

LVPCA QUARTERLY

A publication of the Lehigh Valley Psychological and Counseling Association

Hello LVPCA members!

Welcome to the Spring 2017 edition of the newsletter. In this edition of the newsletter you can further explore the past and future of LVPCA. You may read about the early history of LVPCA, as told by one of its founding members, Joanne Krug and LVPCA's current president, June Gordon. You can also find out more information about the exciting programs that are planned throughout this year.

First on the docket is a program on May 19 about "How technology shapes brains, relationships, and the sense of self," presented by Dr. Doreen Dodgen-Magee. If you have ever wondered how the ever-present screens that seem to be pervading our lives might be impacting both you and your clients, this is a program that cannot be missed! More details can be found on page 6, and you can register on <https://lvpca.ticketleap.com/>.

I hope to see many of you on May 19! Put it on your calendars!

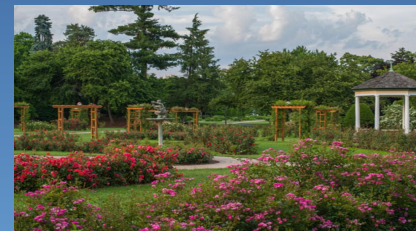
Sincerely,

Jaclyn Davis, Ph.D.
LVPCA President - Elect

SPRING 2017

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Mailing Address

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

Website

www.lehighvalleypsych.org

Important Dates:

- **May 19** – Dr. Doreen Dodgen Magee: *How technology shapes brains, relationships, and the sense of self*
- **September 15** – Dr. James Strohl: *Presence: An essential pathway to psychological healing and spiritual awakening*
- **October 6** – Dr. Susan Rego: *Self care as an ethical responsibility*
- **November 17** – LVPCA Annual Dinner and General Membership Meeting
- *More potential events TBD...*

President's Message: by June Gordon

Dear Colleagues:

Two thousand seventeen has been a difficult year for LVPCA so far! At our January retreat we found out that Jim Marchetto needed to step down as our administrative assistant, and we've been on a quest to find a replacement. We thought we had someone, but two months in, her family needs changed and she begged off. Luckily she recommended another very qualified person and that person has just come on board. She is Hope McCorkle.



I'm sure most of you know that our past president Peter Behrens' beloved wife Renae passed away on February 16th. We've just heard from Peter and I'm delighted he will be able to participate in governance again, beginning at the April board meeting.

We were able to mail out about 50 first class notices to newer members and continuing members who either did not complete a new directory form or did not provide email addresses. I've heard back from 20. Since we have moved to using email to send out this newsletter and any program announcements, I hope that the other 30 will check our website at lehighvalleypsych.org to download future information. A postcard mailing to remind them is planned.

We have some exciting programs in the pipeline. First up is on May 19th, with Doreen Dodgen-Magee, on "How Technology Shapes Brains, Relationships, and the Sense of Self." You may now register online at LVPCA.ticketleap.com (preferred), or download a flyer from our website to mail in payment. Wendy Bartkus plans a survey to plan future programs. It will include a question about our members' need for the 1 suicide prevention CE newly required by Pennsylvania (by November 30 for psychologists).

At our 50th year celebration, past president and founding member Dr. Joanne Krug told me that LVP(C)A was actually started in the early 1960's. This led to an interview and the article included in this newsletter. Many longtime members will recall some of the people she referenced. Our conversation left me a bit nostalgic for the days before managed care!

I'm looking forward to May 19th, and hope to see you there.

LVPCA Executive Board Meeting Dates:

May 12
October 13

September 8
*November 17 - Annual Dinner and General Membership Meeting

All LVPCA members are welcome to attend the Board meetings.

Meetings are held at the Penn State University - Lehigh Valley campus in Room 141 from 9:00am-10:30am.

**The November 17 Annual Dinner and General Membership Meeting will be at Blue Grillhouse in Bethlehem. Invitations and details to follow.*

Early History of Lehigh Valley Psychological (and Counseling) Association

By June Gordon, with Joanne Krug

As Lehigh Valley Psychological and Counseling Association (originally Lehigh Valley Psychological Association, or LVPA) had its 50th anniversary last year, founding member Dr. Joanne Krug told me its roots preceded our “official” start date of 1966. In the interest of accuracy, I (June Gordon), asked her more about its beginnings, which led to this article. Surprisingly, Sam Knapp’s article, “Promoting the Legal Recognition of Psychologists (and More),” in February’s *Pennsylvania Psychologist*, traced the same history.

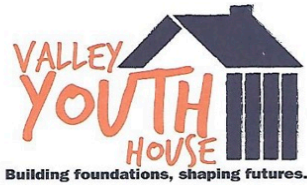
LVPA founding member Joanne Krug remembers the association began in the early 1960s as a group of academicians, local clinicians, and state hospital psychologists who met at Lafayette College to share research, clinical issues, and psychology in general. The original group included Marshall Brown, Burt Cohen, Howard Gallup, Tony LoGiudice (all from Lafayette), Silas White (from Muhlenberg), Wilbur Mathias (from Kutztown), Dave Orr, Merv Smolinsky, Giz Ungarian, Helen Bannon, Marie Pelletiers (all from Allentown State Hospital), Charlie Morris (private practice, Easton), and Dan Lutzker (private practice, Philipsburg, NJ). Lehigh University’s Josef Brozek and Ted Millon joined soon thereafter, along with Elizabeth Lobst and Mary Konapeyus. Rick Johnson (Moravian) joined in 1964. In the mid-1960s, Gordon Kulberg (a clinician teaching at Lafayette), Jan Kulberg (a school psychologist for Easton School District), John Tisdale (Cedar Crest College), and Blossom Tepper joined. As you see, our founding precedes the earliest recorded date of 1966, when LVPA became more organized and the first president Marshall Brown was chosen.



Sam Knapp’s article “Promoting the Legal Recognition of Psychologists (and More),” in February 2017’s *Pennsylvania Psychologist*, mentioned Marshall Brown in the context of the history of psychology in Pennsylvania. Dr. Knapp noted that when Pennsylvania psychologist licensing bill passed in 1972, we were one of the last states to do so. Legislative efforts had begun in the 1940s. Marshall Brown was involved in this effort, and he became *the first psychologist licensed in 1974 in Pennsylvania*. **The first president of LVP(C)A, Marshall Brown, was also the first licensed psychologist in Pennsylvania!** Dr. Knapp noted very few psychologists were in private practice: a 1960s survey found less than 10% conducted psychotherapy. In the Pennsylvania Psychological Association archives, he found a 1960s ethics complaint by a psychiatrist against a psychologist for practicing psychotherapy.

Prior to psychologists being required to obtain 30 qualified continuing education credits biennially, LVPA’s events were primarily social – lunch or dinner – followed by a brief one-hour presentation by a speaker. The Center for Psychological Development co-sponsored us to provide APA approved credits, until 2001. We currently have approximately 150 active members. We have come a long way!

Thanks from Valley Youth House for donation from LVPCA!



ValleyYouthHouse.org
P 610.820.0166
F 610.820.5907
829 W. Linden Street
Allentown, PA 18101-1233

December 12, 2016

Wendy Jo Bartkus, MS
LV Psychological and Counseling Association
PO Box 115
6900 Hamilton Boulevard, Unit 285
Trexlerstown, PA 18087

Dear Ms. Bartkus,

Thank you for your recent donation of \$1,000 in support of our very important programs in the Lehigh Valley. Your gift will continue to help Valley Youth House in its mission to empower and strengthen the lives of children, youth, and families through inclusive programming that builds resilience and fosters growth and independence.

Our positive outcomes and legacy of excellence would not be possible without the support of thoughtful people like you. On behalf of Valley Youth House and the youth we serve, thank you for your help in expanding our reach to the most vulnerable at-risk children, youth and families within our community.

Sincerely,

Christina J. Schoemaker, M.B.A
Vice President, Development & Marketing

Valley Youth House Committee is registered with the Internal Revenue Service as a 501(c)(3) organization, EIN: 23-7178820. Gifts to Valley Youth House are tax-deductible to the extent allowed by law. This acknowledgement certifies that you have made this donation as a charitable contribution and you are not receiving any goods or services in return.
December 12, 2016



Newsletter Postings

OFFICE SPACE FOR RENT IN ALLENTOWN:

Therapist office in a shared suite of 4 therapist offices. Common waiting room, full kitchen, and 2 bathrooms; with shared fax and copy machines. First floor, sunny corner office, 125 sq. ft., with two large windows facing Lehigh Parkway in Allentown. Off street parking, secure entrance, excellent location in Regency Towers. **Contact Sonia Nowak at 610-417-5961.**

OFFICE SPACE FOR RENT IN EMMAUS:

Furnished office for rent in Emmaus professional building. Available for 2 to 4 days per week. Located in a quiet, residential neighborhood with good access to public transportation. Off street parking for tenants. **Contact Philip A. Nastasee, Ph.D. at 610-966-5131 or email at dr.nastasee@rcn.com.**

OWNERS RETIRING:

After over 30 years of a successful and vibrant psychologist practice, owners are ready to pass the torch. The all brick office is located ½ a block from Hamilton with easy access to Routes 78, 309, 22, 100, and 222, within 2 minutes to the new Hamilton Crossing. All Township approvals for current use in place. Building consists of over 1600 square feet, 1.5 bath, 4 offices, reception, kitchen, and garage. New roof, new heat. All brick exterior. 12 car parking lot. **Call Joe Setton of Setton Realty for more information. Office: 610-821-1212, Mobile: 610-730-5510.**



JOB POSTING FOR SPORTS COUNSELOR OR PSYCHOLOGIST:

Dr. Jarrod Spencer is looking for sports counselors and/or sports psychologists to join **Mind of the Athlete**, a Lehigh Valley based sports psychology company committed to improving the emotional health of athletes. *Licensure required. Full time and part time opportunities are available. Interested candidates should contact michelle@mindoftheathlete.com.*

LVPCA 2017 MEMBER DUES ARE DUE!!

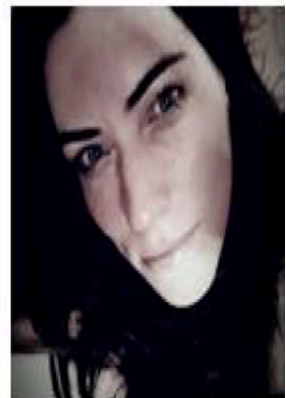
All LVPCA members please pay your dues for 2017 at <https://lvpca.ticketleap.com>. **Deadline to pay 2017 dues is September 1, 2017.** If you do not pay by this date, you will be considered an inactive member and will not be entitled to the discount for CE workshops and cannot attend the annual membership dinner and meeting in November.

UPCOMING EVENT:

Break the Silence: A sexual abuse poetry special event

Friday, April 28; 7-9pm
Gallery 415, 417 Front Street, Catasauqua, PA

Come to a unique event for survivors of sexual abuse 14+ and their family and friends. Alicia Vanderluis, artist and business owner will be speaking about her journey from victim to survivor to healer. There is a talkback after the speaker, time to share a remark or poem. NO graphic words. Come break the silence for one night. Cost: \$10 donation. **For info contact Healing Works at 610-432-2168.**



Newsletter Postings Cont'd

LVPCA Newsletter Postings Guidelines:

Postings in the *Newsletter* for jobs, office vacancies, and other professional items are free of charge for LVPCA members.

If you have a posting that you would like included in the next newsletter, please **email it to Jaclyn Davis at jaclyndavisphd@gmail.com in a Word document.**

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

2017 Submission deadlines are: 7/15, 10/15

New Members

Mr. George Carey

Mr. Carey is a licensed psychologist who works in a private practice in Coopersburg. He treats adolescents and adults as individuals, couples, and families. He specializes in the treatment of anxiety, depression, relationship problems, phobias, stress, and abuse.

Dr. Linda Naylor Dench

Dr. Linda Naylor Dench works as a therapist in a private practice in Allentown. She is a licensed professional counselor. She has specialized training in sports psychology, analytical psychology, drug and alcohol addiction, psychology of gender, and play therapy.

Dr. Henry Gursky

Dr. Gursky is a licensed psychologist. He works in a private practice in Easton treating adolescents and adults. He provides training for people interested in working with clients with PTSD. He is also a certified school psychologist.

Upcoming Programs

This year, all programs will be held at Penn State Lehigh Valley, from 12:30pm-4:30pm. Each program is 3 CE hours. In-person or late registration will be an additional \$10 fee.

Doreen Dodgen-Magee presents "How technology shapes brains, relationships, and the sense of self"

Friday, May 19 **12:30pm – 4:30pm**
Penn State Lehigh Valley – Room TBA
CE Hours: 3

Research tells us that Americans spend on average, 12 hours and 28 minutes a day with screens. While some positive effects are present, many negative effects are also being revealed, such as agitation, boredom intolerance, self-centeredness, and more. Texting, social networking, video game play, porn, and over-reliance upon technology will be covered, as will the trends and movements of technology in learning and professional settings across the life span.

Far from being a fear-driven or an anti-technology message, this workshop emphasizes the exploration of techniques for creating healthy technology use norms and breaking destructive habits. Dr. Doreen Dodgen-Magee is a psychologist from Portland, Oregon who has 22 years of experience working with individuals and groups. She has a private practice, maintains a national speaking docket, and publishes in magazines, journals, and books.

To register, go to <https://lvpca.ticketleap.com>.

*There will be an **additional \$10 fee** for in-person or late registration. (Late registration is less than one week prior to the event).*



Upcoming Programs Cont.

James Strohl Presents “*Presence: An essential pathway to psychological healing and spiritual awakening*”
Friday, September 15

Presence is known to positively influence therapeutic relationships and treatment outcomes, and to be a key element in both psychological health and spiritual development. In this workshop we'll broaden our understanding and deepen our direct experience of presence, and discover how it influences psychological healing and spiritual awakening. We'll learn how presence facilitates ego transcendence and reveals the True Self.

Dr. Jim Strohl is a licensed psychologist, Certified Focusing Coordinator, and psycho-spiritual teacher in Bethlehem, PA providing counseling and training in Focusing-oriented Psychotherapy and Transpersonal Psychology.

Susan Rego Presents “*Self care as an ethical responsibility*”
Friday, October 6

Explore why self-care is an ethical responsibility. Discuss different types of self-care, as well as obstacles to self-care. This program meets the Ethics licensure requirement for psychologists.

Dr. Susan Rego is a licensed psychologist in Allentown, PA, who is dedicated to helping others find balance in their lives.

Registration will be available on <https://vpca.ticketleap.com> for these programs closer to the time.

Announcements

TICKETLEAP ASSISTANCE:

If you would like further guidance about how to use Ticketleap, we have created a short video to walk you through the steps to register for a program.

To watch the video, go to this website, either by clicking on this link, or typing it into your web browser: <https://youtu.be/nm15LuCCrXI>

We hope this is helpful to you. Please let us know if you have any further questions.

PUT NOVEMBER 17 ON YOUR CALENDAR!

November 17 is the date for our Annual Dinner and Membership Meeting, which will be held at [Blue Grillhouse](#) in Bethlehem, PA. More details about the event, and invitations will follow.

REQUEST FOR VOLUNTEERS FOR GATHERING DONATIONS:

If you are interested in volunteering your time to gather donations from local businesses to contribute to the charity auction at the Annual Dinner and Membership Meeting, please contact Dr. Lyz DeBoer at dr.lyz.deboer@gmail.com.

2017 Executive Board Members

June Gordon, M.Ed. – President.....JuneTG@aol.com

Jaclyn Davis, Ph.D. – President-Elect.....jaclyndavisphd@gmail.com

Wendy Bartkus, M.S. – Secretary.....wbartkus@juno.com

Kelly Stec, M.S. – Treasurer.....kfries1125@gmail.com

Susan Rego, Ph.D. – Ethics Chairs.....sdrego@ptd.net

Tyson Davis, Psy.D. – Continuing Education Chair.....tysondpsyd@gmail.com

Lyz DeBoer, Ph.D. – Programming Chair.....dr.lyz.deboer@gmail.com

Allison Blechschmidt, Psy.D. – Membership Chair.....allisonblechschmidt@gmail.com

Wendy Bartkus, M.S., Peter Behrens, Ph.D. – Scientific, Academic,
and Student Affairs Chairs.....wendybartkus@juno.com, pjb4@psu.edu

Timothy DeMott, M.A. – Practitioner and Community Affairs
Chair.....tim@timdemott.com

Peter Behrens, Ph.D. – Past President.....pjb4@psu.edu



Lehigh Valley (LVPCA)



Executive Board
Retreat - January



@LVPCA

LEHIGH VALLEY PSYCHOLOGICAL AND
COUNSELING ASSOCIATION

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