



Message from the President...by Peter Behrens

REMINDER!

Please note our new mailing address:

**LVPCA
PMB#115,
6900 Hamilton
Blvd. Unit 285,
Trexlerstown, PA
18087**

**Website:
www.lehighvalley
psych.org**

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Dear Colleagues:

2016 is a most auspicious year for the Lehigh Valley Psychological and Counseling Association. LVPCA was first organized as the Lehigh Valley Psychological Association (LVPA) fifty years ago this year. The board and executive committee are excited to plan activities and events to celebrate this milestone in our history.

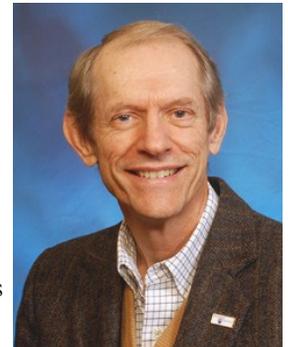
Since researching and publishing the history of psychology is of particular interest to me, I hope all of us in LVPCA come away with a better understanding and appreciation of our rich and valuable history. For example, who was the first president and where did then LVPA hold its first meeting? The board and executive committee will delve into our archives which reside in a large black box at my home, and hope to document our history for all to appreciate. Who knows what direction this will take—at the very least it will provide an article or two for the Newsletter?

Let me give you a personal example. I plan to summarize a presentation I made at the March 2016 Eastern Psychological Association, by providing 2 abstracts—for this issue of the newsletter and the next. This represents a journey of research into the history and psychology of “doomsday prepping” that began in late 2012 after a telephone call from a Lehigh Valley journalist. That first interview has led to more than a dozen telephone and email interviews, and a live radio interview from Seoul, South Korea. Recently a writer from the Discovery Channel interviewed me for a Fall 2016 series on “end of the world” scenarios. What fun!

Back to earth. Please read the Newsletter carefully, paying particular attention to the information on upcoming programs (several), our plans for a digital Newsletter, and more. Finally, remember our continuing need for members to participate on the committees that keep the organization running smoothly. Please contact a committee chair to offer your support or assistance to ensure that LVPCA has many more anniversaries!

Peter J. Behrens, Ph.D.

2016 President



Editor's Column

Happy spring!

Alluding to the job of editing the newsletter, someone at the mixer said, “No wonder they have a hard time finding someone willing to be president-elect.” In the past I would have agreed, but now that I’ve done one, like lots of things, dread of the unknown is much worse than the real thing. Credit our tech-savvy secretary Wendy Bartkus with the user friendly template!

Over 100 of you who provided an email address on your directory form received a color version of the winter newsletter as an email attachment. The mixer photos were so much better in color. Even if you don’t want to be included in our next directory, please send us your current email address at LVPCAlist@aol.com, so we can stay in touch. I’m hoping LVPCA can use email to send out future newsletters and reduce mailing costs. Your email address is vitally important to us, to keep you informed in a timely way.

Using email, we were also able to send out a time sensitive request from Lehigh County family court, for proposals to provide parenting education for 2017 (included here as well). We also used email to send out the next CE announcement for the May 13th program by Dr. McFillin, much earlier than the mailed version (due to printer backlogs). In the future we will also have the current newsletter available on our website for those who don’t email..

As previous Practitioner and Community Affairs Chair, I monitored LVPCA’s facebook page and we were able to connect with some members and some non-members—we share posts from APA, PPA, AAMFT and ACA, and announce our CE programs, and some job and office space listings that did not make it in time for the newsletter. The new Chair Tim DeMott will continue the practice. Tim is also the liaison to our website maven and they are looking into a members only section on our website.

So I encourage ALL of you to send in your directory forms ASAP, or if you don’t want to be in the directory please send us your email address at lvpcalist@aol.com. The deadline for inclusion in the directory is June 15th.

Regards,

June Gordon



2016 Dues Reminder

Dues statements were mailed out to each of you in January. If you did not receive this please notify us ASAP. The deadline for payment in 2016 will be September.

If you are a long time member who is retired, you may be eligible for emeritus status, which currently includes a dues exemption.

The Executive Board for LVPCA



Thank you to Ed Lundeen, our new Program Chair, and Tim DeMott, our new Practitioner/Community Affairs Chair.

Also thank you to Lyz DeBoer Kreider, Allison Blechschmidt, Jaclyn Davis, R. Jane Williams, Kelly Stec and Michele Schutt for joining our committees.

LVPCA would love to have more members involved in governance. If our committees had even more members help out, we could better maintain or expand the services we provide for all of you. For example, our programs provide APA approved CEs, at a very reasonable cost and locally. Would you like LVPCA to have more CEs offered??

Please contact Peter Behrens at pjb4@psu.edu, if you are interested.

Board meetings are held at Penn State Lehigh Valley Campus, 2809 Saucon Valley Rd., Center Valley, PA. Anyone is welcome to attend and we encourage agenda items for the meeting. 2016 dates are: March 16, April 22, May 20, September 16, October 14. Our 50th year celebration and general membership meeting is November 18th.

Updating Our Email List

Sorry the link to join our listserv, from our last newsletter no longer works. We included an item on our 2016 directory information form, asking for your email address so we can include you in our email list. Please mail your directory form back to us so we can add you to our directory and our email listserv; or email us at lvpcalist@aol.com to be included in our email listserv.



Taking Care of Ourselves as Mental Health Professionals

Frank M. Dattilio, Ph.D., ABPP

To the surprise of many, mental health professionals in general have a tendency to neglect their own psychological health despite working in a profession that promotes the health and well-being of others. This fact is unfortunately supported by numerous empirical studies which verify that many psychologists and mental health professionals fail to remain conscientious about the effects that stress and the nature of their work have on them and their families.

Traditionally, mental health professionals have underestimated the importance of maintaining salubrious lifestyles and reducing stressors that affect their work almost to the point of reflecting a hypocrisy to what they preach to their clients (Walsh, 2011). In one study conducted in the United States, researchers polled 260 members of the American Psychological Association inquiring as to the specific stressor that affected them during the course of their work as mental health professionals. The most frequent area of stress that was reported included burnout, countertransference, vicarious traumatization, personal losses, problems with collecting fees and conflicts with co-workers (Bearse, McMinn, Seegobin & Free, 2013).

One of the first steps for mental health professionals is to accept the fact that they are human and not invulnerable to the daily stress of their profession regardless of their education and training. Once this fact is assimilated, there are a number of interventions for self-care and healthy lifestyles that may be considered. Among these is a principle-based model that was developed explicitly for psychologists by Norcross and Guy (2007). This model involves a 12-step principle that draws from some of the traditional philosophies of mindfulness, spirituality and positive psychology conducted against the backdrop of cognitive behavioral therapy and physical wellness programs.

Another program is “TLC” (Therapeutic Lifestyle Changes) endorsed by Walsh (2011). This program offers a system involving a combination of elements which include spirituality, positive psychology and mindfulness, in addition to specific evidence-based recommendations for extensive exercise, healthy eating and the promotion of physical health and well-being.

Over and above the aforementioned programs, mental health professionals may also wish to consider psychotherapy for themselves in the event that these programs are not effective and more salient issues need to be addressed.

Prior to any intervention, mental health therapists might want to ask themselves several important questions.

1. Have I experienced any changes in my behavior or attitude in the past year?
2. Have there been any changes in my thinking style during the past year?
3. Have there been any comments from others about their observations of me specifically as it relates to family members, friends or colleagues?
4. Have I noticed any differing reactions from those who know me well?
5. Have there been any particular differences in my client’s response to me as a therapist in the past six months?

If the answer to any of these questions is yes, then you may want to consider whether or not early signs of distress exist and what measures can be taken in order to address these issues effectively. Taking such measures seriously is essential for mental health professionals in order to maintain a wholesome existence in a field that is often challenging and at times quite demanding.

Note: Portions of this article appear in the following citation: Dattilio, F.M. (2015). The Self-Care of Psychologists and Mental Health Professionals. *Australian Psychologist* 50(6), 393-399. Reprint requests of the full article can be obtained by contacting Ms. Tara Andrews at frankdattilio@cs.com.

Dr. Dattilio is a local clinical and forensic psychologist who is on the faculty of psychiatry at Harvard Medical School and the University of Pennsylvania Perelman School of Medicine. He can be reached at frankdattilio@cs.com or www.dattilio.com.

Lehigh County Contract Opportunity

Request for Proposal: CHILD CUSTODY CO-PARENT EDUCATIONAL PROGRAM

Lehigh County Court of Common Pleas seeks proposals for an educational program for litigants in child custody cases. Written proposals, including curriculum, may be submitted by June 1, 2016 to Family Court Administrator, Lehigh County Court, 455 W. Hamilton Street, Allentown PA 18101.

Program Content:

How to foster the emotional health and well-being of children of divorce and children of never-marrieds.

Topics to be covered:

1. Impact of divorce on parents
2. Never-married parents and co-parenting without a relationship history
3. Challenges for children of divorce
4. Challenges for children of never-marrieds
5. What all children need
6. How parents can meet emotional needs of children
7. Communicating in the electronic age

Format:

The provider shall offer a 4 hour class which may include audio/video portions.

The provider shall offer a DVD (or other electronic method of presentation) for individuals unable to attend in person.

The provider shall offer the content in English and Spanish.

Frequency:

The class must be offered twice monthly; once on a Saturday and once on a weekday afternoon or evening. Program to commence January 2017.

Location:

The class may be offered in the Courthouse on terms agreed to by Lehigh County and the provider, or at any other location approved by the Court.

Administration:

Each custody litigant is directed to attend by court order upon commencement of a case.

The provider shall manage registration of all litigants, and file timely reports with the court of litigants' completion of the program. Fees charged must be approved by the Court and will be paid directly to the provider. In 2015 there were approximately 1000 attendees.

Other requirements:

The provider shall enter into a contract with the County of Lehigh which will include provisions required by the County Department of Law, including, but not limited to insurance, warranties, security and fees.

Doomsday Prepping: Déjà Vu All Over Again?

Peter J. Behrens

Part 1

Almost 50 years ago, a small paperback book appeared under the authorship of social psychologist Leon Festinger and his colleagues. The book documented how a group of Midwesterners organized around the belief system of Marian Keech predicted that a cataclysmic flood would occur and cover much of North America on 21 December 1954. True believers, though, would be spared by a flying saucer to rescue them and transport them to safety. When the cataclysm did not occur, the group was left to explain why. *When Prophecy Fails: A Social and Psychological Study of a Modern Group that Predicted the Destruction of the World* (Festinger, Riecken, & Schachter, 1956) became a landmark study of group dynamics that is still referenced in textbooks in the context of cognitive dissonance theory (Krause & Corts, 2012). Dissonance theory was developed by Festinger, James Carlsmith, Stanley Schachter, and others in the 1950's and 1960's, largely around the events enumerated in *When Prophecy Fails*. It holds that psychological tension occurs when one's belief system is inconsistent with behavior and the person is compelled to reduce the "dissonance" produced. Rather than deny the incongruent behavior, the person is more likely to reevaluate the dissonant experience and engage in an attitude change surrounding the behavior associated with the experience ("it wasn't so bad after all"). Thus, the belief system remains intact (Gosling, et al., 2006). Cognitive dissonance theory has been widely researched and its fundamental predictions for human behavior in a social context have received solid support in a broad array of situations (e.g, Festinger & Carlsmith, 1957; Mann & Janis, 1968).

This paper proposes that the modern-day equivalent of Mrs. Keech and her followers preparing for a Doomsday event is represented in the current Doomsday Prepper phenomenon. The movement is alive and well in disparate geographical and cultural areas of America and, indeed, in other countries, particularly western Europe. It is represented in the media through magazines and newsletters; electronically by internet sites, social networks, on-line stores, and even a cable television series; and through local organizations, preparedness fairs, and retreats. Although dissonance theory and its predictions for cognitive change are not the focal point of this paper, an historical analysis of Mrs. Keech and her band of Seekers is used, rather, as a springboard to understand and, perhaps, explain the psychological and sociological complexities of the contemporary Doomsday movement. Currently, there is a meager amount of research and literature that analyzes the phenomenon (Foster, 2014).

Interviews and transcripts from journalists, reporters, and authors gathered over a period of more than 3 years have led me to two considerations with regard to the modern Doomsday Prepper movement. First, the movement may be viewed as an historical phenomenon similar to Mrs. Keech's "cult" and other movements and groups that are based upon separation, protection, and preparedness against perceived political, economic, or environmental threats. Yet, paradoxically, Doomsday Prepping takes on a variety of forms and practices, given cultural, historical, and geographical considerations, such as might be present in metropolitan New York City or the Shenandoah Valley of Virginia.

Secondly, analysis of the expression of the movement suggests it can be viewed through the lens of clinical psychology, particularly with reference to the *Diagnostic and Statistical Manual of Mental Disorders-5* (American Psychiatric Association, 2013). An argument is made that Prepping like other non-substance related disorders (called process addictions) can consume a great deal of time, energy, thought, emotion, and financial resources, and may be evaluated on a use-abuse continuum from mild to severe.

It is hoped that as a result of this analysis, a better understanding and interpretation for the Prepper movement might emerge and reflect psychosocial processes that are blind to time and context.

(To Be Continued)

Classifieds

Psychotherapy office building for sale in Wescosville, Pa. Comfortable, home-like building with easy access to Rtes. 222, 309/78 and 22. Nearby park, restaurants, upscale shopping, and medical offices. Two floors, 4 offices, reception room, secretarial area, 1.5 baths, kitchen, plenty of parking and room for expansion. Call 610-481-9161 for information.

Spacious, beautiful office with large windows in west Allentown area, available June 1. Convenient to all major highways. Prefer fulltime, but will consider part-time. For information please contact either Dr. Susan Rego (sdrego@ptd.net) or Dr. Pamela Schippell (plschippell@yahoo.com).

Office space for rent 1251 S. Cedar Crest Blvd. Please call 610-737-8064 for information.

Furnished Office in Emmaus, available 3 days per week, beginning May 1. Please call 610-966-5131 or email dr.nastasee@rcn.com for information.

Sponsored by the Lehigh Valley Psychological and Counseling Association,
**“Clinical Applications of Contemporary Cognitive Behavioral Treatment
for Anxiety Disorders” by Roger K. McFillin, Psy.D., ABPP,**

will be held on Friday, May 13, 2016, from 12:30-4:30, at PSU/Lehigh Valley Campus, 2809 Saucon Valley Rd., Center Valley, PA 18034, Room 224. This program provides 3 APA approved CEs; costs \$50 members, \$60 nonmembers.

Cognitive Behavioral Therapy (CBT) has evolved as a treatment designed to target specific mechanisms believed to be maintaining emotional disorders. Specifically, in the treatment of anxiety disorders, traditional interventions were developed to target biased attention toward threat/danger and decrease emotional arousal in response to perceived danger. Given its extensive research support CBT quickly became considered the gold standard of treatment for anxiety related disorders. Unfortunately, many of the core principles and interventions have been misunderstood and/or misapplied in clinical settings; as clinicians unknowingly support escape/avoidance coping that help maintain anxiety disorders. The advent of 3rd wave behavioral therapies emphasizing mindfulness, acceptance, and the development of specific skills to improve daily living have improved outcomes for the treatment of anxiety spectrum disorders. This workshop is designed to introduce core concepts related to contemporary cognitive behavioral treatment of anxiety disorders with an emphasis on “3rd wave principles”, inhibitory learning, and exposure treatment.

Roger K. McFillin, Psy.D., ABPP is a Licensed Psychologist in both Pennsylvania and New Jersey and co-founder of the Center for Integrated Behavioral Health in Bethlehem, PA. He is Board Certified in Cognitive and Behavioral Psychology by the American Board of Professional Psychology and a Diplomate of the Academy of Cognitive Therapy in Philadelphia, PA. He specializes in Cognitive Behavioral treatments for Eating Disorders, Anxiety Disorders, and Mood Disorders.

Registration forms are available on our website @ www.lehighvalleypsych.org.

LVPCA presents a full day workshop—Saturday, September 24, 2016

Personal Agency in Development, Intergenerational Trauma, and Psychotherapy

With Jonathan H. Slavin, Ph.D., ABPP, and Miki Rahmani, M.A.

Dr. Slavin is an internationally renowned speaker and thinker in the psychoanalytic community.

In this full day workshop we will examine the issue of human agency in all its aspects: how agency is developed in the moment to moment interactions between infants and parents and other intimate caretakers; the structuring and elaborations of agency in later development; the impact of trauma and abuse in stifling agency; and the way the frozen pathways to agency may be unlocked in psychotherapy. The workshop will include a detailed discussion of what must occur in the therapeutic relationship to heal these devastating blows to the growth of the self and the challenge to therapists in negotiating their own and their patients' agency in treatment.

The workshop will include *in vivo* demonstrations and case material from recorded sessions.

We welcome new members to LVPCA!

Please contact Darren Aboyoun at

P.O. Box 892
Easton, PA 18044

LEHIGH VALLEY
Psychological & Counseling
ASSOCIATION
ESTABLISHED 1966

or on-line at <http://lehighvalleypsych.org/membership/join-lvpa/>

Benefits of Membership:

1. APA-approved Continuing Education Programs. several times a year, with members receiving a reduced rate for these programs.
2. LVPCA directory lists of all our members
3. Professional committee service. Each year you are welcome to join one of our committees to become more involved.
4. Subscription to the LVPCA Quarterly and free advertising for members.
5. Subscription to the LVPCA Listserv in which you can receive and post e-mail messages to all of our members.
6. Become a guest presenter. You can deliver psycho-educational presentations for professionals, students, and the community through our Speakers Bureau.
7. Increased Contact and Networking

New Members

Jodi Bremer-Landau, Ph.D. (member) is currently employed in a Quakertown private practice, anticipating her psychologist license in Fall 2016. She earned her Ph.D. in Counseling Psychology from Lehigh University in 2015.



Deborah Stoner, M.A., LPC (member) is in private practice in Emmaus. She earned her undergraduate degree in Child Development/Family Relations at Indiana University of PA, and a Masters in Counseling Psychology at Kutztown.

Sophia Zelechiwsky, M.S. (member) is currently employed by Northampton County Child Protective Services. She graduated in 2013 with a Masters in Counseling and Psychotherapy from Chestnut Hill College. She plans to obtain her LPC.

Calendar of Opportunities/News by Members Only will begin in our next issue! Do you have a presentation, training, or therapy group coming up—that you would like LVPCA members to know about? Did you publish an article/book or make a presentation recently? Please contact us with your info.

LVPCA Newsletter Postings

Postings in the *Newsletter* for jobs, office vacancies, new address/practice announcements are free for LVPCA members. For non-members, the rates are as follows:

Line of 10 words	\$5. per line
1/8 page	35.
1/4 page	60.
1/2 page	85.
Full page	140.

2016 submission deadlines are: January 15, April 15, July 15, and October 15. *Publication is expected 2 weeks from these dates.* Further information is available at our website www.lehighvalleypsych.org.

Lehigh Valley Psychological and Counseling Association awarded prizes to the top scorers in behavioral science at the region's Pennsylvania Junior Academy of Science competition, held on February 27, 2016, at Easton High School: \$100 was awarded to Parkland High School senior Kamal Bookwala; \$50 to a 7th grader at St. Ann School; \$25 to 8th grader Jalk Yen at St. Thomas More; and \$25 to an 8th grader at Notre Dame of Bethlehem.

LVPCA co-sponsors the following Gambling Disorder programs with the Council on Compulsive Gambling of PA:

On **Tuesday, June 14, 2016**, Using Cognitive Behavioral Therapy to Treat Those with Gambling Disorder; and on **Wednesday, June 15, 2016**, Gambling Disorder: Family Impact and Recovery.

Register online no less than 7 days prior to each training, at <http://problemgambling.ticketleap.com/spring-2016>. Cost for APA approved credits: \$30.



Lehigh Valley Psychological and Counseling Association
PMB#115, 6900 Hamilton Blvd. Unit 285
Trexlerstown, PA 18087

We can be found on the Web:
www.lehighvalleypsych.org

Join LVPCA on Facebook and Twitter to get updates on programs and LVPCA membership!



2016 LVPA Executive Board Members

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Edward Lundeen, PhD — Program Committee Chair

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Wendy Bartkus, MS — Scientific, Academic, and Student Affairs Chair

Timothy DeMott, MA — Practitioner and Community Affairs Chair

