



## 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](http://www.lehighvalleypsych.org)**  
**[psych.org](http://www.lehighvalleypsych.org)**

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### Message from the President

HAPPY NEW YEAR! On behalf of the Executive Committee and Board, I wish everyone with the Association prosperity and good health in 2016. It certainly can be said for LVPCA that we are entering the New Year as a healthy and vibrant association. No less than 5 members affectionately identified as “newbies” to governance attended the January retreat on Friday 15 January at the Hotel Bethlehem for a working breakfast with 9 board members and committee chairs. That means that all of our committees are staffed for this coming year. This is quite a remarkable and welcomed “seismic transition” to which I referred in admittedly dire terms in my Spring 2015 *Newsletter* message and comments at the Fall mixer! Particularly, I want to recognize June Gordon as our *Newsletter* editor and President-elect, Ed Lundeen as our Programs chair, and Tim DeMott as Practitioner and Community Affairs chair. In addition, Ed, June, Darren Aboyoun (Membership chair), and Susan Rego (CE chair) have identified several talented members to assist them for 2016. All this and more mark a significant turn-around in membership commitment for which we can be grateful and encouraged. Read through this issue of the *Newsletter* carefully for the ideas and directions of the association for 2016. And, it is never too late to add your voice and energies to any of the committees! Just contact a chairperson or one of the members of the Executive Committee.



On a sad note, I cannot close my message in this issue without recognizing a significant passing for Lehigh Valley Psychology and the LVPCA. Dr. John Tisdale, Professor Emeritus at Cedar Crest College and a founding member of the Lehigh Valley Psychological Association (forerunner of LVPCA) died in November 2015. John was for me a colleague and mentor over several decades, not only with our organization, but also in connection with the Psychology major at Penn State Lehigh Valley. John was one of the first professionals I asked to join the Psychology Advisory Council when I took on the role of Program Coordinator in 2006. In true collegial spirit and in the interest of shepherding Psychology majors, he readily agreed and became a presenter each semester in the senior capstone course on ethics as well as a respected contributor to Council activities and planning. I can pay no higher tribute to John as a professor of Psychology than to admit that when health issues forced him to stop teaching I took over his seminar and used his material faithfully every semester until I retired in 2015. Read more on the legacy of John Tisdale in this issue.

I look forward to a great year with “oldies” and “newbies” in LVPCA governance for 2016.  
Peter J. Behrens, Ph.D.  
2016 President

## Editor's Column

**Holiday Mixer & General Membership Meeting was held at the Hotel Bethlehem on November 20. Photos continue on page 4. One of the perks of membership! As the latest newsletter editor, I am on a learning curve. Much credit goes to: Peter Behrens who (almost magically) comes up with articles, Wendy Bartkus who devised the template on Publisher, board members and all of you who contribute articles. Regards,**

*June Gordon*



# The Executive Board for LVPCA



June Gordon was elected 2016 president elect, and Wendy Bartkus was re-elected 2016-2017 secretary.

LVPCA would love to have more members involved in governance.

Thank you to those of you who volunteered at the general membership meeting/mixer. Ed Lundeen will be our continuing education chair. Darren Aboyou will continue as our membership chair.

However if our committees had more members help out, we could better maintain or even 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](mailto: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 mixer/general membership meeting is November 18th.

## Updating Our Listserv

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 listserv. Please mail this back to us so we can include you in our upcoming directory and we can add you to our email listserv.





### Frank Dattilio Ph.D., ABPP presents keynote at AAMFT Annual Conference in Austin



LVPCA psychologist Frank Dattilio gave a keynote address on Expanding the Horizons of MFTs Globally to 1500 mental health professionals at the annual conference of the American Association of Marriage and Family Therapy this past September in Austin, Texas. Dr. Dattilio's keynote focused on the various ways in which American Marriage and family therapists can exchange with other professionals throughout the world in promoting research, education, training and clinical practice. A highlight of his presentation involved beaming in marriage and family

therapy colleagues from India, Scandinavia, eastern Europe and Brazil, so the audience could get a firsthand look into the work that is being done in other countries. Dr. Dattilio also showed some of the research and educational projects that are underway in the United States, and how professionals here are collaborating with colleagues around the globe.

Dr. Dattilio is a leading couple and family therapist and is known for his development of the cognitive behavioral therapy model of treatment. He currently holds part-time faculty positions with Harvard Medical School's department of psychiatry and with the University of Pennsylvania's Perelman School of Medicine. He has published 300 professional articles and book chapters and 21 books in the areas of family therapy and psychological disorders. His works have been translated into 30 languages and are used in 80 countries. Dr. Dattilio has lectured on almost every continent and he is the recipient of numerous awards for outstanding achievement in psychology, psychotherapy and marriage and family therapy—including AAMFT's 2013 Outstanding Contribution to Marriage and Family Therapy.

### More mixer photos



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**In Memoriam:****LVPCA Founding Member the Reverend Dr. John R. Tisdale  
December 10, 1932—November 28, 2015**

Lehigh Valley Psychological and Counseling Association founding member, the Reverend Dr. John R. Tisdale, 82, of Slatington, passed away on November 28, 2015. Dr. Tisdale was a practicing psychologist, ordained minister, and Professor of Psychology Emeritus at Cedar Crest College. He earned his Ph.D. in Psychology and Pastoral Counseling from Boston University in 1961, and joined the faculty of Cedar Crest College as Chair of the Psychology Department in 1967 remaining in that position until late in his tenure, retiring in 1996. Also while on the faculty of Cedar Crest, he served as faculty representative to its Board of Trustees.

Dr. Tisdale was president of then Lehigh Valley Psychological Association in 1971 and 1979; and eventually served as Ethics Committee Chair. He was involved in governance of the American Psychological Association's Division 32/Humanistic Psychology (President in 1982-83), Division 36/Psychology of Religion and Spirituality (President in 1994-95), President of the Transpersonal Psychology Interest Group (1987-88) and Chair of the Committee of Division/APA Relations. He became an APA fellow in 1995, for "unusual and outstanding contributions to the field of psychology."

Dr. Tisdale also served as a research coordinator at the Pastoral Institute of the Lehigh Valley from 1967-72; was on the Board of Directors of the Lehigh Valley Child Guidance Clinic; was a marriage counselor at Gnaden Huetten Hospital; and consulted for then county MH/MR units. He authored over 40 articles and reviews and edited Growing Edges in the Psychology of Religion. Dr. Tisdale volunteered as an EMT and paramedic with several ambulances corps, taught first aid and CPR for the Red Cross and the American Heart Association, and was on the Board of Directors of the Eastern Pennsylvania Emergency Medical Services Council from 1978-84.

Dr. Tisdale surviving family include his wife Beverly (who graciously helped with this history); daughter Deborah Cozen and her family; sons Paul Tisdale and Erik Strohl.

**Janis Abrahms Spring, Ph.D. ABPP presents “Secrets, Cybersex, Infidelity, Addiction, Trauma—and Forgiveness?” on February 12th**

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A Moravian Theological Seminary Psychology and Spirituality Lecture, co-sponsored by Lehigh Valley Psychological and Counseling Association, on February 12, 2016, from 9:15-4:45, this program provides 6 APA-approved credits. Cost is \$90 and includes lunch. **Register at [www.moravianseminary.edu](http://www.moravianseminary.edu).** LVPCA is approved by the American Psychological Association to sponsor Continuing Education (CE) for psychologists. LVPCA maintains responsibility for the program and its content.

Janis Abrahms Spring, Ph.D., ABPP, is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. Her first book, After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, has sold more than half a million copies and is now translated into Spanish. A recently revised and updated second edition includes a chapter on affairs in cyberspace. How Can I Forgive You? The Courage to Forgive, the Freedom Not to was a “books for a better life” award finalist in the category of Best Psychology Book. Life with Pop: Lessons on Caring for an Aging Parent a “living well award” silver medalist, captures the extraordinary, ordinary personal challenges and moments of grace that come with care-giving and growing old. In private practice for 37 years, Dr. Spring is a recipient of the Connecticut Psychological Association’s award for Distinguished Contribution to the Practice of Psychology, and the Connecticut Association for Marriage and Family Therapy’s award for Distinguished Family Service. Board certified in Clinical Psychology, she is a former clinical supervisor in the Department of Psychology at Yale University, and a popular media guest of programs such as NPR and Good Morning America.

**Coming in 2016!**

**Phil Pellegrino on Harm Reduction Treatment for Addictions**

**Roger McFillin on Acceptance and Commitment Therapy**

**All members are encouraged to complete a directory information form as soon as possible. We will be utilizing the email address you provide, to update our listserv—so we can keep you better informed. A 2016 directory information form is included in the newsletter for your convenience.**

## Classifieds

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**Community Psychological Services has an opening for a Psychologist or Licensed Professional Counselor.** A male therapist is preferred (due to demographics) who is interested in joining a group that can provide professional support and the opportunity to grow your practice. Please contact Thomas C. Vellela, Ed.D., at 610-434-2431 or email at [cpsych@ptd.net](mailto:cpsych@ptd.net).

**The Center for Integrative Psychotherapy, PC, is expanding and has two positions available for clinical Psychologists or Licensed Professional Counselors** with a valid PA license in good standing. The positions are full-time or part-time and flexible in terms of hours or days. The practice has a cognitive-behavioral approach and serves adolescents and adults with a variety of disorders, but with an emphasis on anxiety or stress-related disorders, depressive disorders, somatoform disorders and couples. Ideal candidates would have training and experience in CBT. The position offers an opportunity to increase competency in behavioral therapy conceptualization and treatment. Candidate must have acceptable child abuse and criminal clearances. We are looking for enthusiastic clinicians who share our passion for helping people using evidence-based cognitive-behavioral practice. Participation in insurance panels is a plus. Compensation is competitive and on a fee for service basis. The practice offers a strong referral base, furnished office with a computer and high speed internet access, computerized billing and scheduling, full-time administrative and clerical support, testing materials, access to research database, and professional liability insurance. The applicant must have an ability to collaborate in professional collegial teamwork including a weekly case conference, didactic seminars, and data collection for clinical studies. The office is located at 1251 S. Cedar Crest Blvd. (across from Lehigh Valley Hospital). Please apply electronically by send (a) a letter of interest and (b) curriculum vitae. E mail to CIP director Jesus Salas, Psy.D., ACT: [jsalas@cip-cbt.com](mailto:jsalas@cip-cbt.com), or fax to 610-432-0973. Visit [www.cip-cbt.com](http://www.cip-cbt.com) for info.

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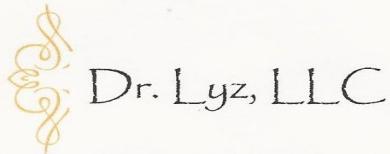
### **Lehigh Valley Psychological and Counseling Association's Board meets for the Annual Retreat**

LVPCA's Board Retreat was January 15th at the Hotel Bethlehem. The board reviewed the 2015 annual reports for each committee and the treasury. Each committee discussed 2016 goals and the board approved a budget for 2016 based on

those goals. Our treasury has remained relatively stable as reported by treasurer Steve Kachmar. Beginning balance was \$11,800.96, deposits were \$8505, expenses were \$9560.26, and ending balance was \$10,745.70.

**Reminder: You should receive your 2016 dues bills soon.**





Lyz DeBoer Kreider, Ph.D., is a licensed psychologist in Pennsylvania and New York. She specializes in

Performance enhancement

The mind/body connection

Trauma survival

Relationship concerns

Dr. Lyz works with adolescents and adults, couples and families.

Her practice location:

172 South Main Street in Nazareth, PA.

Find her at [DrLyz.com](http://DrLyz.com)

(610) 428-4825

[dr.lyz.deboer@gmail.com](mailto:dr.lyz.deboer@gmail.com)

### **PJAS Needs Volunteer Judges**

On Saturday, February 27, 2016, the PA Junior Academy of Science Region III hosts 1500 middle to high school students at Easton High School. They present their science projects in AM and PM sessions, and they need volunteers to judge for a half or full day. LVPCA helps provide prizes to winners. **Please email the PJAS judging coordinator Megan Basile at [mbasile@salisbury.org](mailto:mbasile@salisbury.org).** for more information.

## **We welcome new members to LVPCA!**

Please contact Darren Aboyou 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

**Elizabeth DeBoer Kreider, Ph.D. (member)** is currently employed as a licensed psychologist with PrimeCare Medical, and is contracted to provide services to Northampton and Pike Counties Department of Corrections. She also maintains a private practice in Nazareth. Dr. DeBoer Kreider received her doctoral degree in counseling psychology from Lehigh University in 2013. She is a member of the program committee of LVPCA.

**Melissa Ring (member)** is currently a doctoral candidate at Marywood University. She earned a masters degree in forensic psychology at Argosy University in 2008. She currently works at Lehigh County Veterans Mentoring Program in Allentown.

**Brandon Fisher (affiliate)** is currently employed as a Psychiatric Rehabilitation staff



member at Salisbury Behavioral Health in Bethlehem. He earned a BS in Psychology from Pennsylvania State University in 2015. He completed an internship at the Children's Home of Easton and joined Phi Kappa Phi while an undergraduate.

### *Part-time office available*

Due to a therapist's retirement, looking for a therapist to share part-time office space, 8 to 15 hours per week. Very reasonable rent for a nicely furnished office suite in a quiet, well kept building with plenty of parking on Brookside Road in Allentown.

Contact Judy Belmont for more details at 610-437-6151 or email:

Judy@belmontwellness.com.

### *LVPCA Newsletter Postings*

Postings in the *Newsletter* for jobs, office vacancies, and other professional items 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. Submission requests must be received at least 4 weeks prior to the publishing date of the *Newsletter*. Further information is available at our website

[www.lehighvalleypsych.org](http://www.lehighvalleypsych.org).



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](http://www.lehighvalleypsych.org)

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



## 2016 LVPA Executive Board Members

Peter Behrens, PhD — President, Past President

June Gordon, MEd— President Elect and Newsletter Editor

Wendy Bartkus, MS — Secretary

Steve Kachmar, PhD — Treasurer

Susan Rego, PhD — Continuing Education and Ethics Chair

Edward Lundeen, PhD — Program Committee Chair

Darren Aboyoun, PhD — Membership Chair

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

Timothy DeMott, MA — Practitioner and Community Affairs Chair

