuropsychologists, this was the proverbial last straw and in December 2011, neuropsychologists

resigned *en masse* from NYSPA (including 12 Neuropsychology Division Past Presidents), voted to close the neuropsychology division, and joined (or decided to focus solely on) NYSAN. While NYSAN was appreciative of some of the leaders within NYSPA who supported a reasonable solution to the matter, there were too many influential individuals within NYSPA who were directly working to oppose the administrative solution (even proposing a vote that the organization could never seek such a solution).

Thus, while Dr. Juman is technically correct in the sense that the language of Draft 11 was not changed, NYSPA's position did not actually remain the same according to neuropsychologists, who believed that the outcome of the Council vote was directly opposed to the original

agreement on the IQ test compromise (which was supported by a review of the historical record). Thus, by rejecting the motion to clarify the intent of the IQ test ban, the *de facto* interpretation of Draft 11 was that IQ subtests and their equivalents were not allowed. This is why neuropsychologists resigned from NYSPA and closed the Neuropsychology Division. If nothing had changed and the position of NYSPA was viewed as the same, those resignations would not have occurred. For those who are unaware, I am a clinical neuropsychologist who was President of NYSAN for 3.5 years.