

# Clinical Geropsychology News

Society of Clinical Geropsychology

*\*Pre-Convention Newsletter\**

APA Division 12, Section II

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\*Published articles do not necessarily represent the official views of Section II, Division 12, or APA

## President's Column

David Powers, Ph.D.



*H*ello everyone. As we approach the APA Convention I want to chat about the convention activities that the Society for Clinical Geropsychology (SCG, aka 12-II) is engaged in, and remind everyone of my “One Plus One” presidential goal for this year.

In regard to the APA Convention, the full program is not yet available, but I can tell you that SCG’s designated programming hours create an unofficial theme of “*Lunch with Clinical*”

*Geropsychology*.” All three of our official programming hours are at the lunch hour on various days of the convention.

On **Thursday, August 12<sup>th</sup> at noon** the Society is hosting a program entitled *Dementia Caregiver Well-Being: Family Interventions, Diversity, and Self-Efficacy*, with Dolores Gallagher-Thompson as the chair and David Coon, Sara Honn Qualls, and Yaron Rabinowitz as presenters, in Convention Room 15A Mezzanine Level.

On **Saturday August 14<sup>th</sup> at noon** George Niederehe will give a presentation entitled *Clinical Geropsychology as an emerging field: Are we there yet?* as the M. Powell Lawton Award winner, in Convention Center Room 29C Upper Level. This is a particularly timely topic, as several geropsychology groups within APA have coordinated and applied for recognition of geropsychology as a specialty practice area.

Finally, the 12-II Presidential Address is on **Sunday, August 15<sup>th</sup>**, Convention Center Room 28A Upper Level, and guess what time! Yes, noon, for all of you hearty folk who make it to the very end of the convention.

To break the monotony, our Business Meeting is at 10 am on Saturday in the Division 12 Suite in the Marriott. We are very pleased that APA President, Carol Goodheart, has chosen caregiving as a Presidential Theme for the convention. For more caregiver-related topics, I encourage you to read Debbie DiGilio’s column in this newsletter, and go to the APA Online Convention Program keyword search page at <http://forms.apa.org/convention/index.cfm?convention=Keyword> Search the term “caregiver” as well as “caregiving” to see the convention offerings on these topics, or any others that spark your interest.

Next, I would like to reiterate my own theme for this year of “One Plus One” by updating my own efforts. Last summer we moved to Seattle, Washington. I have an exciting new position at Seattle University, but it created a challenge for me in meeting the goals I set for everyone in SCG to engage in one new activity and engage one new person in the life of the society. As a new member of the Pacific Northwest community in a new administrative academic job, it has been a

challenge to connect to the local network of mental health and aging professionals. However, the new activity I have found to help move the profession forward is to do just that, and present at a conference about Optimizing Mental Health hosted by a local Area Agency on Aging. I also plan to write the senators and congressional representatives in my new home state to support national initiatives in aging. Have you thought about what you might do? Perhaps engaging in the efforts around Medicare reimbursement issues? What about engaging a colleague in the society, any progress? I’ll keep working on this, and encourage you to do the same. I look forward to seeing many of you in San Diego in August.

## Officers of the Society of Clinical Geropsychology

**President:** David Powers  
**Past President:** Jonathon Rose  
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**Student Representatives:** Joe Dzierzewski and Shannon Foster  
**Diversity Committee Chair:** Yvette Tazeau  
**Website Committee Chair:** Olga Rosito  
**Continuing Education Committee Chair:** Douglas Lane

## SAVE THE DATE

The 12-II Social Event will be the evening of Friday, August 13th during the APA Convention. Stay tuned for details!!!

## Consider This: Clinical Geropsychology in Switzerland with a Focus on Zurich

**Simon Forstmeier, Ph.D., University of Zurich, Department of Psychology**

As an international affiliate of APA and the Society of Clinical Geropsychology, it is a pleasure to introduce to you clinical geropsychology in Switzerland. Geropsychological research and teaching is currently performed at four departments of psychology (Uni of Berne, Uni of Geneva, Uni of Lausanne, Uni of Zurich) and includes cognitive, social and personality development in old age, neuronal correlates of cognitive development, and clinical geropsychology. More than 70 professionals working with older people, mostly clinical geropsychologists, are organised in the Swiss Professional Society for Geropsychology. The goals of this society are networking and education of professionals as well as public relations to reach the elderly in needs. One major project in the past few years was the development of a curriculum of geropsychology that defines the standards of postgraduate training in geropsychology and assures the quality of teaching in this area. This curriculum has a modular structure with theoretical and practical elements. It consists of a basic module (with topics like development in old age, social environment, health promotion, critical life events, well-being, spirituality, and research methods) and four applied modules (neuropsychology in old age, clinical psychology/psychotherapy in old age, education in old age, and coaching/counselling in old age). We count it as a major success that the Swiss professional association of psychology has accredited this curriculum in June 2010 because holders of this diploma can now use the title "gerontopsychologist." In the next paragraphs, I would like to provide some insight into clinical geropsychology research in our working group led by Professor Andreas Maercker and me.

We conduct studies on psychological factors influencing the development and

progression of Alzheimer's disease ("motivational reserve"), stress-response disorders in old age, psychotherapy in old age, and assessment of resources in old age (e.g., delay of gratification test). I want to highlight only some of our recent studies.

**Motivational reserve.** Most authors explain the protective effect of psychological factors on the development of Alzheimer's disease (AD) in terms of brain reserve. Cognitive, physical, and social activities are thought to stimulate underlying brain networks and make them more efficient and flexible, ultimately postponing the onset of AD for several years. We proposed that not only cognitive, social, and physical, but also motivational abilities contribute to brain reserve (Forstmeier & Maercker, 2008). Motivational abilities include self-regulatory skills (e.g., self-motivation in face of difficulties) and self-efficacy beliefs and are important abilities throughout life. In a first cross-sectional study conducted in Zurich we showed that midlife motivational abilities were associated with lower cognitive function in old age (Forstmeier & Maercker, 2008). With data from a longitudinal study, the German Study on Ageing, Cognition and Dementia in Primary Care Patients (AgeCoDe), we showed that midlife motivational abilities are associated with a reduced risk of mild cognitive impairment (MCI) and a reduced risk of AD in ApoE  $\epsilon$ 4 carriers (Forstmeier et al., submitted). The concept of motivational reserve is currently investigated further in a longitudinal study in Zurich, using a variety of measures including behavioural tests (e.g., "delay of gratification") and informant-rated measures.

**Stress-response disorders:** This broad category of disorders may develop after a stressor such as a critical life event (e.g., severe illness, relocation to nursing home), the death of a close individual, or a traumatic event (e.g., accident, war experience, assault). We were involved in several epidemiological studies on post-traumatic stress disorders (PTSD) in the elderly. While we found a higher prevalence of PTSD in old age (3.4%) compared to young adulthood (1.3%) in Germany (Glaesmer, Gunzelmann, Brähler, Forstmeier, & Maercker, 2010), there is a low prevalence (0.7%) in Switzerland (Maercker et al., 2008). We

interpreted these results as a consequence of the direct experience of World War II in this generation in Germany, but not in Switzerland. We are also interested in posttraumatic growth, i.e., the phenomenon that traumatic experiences not only lead to psychopathology, but can also prompt positive psychological changes in the long run. In a sample of former German child soldiers of World War II, we found that the most relevant predictors of growth were recognition as a survivor by significant others and meaningfulness as a dimension of sense of coherence (Forstmeier, Kuwert, Spitzer, Freyberger, & Maercker, 2009). Further studies focus on complicated grief (Forstmeier & Maercker, 2007) and adjustment disorders (Fankhauser et al., submitted) in old age.

**Psychotherapy in old age.** Two ongoing projects evaluate psychotherapy programmes for older people. First, we evaluate a comprehensive, cognitive-behavior therapy (CBT) based, multi-components treatment programme for patients with early dementia and their caregivers. This programme consists of eight modules (diagnosis and goal-setting; psycho-education; engagement in pleasant activities; cognitive restructuring; life review; training caregiver in behavior management techniques; interventions for the caregiver; couples counseling) and includes not only the patient but also his/her caregiver (mostly the spouse). Second, the effect of a computerized life-review intervention as an adjunct to face-to-face therapy for depression is evaluated in our group. Both studies are randomized controlled trials.

Thank you for your interest in geropsychology in Switzerland and Zurich! I am happy to be at the APA conference to present and discuss with you some of our results on motivational reserve and posttraumatic growth in an oral and a poster presentation.

*Dr. Simon Forstmeier*  
Senior Research Scientist at the University of Zurich, Dept. of Psychology  
President of the Swiss Professional Society for Geropsychology

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### International Affiliates: 12/II would love to hear from you!

The 12/II Newsletter Editors welcome article submissions from geropsychology researchers who identify as international affiliates. Brief articles could include, but are not limited to discussions about geropsychology research:

- at your international university
- in your country
- on cross-cultural aging

Please contact Brian ([byochim@uccs.edu](mailto:byochim@uccs.edu)) or Sherry ([sherry@stanford.edu](mailto:sherry@stanford.edu)) for more information.

## 2010 Student Research Award Recipient

Congratulations to Jennifer Kellough whose paper "Aging and Emotion Regulation in the Judgment of Facial Emotion" was selected as this year's exemplary student paper. Jennifer is a doctoral student in the aging track of the clinical science program (Department of Psychology) at the University of Southern California. She will receive a \$250 check and plaque in recognition of this achievement. She will also be asked to present a poster based on her paper at the Division 12 Awards reception at this year's APA convention.

The Awards Committee received an outstanding group of papers, and its members wanted to express our appreciation and enthusiasm for the work received. This year's Division 12, Section II Awards Committee Members include Sara Honn Qualls, PhD, Geoffrey Lane, PhD, and David W. Coon, PhD (Chair).

## Multicultural Committee Update Yvette Tazeau, PhD, Section Chair

As reported in the last update, several members of the Multicultural Committee are diligently at work on articles for the special issue, "Diversity, Mental Health, and Aging" for the journal *Clinical Gerontologist*.

On a separate, but related note regarding diversity issues in general, conferences provide unique opportunities to meet directly with colleagues who have new and interesting information to share within our field. During the remainder of this calendar year and through early 2011, there are several conventions with a focus on multicultural issues. Dates, locations, and contact information for the upcoming meetings are listed:

July 27-August 1, 2010 (Tuesday through Sunday)

### **The Association of Black Psychologists International Conference**

"Serudj ta: Transformative approaches toward repairing, restoring, and renewing the Afrikan Spirit through fulfilling the mission of The ABPsi"  
Hyatt Regency McCormick Place, Chicago, Illinois  
<http://convention.abpsi.org>

July 27-30, 2010 (Tuesday through Friday)

### **The Native Research Network (NRN) Conference** "Translating Research into Policy and Practice in Native Health"

Rushmore Holiday Inn, Rapid City, South Dakota

<http://www.nativeresearchnetwork.org>

August 11, 2010 (Wednesday)

### **Asian American Psychological Association (AAPA) Convention**

"Expanding Our Horizons: The Next Decade in AAPA  
Psychology"

John B. Kroc School of Peace Studies at University  
of San Diego, San Diego, California

<http://www.aapaonline.org/conventoins/conventions.shtml>

October 15-16, 2010 (Friday, Saturday)

### **Institute for the Study and Promotion of Race and Culture Diversity Challenge Conference**

"Race and Culture in Teaching, Training, and  
Supervision"

Boston College, Boston, Massachusetts

<http://www.bc.edu/schools/lsoe/isprc/dc.html>

October 16, 2010 (Saturday)

### **Multicultural Research and Training Lab Conference**

"Tragedy and Triumph: A Multicultural Perspective  
on Trauma and Resiliency"

West Los Angeles Graduate Campus, Pepperdine  
University

<http://gsep.pepperdine.edu/mrtl>

November 12-13, 2010 (Friday, Saturday)

### **National Latino/a Psychological Association (NLPA) Conference**

"Latinas: Celebrating the Psychological Strengths and  
Resilience of Latina Women and Girls"

The Westin Riverwalk, San Antonio, Texas

<http://www.nlpa.ws/conference>

January 27-28, 2011 (Thursday, Friday)

### **National Multicultural Conference and Summit (NMCS)**

"Unification through Diversity: Bridging  
Psychological Science and Practice in the Public  
Interest"

Westin Seattle Hotel, Seattle, Washington

<http://www.multiculturalsummit.org>

## Public Policy Update

### Donna Rasin-Waters, PhD

Meet our new Public Policy Committee members:

*Amber Gum, Ph.D.*, is Assistant Professor in the Department of Aging and Mental Health Disparities, Florida Mental Health Institute, University of South Florida. Her research focuses on older adults' utilization of behavioral health services and integration of brief psychosocial interventions for older adults into community settings. She currently has a grant from NIMH to study longitudinal service utilization patterns of older adults with depressive symptoms. She received her Ph.D. in clinical psychology (health specialty) from the University of Kansas and completed an internship in clinical geropsychology at the Palo Alto VA Health Care System in 2002. Dr. Gum spent the following two years as an NIMH research postdoctoral fellow at the University of California, San Francisco, prior to joining the AMHD faculty in 2004. Dr. Gum recently joined the Public Policy Committee because she is interested in promoting public awareness, policy, and research on late life mental disorders and the effectiveness of psychosocial interventions.

*Clare Mitchell, M.A.* is currently a fourth year graduate student and doctoral candidate in clinical psychology at Case Western Reserve University. Her research interests include caregiving and Alzheimer's disease, for which she has written and received grants from Division 20 (Adult Development and Aging) of the American Psychological Association, the Retirement Research Foundation, and Psi Chi. Clare also has a strong interest in policy and advocacy. During the summer of 2006, she interned for the American Psychological Association's Science Directorate. In this position, she attended United States Congressional briefings and hearings on mental health issues and was responsible for disseminating this information through online publications of the APA. Clare is currently serving as the 2009-2010 Ohio Psychological Association of Graduate Students Advocacy Chair. She hopes to build on

this experience by working with the APA 12-2 Policy Committee.

*Maggie Syme, Ph.D.* is currently a postdoctoral fellow in Geropsychology and Neuropsychology at the VA Boston Healthcare System. Her research interests include sexual well-being in older adults and cancer survivors, and civic involvement. She is currently working on a multisite study of cancer survivorship in veterans. With the majority of cancer survivors being older adults, the study considers the mental and physical sequelae of cancer treatment in this at risk group and how the health care system can best meet their complex needs. She received her Ph.D. in counseling psychology from the University of Kansas and completed an internship in clinical psychology at the VA Long Beach Health Care System in 2009. Dr. Syme recently joined the Public Policy Committee because she is interested in the processes of public policy, patient advocacy, and examining issues related to improving access to services.

We have reorganized the committee and are planning a survey to determine the interests and direction the committee should take following feedback from our membership. We want to understand how our membership would like to be active in public policy related to older adults and their caregivers. Please stay alert for our upcoming survey planned for April of this year. We all look forward to serving our Society's membership.

## APA Committee on Aging (CONA) and Office on Aging Update

**Deborah DiGilio, MPH, Director,  
APA Office on Aging**

We have been busy in the Office getting ready for Convention and providing staff support to a number of APA governance groups including the 2010 Presidential Task Force on Caregivers, the Committee on Aging, and the Task Force to Update the Guidelines for the Evaluation of Dementia and Age-Related Cognitive Decline. To assist me in these tasks is Maren Davis, the new Administrative

Coordinator for the Office on Aging. Maren is quickly learning the (multiple) ropes and helping to do what we need to do during this busy time.

We are looking forward to Convention events and hope you will join us! The CONA Conversation Hour, Caregiving: What Scientists and Practitioners Want to Hear from Each Other will be held on Friday, August 13th from 5:30 - 6:45 PM in Ballroom 6B Of the Convention Centre. Come join us for stimulating discussion, the CONA Award for the Advancement of Psychology and Aging presentation, and refreshments.

Additionally this year two great CE workshops will offered. Our CONA/Office of Continuing Education cosponsored, all day, previously well-attended, preconvention workshop, What Psychologists Should Know About Working with Older Adults, will be offered on Wednesday, August 11th. Presenters are: Merla Arnold, RN, PhD, Leon Hyer, PhD, ABPP, Peter Lichtenberg, PhD, ABPP, and Margaret Norris, PhD. On Sunday, a new half-day CE workshop, Psychological Assessment of Decision-Making Capacity of Older Adults, will be offered by ABA/APA Assessment of Capacity in Older Adults Working Group members, Drs. Stacey Wood and Aida Saldivar along with forensic psychologist, Susan Bernatz, PhD and Dan Krauss, JD, PhD, former Chair of the APA Committee on Legal Issues. Please share information about these offerings with your colleagues.

On Friday, August 13th from 3:00-3:50, Health Care Reform: Implications for Psychology and Diverse Populations will be presented by Diane Elmore, PhD, MPH, APA Public Interest Government Relations Office and Nina Levitt, EdD, APA Education Government Relations Office. James Bray, PhD, APA Past-President will serve as discussant in Room 26B, San Diego Convention Center. I would like to note that Dr. Elmore's roles as a leader in APA's health reform efforts and as policy chair of the Eldercare Workforce Alliance was instrumental in securing provisions important to geropsychology on interdisciplinary care and geriatric workforce issues. Learn more about these and other new provisions at the symposium.

On Sunday, August 15th from 10:00 - 10:50, the Division 20/CONA symposium, Cognitive Decline among Older Adults---Can Something Be Done? Will be held in Room 24B; San Diego Convention Center. As in past years the booklet, Convention Sessions on Aging Issues, will be distributed to the list serve prior to Convention.

Last, but certainly not least, I share news that the Presidential Task Force on Caregivers continues to work toward its goal of the development of a web-based Family Caregiver Briefcase for Psychologists. Caregiving will also be a central theme of the 2010 Convention in San Diego. Former First Lady Rosalynn Carter will receive an APA Presidential citation for her work related to caregiving at the Opening sessions and 14 divisions are offering convention programming on this topic. Join your 12-2 colleagues, Martha Crowther, PhD, MPH, William Haley, PhD, and Sara Qualls, PhD, and President Goodheart, and other Task Force members at the Presidential Program, Serving Family Caregivers in your Community: Opportunities, Roles, and Resources for Psychologists on Saturday, August 14, from 2:00 - 3:50 in Room 4 of the Convention Center.

Hope to see you in San Diego. As always, please direct your ideas and questions to me at [ddigilio@apa.org](mailto:ddigilio@apa.org).

## Quote Unquote

### A New Section Brought to You by Your 12/II Newsletter Co-Editors

“The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.”

-Aldous Huxley

*Provided by Sheena Horning, MA, Doctoral candidate at the University of Colorado at Colorado Springs*

## **The Student Voice: Advice for Surviving Graduate School**

### **Shannon Foster, Ph.D. Student Representative**

Greetings fellow students! As I write this article, I am finishing up my last few days of internship so it seemed fitting to write a survival guide of sorts. So, here are the top 5 things that helped me survive graduate school.

1. **Select your thesis and dissertation topics wisely** – Foremost, pick a topic that is interesting AND doable! This does not need to be groundbreaking research; it just needs to be something that helps you learn about the research process. It does need to be something that you can complete in 1 or 2 years. Keep it simple! Also, choose something that is of interest to you. Your dissertation is something you will spend more hours with than anything else in your graduate life; hence, it is easier if you actually care about the topic. And, do everything you can to finish before internship. Having your dissertation complete prior to internship can make you a stronger applicant and it will make your life much more manageable while on internship.
  2. **Choose your mentor wisely** (if you can) – Some programs offer admittance to the program in general and allow for a test period for students and faculty to decide where they match the best. Other programs offer admission contingent upon a specific student-faculty matching. If given the opportunity to “test drive” a mentor, try to select someone with whom you are professionally and personally compatible. Spend some time getting to know your professors before you select an advisor.
- Some questions to consider might include:  
(a) How many years does it take the average student to make it through the program in this advisor’s lab? (b) What is the mentor’s style? Are they very hands-on or do they prefer to let the student guide the process? (c) Is this a person with whom you will be comfortable spending a great deal of time, over several years? (d) Does this mentor tend to publish with his/her students and what does that process look like? (e) Do you have compatible research interests? (f) What types of students have been most successful in this mentor’s lab?
3. **Choose your opportunities carefully** – There will always be more opportunities available than time in which to take advantage of them—a chapter to co-author, a committee to chair, a grant to write, a paper to review, an interesting client to counsel, the list goes on! Find a mentor who will keep your career goals in consideration and will offer council to help you select among the many opportunities that will come your way. Try to always speak with this mentor before agreeing to take on a new task. If nothing else, it is good practice to never say yes on the spot, but to take a day or two to consider the option. Some questions you may want to consider: (a) Will this opportunity move me towards a short- or long-term goal? (b) Will it mean sacrificing balance and if so, for how long? (c) What exactly will be the time commitment? (d) Simply – what will you gain and what will you lose?
  4. **Create and keep balance in your life** – Surround yourself by friends and family and use them to help you grounded about what is truly important in life. There will be days (sometimes it may feel like the majority of days) when it seems that your dissertation is going to be your true demise, your friends and family can help you regain perspective! On the same note, make sure you have friends outside of your program. At the end



of a stressful day it is nice to unwind with someone who just doesn't care about the progress you are making on your dissertation! And of course, maintain your physical health. Do your best to eat well, exercise regularly, rest, and take time off to recover when you do become sick! We often advise our patients to take care of themselves while ignoring our own health.

5. **Finds ways to refuel your passion and do so purposefully** – This might be the most important thing that I learned. It is easy to lose sight of what is important and to wonder why you are putting yourself through this grueling process. So, it is extremely important to know your story—what is your passion, why did you enter this field, what mark do you hope to make? It is also very helpful to know what things will refuel your passion when your tank is running on empty. For me, this was attending conferences, particularly GSA. Each time I attended GSA, I would get excited as I found myself surrounded by a sea of individuals, all of whom care about older adults and are committed to making a difference in the field. It was such a wonderful opportunity to learn about cutting edge research and to network with some of the leaders in the field. I have always been amazed by the fact that the leaders in our small field of geropsychology are so committed to the development of students. They are excited to learn what you are doing and to help in any way they can; reach out to them, they are a great resource.

These are the things that helped me. I think we all need to figure out what works for us, but my hope is that some of the things that helped me through to the end will work for you as well. Best wishes to each and every one of you! Please feel free to contact myself or Joe Dzierzewski if you have any questions about student membership, upcoming conferences, or anything else!

Shannon Foster: [sfoster2@uccs.edu](mailto:sfoster2@uccs.edu)

Joe Dzierzewski: [joedz@PHHP.UFL.EDU](mailto:joedz@PHHP.UFL.EDU)

Facebook group:

<http://www.facebook.com/group.php?gid=53793187809>

**IMPORTANT ANNOUNCEMENT:  
PLEASE VOTE IN THE 12/11  
ELECTIONS!!!**

**The Polls Are Open!**

Please vote for *President-elect* and *Treasurer* of The Society of Clinical Geropsychology. Our candidates are Erin Emery and Doug Lane for *President-elect*, and Norm O'Rourke and Sherry Beaudreau for *Treasurer*.

Photos of the candidates and personal statements are on the ballot. Terms of office are for three years, starting January 1, 2011. The *President-elect* becomes President in 2012 and Past-President in 2013. The *Treasurer* serves in full capacity for three continuous years.

To vote, go to [www.vod.votenet.com/scg](http://www.vod.votenet.com/scg) and login using your APA number and email address.

Your 8 digit APA number can be found on your APA card, on the cover of Monitor on Psychology, and on the wrapper for any APA journals to which you subscribe. If you are getting the number from a journal, do not enter the leading zeros, the slash, or anything after the slash. Do not use any dashes or other punctuation. Your membership number has 8 digits only.

Your email address is the one you use for our List Serve. If you are not on the list serve, it is the email address you gave to our membership chair when you renewed your membership. If you have problems voting, please contact me at [Jonathon.Rose@VA.Gov](mailto:Jonathon.Rose@VA.Gov) or call me in Palo Alto at 650-493-5000 x 64334.

Voting will close on July 31, 2010.

*Jon Rose, election committee chair.*

**The Council of Professional Geropsychology Training Programs (CoPGTP)** will have its annual meeting and dinner during the APA convention on **Thursday August 12, from 7:00-9:30 pm**. The meeting will be held at Trattoria La Strada (705 5th Ave., San Diego, 92101).

*For further details about the meeting, please email the Chair of CoPGTP Michele Karel at [Michele.Karel@va.gov](mailto:Michele.Karel@va.gov).*

*For more information about CoPGTP, please see our website: <http://www.uccs.edu/~cpgtp/>*

### **Executive Board Meeting Summary Meeting via Teleconference, April 26, 2010**

The meeting was called to order by President David Powers at 8:35am. In attendance were Sherry Beaudreau, Jonathon Rose, Karyn Skultety, Martha Crowther, Rick Zweig, Amy Fiske, Brian Yochim, Donna Rasin-Waters, Cheryl Shigaki, Joe Dzierzewski, Douglas Lane, Margie Norris, Olga Rosito, Yvette Tazeau, Brian Carpenter. Minutes from the teleconference held on December 14, 2009 were approved.

#### **APA Conference- David Powers**

David reviewed the 12/2 events and scheduling for the APA Conference. The board meeting will be held from **1:30-3:30 on Friday, August 13th**. The section business meeting will be held from **10-11am on Saturday, August 14th**. The 12/2 programming is scheduled as follows: Symposium on caregiving at **noon on Thursday**, the M. Powell Lawton award address at noon on Saturday, the presidential address will be held at noon on Sunday. The Society's dinner/happy hour event has not been scheduled yet. It will be a 12/2 event this year, rather than combo with Division 20. We also

discussed that a retirement event is being held for Norm Abeles and he is receiving a senior contribution award. We discussed ways the society can support this dinner and honor his contributions to geropsychology.

#### **Awards- David Powers**

David reviewed a report submitted by David Coon. Michele Karel will receive clinical mentorship award at business meeting. The student paper award has not been determined but should be decided by mid-May [*Editors' Note: Please see page 5 of this newsletter for the announcement of student paper award winner*]. George Niederehe will receive the Powell Lawton award.

#### **Treasurer Report- Rick Zweig**

No new updates or changes to budget. Rick reported that we are on track for income with \$5560 collected so far towards the budgeted goal of \$7275. We anticipate an additional \$500 from Division 12 as well as income from the APA pre-conference session being offered. Rick reported that the society now has an on-line ING savings account and 12 month CD. This account has generated \$70 of interest income. Relatively few expenses so far and are due to travel expenses and initial cost of setting up new web domain. More expenses anticipated to update website and within budgeted amount.

#### **IHC Report- Margie Norris and Cheryl Shigaki**

Margie and Cheryl reviewed current work by IHC meeting. Cheryl began by discussing that the H&B Codes are not being used enough and utilization rates have decreased. They are primarily used by psychologists (97%) but are not used enough. She discussed that if they are not used, there is a chance that CMS will stop reimbursing these codes. Margie also stressed that it is important to use these codes to support psychology's integration into healthcare. We discussed ways to make psychologists more aware of these codes and increase utilization. There was discussion about problems that have been encountered in the past with having these codes reimbursed and how they have been addressed. David suggested having information about these codes in the newsletter to

help increase knowledge. Margie and Cheryl plan to do this in the next edition.

Margie also shared that at the meeting Jeff Reed spoke about WHO revision of ICD-10 for ICD-11. He is leading the group revising the mental health disorders section. WHO is trying to streamline and make this manual more accessible, especially for use in lower to middle class countries where diagnoses are often given by providers who are not mental health providers. There was also discussion of the ICD-11 being used in future by US government rather than DSM. Jeff Reed will provide update at APA conference.

Cheryl also discussed changes in Medicare reimbursement. Medicare was scheduled for a 21% decrease in fee reimbursement for all providers but this has been delayed until June. Psychotherapy fees had a 5% increase for 2008 and 2009 which the healthcare reform bill extended through 2010. There is a gradual increase in Medicare reimbursement for psychotherapy from 50% to 55% and will go up to 80% by 2014. The reimbursement from secondary providers for the remaining cost is decreasing as these rates increase and education may be needed for providers to understand the changes.

Cheryl also shared that Zan Bruns presented data from Colorado examining the effects of state mandate that required a mental health evaluation for all worker's comp claims. The data was available both pre and post the mandate and showed a dramatic decrease in cost of these claims. IHC is working on treatment guidelines for treating chronic pain that might be used to apply this data in other venues. Cheryl also announced Margie has been nominated for healthcare/extended practice slate for the Committee for Advanced Practice (CAP). The board discussed ways to support her in this.

#### **Website- Olga Rosito**

Olga discussed that we tried to recover our legal rights to our previous domain name from the host provider. However, we were unable to do this because of how it was registered initially under one individual's name. So we instead looked for a new domain name and found "geropsychology.org" and purchased it for \$175. The domain was registered

through Moniker with Jon Rose/Society of Geropsychology as the name on the account. It is registered through Google applications which allows for a wide variety of applications with ease. Google is reviewing our application to be an educational website which allows for reduction of cost. We are now able to begin posting content on the site and list of users for the site.

Olga will set up the site so that each committee member has access to the site through the Google platform so that members can post content to it. She will also be setting up the static content for the page, some of which will be the same as the old website. We discussed what some of this content might be, especially the initial ("landing") page and the dynamic links that will be available. David suggested putting together a committee together to help with building the website. We also decided that initially the officers can review the old text from the opening page on the website to get something up on the site. Board expressed appreciation for Olga's significant efforts.

#### **CE Committee- Doug Lane**

Doug reported that APA has approved our CEU offering for the conference. It will be held on Saturday afternoon at the conference and will focus on the integration of geropsychology with primary care. Doug also reminded the board that two on line CEU providers are ready to offer reduced rates for members if there is a link on the website for them. Olga talked about how to link this onto our website. Board will investigate further.

#### **Division 12 Representative- Brian Carpenter**

Brian shared that the division is considering asking each section to submit a treasurer's report to the division every six months and is considering action against sections who do not submit this. To help address this, they are requiring a mid-year report to be submitted. This year's will be due in September, but in the future will be submitted in January and June.

**Public Policy- Donna Raisin Waters**

Donna reported public policy committee is about to submit a survey to assess the needs and interests of the membership in terms of public policy and use of Profnet. This should come out in May. Donna also attended state leadership meeting and discussed highlights from this event.

**Student Representative- Joe Dzierzewski**

Joe discussed that the students have submitted a symposium to be presented at GSA about careers in Geropsychology. David asked about student attendance at APA this year and ways to include students in the society events. Joe will put out a request on the student Facebook page to see about how many people might be attending. The board has money budgeted to help support a student event at APA and/or GSA.

**Newsletter- Brian Yochim and Sherry Beaudreau**

The next edition will come out prior to APA. Submissions will be due in early July. Sherry and Brian encouraged people to submit ideas for articles or cartoons if they have this. We also discussed using the newsletter to announce the new updated website and having editions of the newsletter available through the site.

**Diversity Committee- Yvette**

The diversity committee is working on putting together an article on diversity to be submitted to *The Clinical Geropsychologist*.

**Elections- David Powers and Jon Rose**

A new president and treasurer will be elected this year. Both are three year commitments. Nominations are being solicited now and a request will be sent out to the membership through the listserve. David obtained a list of the past presidents to help determine who has already served and cannot be nominated again. Jon will follow up to get this set-up.

*Meeting was adjourned at 10:30PST.*

**Division 12 Board Meeting  
Summary**

**Brian D. Carpenter, Ph.D.**

**Section II Representative to Division 12**

*Below is a summary of selected topics discussed during the June Division 12 Board Meeting and other developments in Division 12.*

**Presidential Updates**

As part of *President Marvin Goldfried's* initiative regarding the integration of science and practice, the Division recently surveyed practitioners who have expertise on panic disorder, seeking input to share with researchers and treatment developers about key clinical issues. Over 300 practitioners responded. Preliminary results will be presented at the meeting of the Society for Psychotherapy Research and in Dr. Goldfried's Presidential Address at APA. In addition, members of the Empirically Supported Treatments subcommittee will be reviewing the survey data, discussing results, transcribing the committee's conversation, and distributing results to survey participants and the Division's website. Two additional surveys will be distributed in the near future, seeking input from practitioners on GAD and social anxiety. A report on these and other efforts to bridge science and practice appeared in the June issue of the *APA Monitor*, with commentary from a number of Division members.

**Strategic Planning**

As part of the Board's strategic planning initiative, a modified Board meeting has been planned for October in Chicago, with a number of innovative features. First, Board members will convene a series of focus groups with students and early-career professionals recruited from local universities and practice settings to solicit input about career issues and the role the Division does (and might) play in their professional development. The goal is to gather information about what members want from Division membership, with the goal of expanding recruitment of new members and retention. Following the focus groups, Board members will offer two mini-workshops open to

students and early-career psychologists seeking CE credits. *Dr. Goldfried* will conduct a workshop on LGBT issues, and *Dr. David Rudd* will conduct a session on suicide.

### **Division Finances**

A recent report from *Treasurer David Rudd* confirmed that the Division continues to lose membership at a rate of approximately 5% per year, consistent with the experience of many other divisions and APA more generally. As a consequence, the Division is operating under a deficit, with the balance of funds for operation coming from reserves. Strict cost cutting will be required to maintain the financial viability of the organization, and this will be a primary focus of strategic planning at the October Board meeting. Members of the Finance Committee have recommended a spending freeze until that strategic planning is complete.

### **Rising Star Program**

The Division 12 Early Career Summer Fellowship program, initiated by *President-Elect Danny Wedding*, supports a young investigator during the summer months, during which they can travel to work with a Division 12 mentor on a targeted project. The focus of these fellowships is on researchers and research that integrate science and practice. From seven applicants in the first year of the program, the inaugural Fellow for 2010 is *LaRicka Wingate*. *Dr. Wingate* is an Assistant Professor in the Department of Psychology at Oklahoma State University. Her research investigates the interpersonal causes, correlates, and consequences of both suicidal behavior and depression, and she is working on her research this summer with *David Rudd*.

### **Task Force on Evidence-Based Psychotherapy Relationships**

This interdivisional taskforce (which includes members of Division 29, Psychotherapy) has been working diligently in recent months on chapters for an upcoming book that will focus on key elements in successful psychotherapeutic relationships, client-therapist matching, and meta-analyses of research on psychotherapy relationships.

### **Recent Activities by APA Council**

The APA Council of Representatives appointed a Treatment Guidelines Steering Committee and Development Panels charged with identifying, evaluating, and summarizing best evidence in clinical practice. The Council also voted to update language on the Model Licensing Bill under preparation, a resource for states interested in knowing what APA considers essential in a state's licensing regulatory legislation. The updated model bill adds "general applied psychologists" as a license category for those providing services to individuals or groups and exempts "school psychologists" as a category requiring the doctoral degree. Council also recently addressed the evolving APA Core Values, adding "Embrace Social Justice, Diversity, and Inclusion" to its other four previously adopted values: The Continual Pursuit of Excellence, Science-Based Knowledge and Application, Outstanding Service to Its Members and to Society, and Acting Ethically in All that We Do. Council also voted that for educational programs for which APA credit is available, advertising in APA outlets will be restricted to APA accredited programs. Finally, Council decided to move its meeting from the Manchester Hyatt Hotel at APA due to controversy regarding donations the hotel's owner had made to support Proposition 8 in California.

### **New Edition Available in Advances in Psychotherapy Series**

The Division is proud to announce the newest volume in the Advances in Psychotherapy – Evidence-Based Practice book series. This edition on depression was written by Lynn P. Rehm and provides a compact, practical guide to diagnosis, assessment, and empirically supported treatments of depression. Given that the array of today's empirically supported treatments for depression tend to be complex packages, one useful feature of this volume is that it identifies basic competencies that will allow professionals to treat most cases of depression. As with the previous volumes in this series, Division 12 members receive a substantial discount (and an even greater discount by placing a standing order for future volumes in the series).

## **Announcement: FREE First Year Membership to APA Division 51**

### **Society for the Psychological Study of Men and Masculinity**

#### **Free, First Year Membership for New Members of the Society for the Psychological Study of Men and Masculinity (SPSMM), Division 51 of APA**

A one year, free membership for 2011 is being offered by Society for the Psychological Study of Men and Masculinity (SPSMM), Division 51 of APA. SPSMM advances knowledge in the psychology of men through research, education, training, public policy, and improved clinical services for men.

#### **Benefits of Membership Include:**

- Free subscription to *Psychology of Men and Masculinity* (the official empirical journal of Division 51).

- Participation in SPSMM listserv where members exchange information and ideas, discuss research and practice, and network with colleagues.
- Opportunities to serve in leadership roles in Division 51's Committees and Task Forces.
- Involvement with Divisional Web page on your interests and expertise in psychology of men.
- Opportunities to meet, network, and socialize with over 500 psychologists committed to advancing the psychology men and gender.

*For further information about the free membership application process:*

Go to Division 51's website: <http://www.apa.org/divisions/div51/> for an electronic application or [www.apa.org/divapp](http://www.apa.org/divapp)

For additional questions about the membership process, contact Keith Cooke at [kcooke@apa.org](mailto:kcooke@apa.org)

## **CALL FOR ARTICLES**

*The 12/II Editors are currently seeking:*

- Editorials
- Opinion pieces on current issues in geropsychology
- Professional development articles for budding geropsychologists
- Summaries of your geropsychology research
- Critical reviews on innovations and new directions in geropsychology
- Cartoons or other creative pieces on aging

If you have an idea about something you'd like to contribute, run it by us today!  
We'd love to hear from you!

Please contact Brian Yochim at [byochim@uccs.edu](mailto:byochim@uccs.edu) or Sherry Beaudreau at [sherry@stanford.edu](mailto:sherry@stanford.edu)

**APA Division 12, Section II: The Society of Clinical Geropsychology  
2010 MEMBERSHIP DUES FORM**

<b>Name (Print)</b>	<b>Degree</b>	<b>Membership Status (Please check one)</b> <input type="checkbox"/> <b>Renewal</b> <input type="checkbox"/> <b>New Member</b>	
<b>APA Member No. (Required)</b> _____ (You must be a member of APA to join Section II. Student applicants must have their application endorsed by a faculty advisor who is an APA member)			
<b>APA Membership Status (Please check one)</b> <input type="checkbox"/> <b>Fellow</b> <input type="checkbox"/> <b>Member</b> <input type="checkbox"/> <b>Associate</b> <input type="checkbox"/> <b>Emeritus (retired member of APA)</b> <input type="checkbox"/> <b>Student Member</b> (graduate, internship, postdoc)			
<b>Street Address</b>			
<b>City</b>	<b>State</b>	<b>Zip Code</b>	
<b>Phone (    )</b>	<b>Fax (    )</b>		
<b>E-mail</b> _____ (Note: E-mail is crucial for our records, and therefore strongly encouraged) <b>___ CHECK HERE TO OPT OUT OF THE LISTSERV</b>			
<b>Are you a member of Division 12 (The Society of Clinical Psychology)?</b>	<input type="checkbox"/> <b>Yes</b>	<input type="checkbox"/> <b>Yes</b> (as a student)	<input type="checkbox"/> <b>No</b>
<b>Please list other Divisions you are affiliated with:</b>			
<b>Special Interests within Geropsychology</b>			
<b>What is your PRIMARY emphasis as a Geropsychologist? (Define primary as 51% or greater)</b> <input type="checkbox"/> <b>Clinical practice</b> <input type="checkbox"/> <b>Research</b> <input type="checkbox"/> <b>Teaching</b> <input type="checkbox"/> <b>Administration</b>			
<b>PAYMENT OF DUES (USD)</b>			
<b>\$25.00 for Members, \$10.00 for Students, Emeritus members are dues exempt</b>			<b>\$</b>
<b>B. Added Contribution to Section II (donations are strictly voluntary, but greatly appreciated!)</b>			<b>\$</b>
<b>C. Total Amount Enclosed (Please make your check in U.S. dollars payable to APA Division 12, Section II)</b>			<b>\$</b>
<b>Signature</b>			<b>Date</b>
<b>If Student, Faculty endorser (print)</b>			
<b>Faculty signature</b>			<b>Date</b>
<b>You can pay via the web:</b> <a href="https://webform.sfu.ca/cgi-bin/WebObjects/WebForm.woa/wa?gero.geropsyc.membership.payment">https://webform.sfu.ca/cgi-bin/WebObjects/WebForm.woa/wa?gero.geropsyc.membership.payment</a>			
<b>Or mail this form, along with your check payable to "APA Division 12, Section II" to Richard Zweig (treasurer):</b> <i>Richard A. Zweig, Ph.D. Director, Ferkauf Older Adult Program, Associate Professor of Psychology, Ferkauf Graduate Sch.- Yeshiva University, 1300 Morris Park Ave., Bronx, NY 10461</i> <b>E-mail: <a href="mailto:rzweig@aecom.yu.edu">rzweig@aecom.yu.edu</a>; Phone: 718-430-3958</b>			
<b>CHECK HERE TO BE INCLUDED IN THE MEMBERSHIP DIRECTORY</b>			