

# **CLINICAL GEROPSYCHOLOGY NEWS**

AMERICAN PSYCHOLOGICAL ASSOCIATION, DIVISION 12 SECTION II

Volume 4, Number 1

June, 1997

## **President's Comments**

Bob Knight, Ph.D.

1997 is shaping up as a good year for clinical geropsychology and an active year for Section 2. As you know, Norman Abeles has moved from his post as Secretary of Section 2 to the presidency of APA. The presidential mini-convention on aging will bring two full days of center stage attention to aging and much of it is focused on clinical issues (see pages 2-4 for details). Thanks to Steve Zarit, program chair, our own program at the convention will be excellent (see p. 3). Through Norman Abeles efforts, the Section is able to offer student travel awards to APA, which are funded by the AARP.

The application for recognition of clinical geropsychology as a proficiency was submitted a couple of months ago (see p. 7). This is the culmination of several years work by an interdivisional task force and is an historic step in the recognition of clinical geropsychology. We will keep you informed as it winds through the approval process at APA.

The Section is also expanding its activities in a number of important ways, supported by volunteers beyond those who serve on the Board. Michele Karel has volunteered to coordinate the "CGX update" series on the section's e-mail network. Greg Hinrichsen is surveying internships in order to compile the first listing of internships that include training in clinical geropsychology. The Public Policy Committee (Susan Cooley, chair) has done an enormous amount of work identifying a priority initiative of educating older adults concerning mental health options in health care plans. The Board is looking to expand contact with student members and hopes to identify a student volunteer liaison in the near future.

Looking beyond 1997, the 1998 APA meeting is coordinated with an international meeting of psychologists, also in San Francisco. APA has recently recognized a new division for international psychology. It seems a good time for clinical geropsychology in the U.S. to become more cognizant of our position in the world, as well as within APA and the U.S. I have invited some clinical geropsychologists from other nations to comment on the state of the field there. These contributions will appear in the newsletter later this year. I find cross-national comparisons useful in raising questions about how we are doing compared to others and, more importantly, why we do things in the U.S. the way that we do. As clinical geropsychology moves into the 21st century, a global consciousness will become an essential part of our thinking about the profession and about older adults.

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## **Public Policy Recommendations**

Susan Cooley, Ph.D.

An ad hoc Section II Public Policy Committee (Susan Cooley, Ph.D., chairperson, Charles Fogelman, Ph.D., Deborah Frazer, Ph.D., Manuel Miranda, Ph.D., Lawrence Rickards, Ph.D., and Erlene Rosowsky, Psy.D) recently submitted two public policy issue recommendations to the Section II Board of Directors. The Committee considered the first priority issue to be Public Education On Mental Health Service Provision Through Managed Care; the second priority was Layperson And Professional Guidance On Mental Health Issues. The managed care issue is more narrowly focused than the broader issue of layperson and professional guidance on mental health issues. The two topics, although listed separately, are actually intricately connected and in many ways complementary. Both call for increased public understanding of mental health needs and issues of older adults, as well as increased access to appropriate mental health services for older adults. Implementation elements of the two could conceivably be combined in various ways, particularly in a multi-stage effort. The Section II Board was enthusiastic about the recommendations and has expressed support for proceeding with implementation, including long-range planning efforts involving other elements of APA and other organizations. Plans for a committee to begin implementation activities are currently underway.

## Psychology and the Aging Revolution

Sara Honn Qualls, Ph.D

The Presidential Mini-Convention, entitled "Psychology and the Aging Revolution" will be held on Friday, Saturday, and Sunday during the annual APA convention. In addition to major presentations on Friday, there are a series of symposia on Saturday and Sunday that are structured to create dialogue between mainstream psychologists and geropsychologists working within major subdisciplines of psychology. Come listen to what colleagues outside of geropsychology think about the impact of aging research on mainstream disciplines, and hear how the mainstream could influence aging research. Then engage in a dialogue with your aging research colleagues! Listed below are the speakers, topics, dates, and times for the presentations.

**Location:** The Opening Session (Friday 11am-12:50pm) will be in the Chicago VI and VII of the Sheraton Chicago Hotel and Towers. All other sessions will be held in the Superior Room A & B of the Sheraton Chicago Hotel and Towers. Watch for information about the location of the Friday evening social hour.

### Schedule of Sessions

#### FRIDAY

**Opening Session** (11am-12:50pm); Chair: Norman Abeles (APA President);  
Keynote Speaker: Elie Wiesel (Nobel Laureate), The Personal and Political Importance of Maintaining Memory Across Generations

**Presidential Open Forum:** Setting an Agenda on Aging (2-3:50 pm); Chair: M. Powell Lawton; Participants: Norman Abeles (APA President) and Martin E. P. Seligman (APA President-Elect)

**Special Invited Address:** Using the Gift of Long Life: Psychological Implications of the Age Revolution (4-4:50pm); Chair: Norman Abeles (APA President); Presenter: James E. Birren

**Social Hour** (5-6pm); Co-Sponsored by APA, Division 20, and Section 2 of Division 12

#### SATURDAY

**Conversations Between the Study of Depression and the Psychology of Aging**  
(9-10:50am); Chair: Martha Storandt

The Nature of Depression, Susan Nolen-Hoksema; Variations on Depression in Later Life, Margy Gatz; Discussants: Martin E. P. Seligman, Patricia Parmelee

**Establishing a Dialogue Between Psychotherapy and the Psychology of Aging**  
(11am-12:50pm); Chair: Gary VandenBos

Integrative Themes in Individual Psychotherapy During the New Millennium, John Norcross; Toward an Integrative Therapy with Older Adults, Bob Knight; Discussants: Hans Strupp, Larry Thompson, Chalmer Thompson

**Social Contexts of Emotion Throughout the Life Span**  
(1-2:50 pm); Chair: Laura Carstensen

Expressive, Physiological and Subjective Changes in Emotion Across Adulthood, Robert Levenson; The Role of Social Context in Emotional Development in Childhood, Joseph Campos; Discussants: Carol Magai, Fredda Blanchard-Fields

**Neuropsychology and Cognitive Aging: What Have We Taught Each Other?**  
(3-4:50 pm); Chair: Asenath LaRue

How Has Cognitive Aging Research Influenced Neuropsychology Research and Practice?, Marilyn Albert; How Has Neuropsychology Influenced Cognitive Aging Research and Practice?, Al Kaszniak; Discussants: Antonio Puente, Asenath LaRue

#### Health and Aging

(9-10:50am); Chair: Carolyn Aldwin

A Behavioral Medicine Perspective on Aging and Health, Karen Matthews; From Psychology of Aging to Developmental Health Psychology, Ilene Siegler; Discussants: Norman Anderson, Carolyn Aldwin

## Psychology and the Aging Revolution (con't. from p. 2)

### SATURDAY

#### Changes in Social Needs and Social Goals Across the Life Span,

(11am-12:50pm); Chair: Karen Rook

Autonomy and Relatedness: Balancing Needs Across the Life Span, Richard Ryan; The Evolution of Social Goals Across the Life Span, Laura Carstensen; Discussants: Tom Pyszczynski, Karen Rook

#### Caregiving as a Family Experience,

(1-2:50pm); Chair: Sara Honn Qualls

The Graying of the American Family: Challenges and Opportunities, Froma Walsh; Interventions to Help Aging Families Provide Care, Dolores Gallagher-Thompson; Discussants: James Bray, Rachel Pruchno

#### Knowledge and Very Long-Term Memory Over the Life Span,

(3-4:50pm); Chair: Tim Salthouse

Memory for Personal and Public Events Experienced Over a Lifetime, David Rubin; Can Acquired Knowledge Compensate for Age-Related Declines in Cognitive Efficiency: Examples from Chess and Bridge, Neil Charness; Discussants: William Brewer, Tim Salthouse

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### Division 12, Section II. Clinical Geropsychology APA Convention Program

Steven Zarit, Ph.D.

### FRIDAY, AUGUST 15

#### Symposium: Cognitive and Emotional Pathways to Depression and Suicidality Across the

Lifespan (10-11:50am); Organizer: Jane L. Pearson

Gender Differences in Coping Among Adolescent Suicide Attempters, Barry Wagner & P. Michelle Schuman; Pathways to Depression in Women and Men Across the Lifespan, Benita S. Jackson & Susan Nolen-Hoeksema; Emotional Traits in Older Suicide Attempters, Larry Seidnitz; Personality and Suicidal Behavior: A Case Control Study, Paul R. Duberstein; Discussant: Carol L. Magai

**Social Hour:** (5-6pm): A social hour for all members will follow the talk given by James Birren. Location will be announced.

### SATURDAY, AUGUST 16

**Poster Session:** (10-11:50am); Section II posters will be included as part of the poster session sponsored by Division 20.

### SUNDAY, AUGUST 17

#### Symposium: Standards for Psychological Practice in Long Term Care (10-11:50am);

Organizer: Peter A. Lichtenberg

The Context of Psychological Practice in Long Term Care, Deborah W. Frazer; The Provision of Psychological Services in LTC Facilities, Erlene Rosowsky; Ethical Issues in LTC Facility Practice, Victor Molinari; Discussant: Royda G. Crose

### MONDAY, AUGUST 18

**Presidential Address:** Irrational Bases for Programs and Policies: Caregiving Policy as a Case Example (9-9:50am); Bob G. Knight

**Business Meeting:** Division 12 Section II (10-10:50am)

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### Clinical Geropsychology Internships

Gregory Hinrichsen, Ph.D.

A directory of psychology pre-doctoral clinical internships with opportunities for geropsychology training and post-doctoral clinical geropsychology fellowships will be available in the late summer. The directory was developed in conjunction with Division 12, Section II. If you are interested in receiving a copy write to: Gregory A. Hinrichsen, Research Building, Hillside Hospital, 75-59 263 Street, Glen Oaks, N.Y. 11004.

## **The Process of Psychotherapy with Older Adults: The Div 20 Pre-Convention Workshop**

Sara Honn Qualls, Ph.D

The annual pre-convention workshop, The Process of Psychotherapy with Older Adults, will be held Thursday, Aug 14 from 8:30-4. Co-sponsored by the Northwestern University Buehler Center on Aging, the Illinois Psychological Association, and Section 2 of Div 12, the workshop will be held at Northwestern University, just a few blocks from the APA conference hotels. CE credits will be offered by Division 20 of the American Psychological Association (6 hours for full-day participation).

Outstanding presenters will discuss the process and practice of psychotherapy with older adults. The morning sessions, attended by all participants, will be presented by Bob Knight (University of Southern California Andrus Gerontology Center) and Paula Hartman-Stein (Center for Healthy Aging, Akron, OH). Bob Knight's focus will be on unique aspects of the psychotherapy process with older adults. Paula Hartman-Stein will address pragmatic issues, including building a practice (marketing, contracting, & billing), record keeping, working with Medicare, and connecting within the community. In the afternoon, participants will choose one workshop focused on an in-depth exploration of one treatment modality: Psychodynamic, group, or cognitive-behavioral psychotherapies. Anne Koerber from Northwestern University and Sun Prairie Clinical Services will present on psychodynamic psychotherapy. Tom Mueser from the Center for Healthy Aging in Akron, Ohio and Martha Clower from the Cleveland VA Medical Center will present on group psychotherapy approaches. Toni Zeiss from the Palo Alto VA Health System will provide the workshop on cognitive behavioral psychotherapy.

The day should be a rich training experience for novices and experienced geriatric mental health specialists alike. For more information, contact Sara Honn Qualls at 719-262-3168.

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## **Interpersonal Psychotherapy in the Treatment of Late Life Depression An APA Continuing Education Workshop**

Gregory Hinrichsen, Ph.D.

This introductory workshop will provide an overview of the theoretical and empirical foundation of Interpersonal Psychotherapy for Depression (IPT) with focus on its application to the elderly. Participants will learn basic goals, strategies, and techniques of IPT. Extensive use will be made of videotaped sessions in which IPT is conducted with depressed elderly. For psychologists with at least three years of psychotherapy experience who are interested in or currently conducting psychotherapy with the elderly in outpatient settings. For more information contact the workshop leader, Gregory Hinrichsen, Ph.D., at (718) 470-8184.

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## **Practice Guidelines for Competency Assessment**

Susan Cooley, Ph.D.

The U.S. Department of Veterans Affairs (VA) has recently completed a practice guideline, Assessment of Competency and Capacity of the Older Adult: A Practice Guideline for Psychologists. This document was developed by a technical advisory group of experts in psychology and geriatrics from the VA and the Psychologists in Long Term Care Association (PLTC). Respondents to a VA and PLTC survey in 1995 ranked the issue of competency evaluations as a primary activity in need of a practice guideline. The document is intended to provide guidance to professional psychologists, who are frequently called upon to make recommendations to other providers and often to the courts on the decisional capacity of an older individual. It was developed through a thorough review of the professional literature and the consensus of the advisory group, supplemented with reviews by a wide variety of other experts in the field. Copies of the guideline are available at all VA medical system libraries. For non-VA staff, copies are also available for a fee from the National Technical Information Service, U.S. Department of Commerce, 5285 Port Royal Road, Springfield, VA 22161; phone (703) 487-4650 or 1-800-553-NTIS. Request publication #PB 97-146904.

## Division 12 Executive Board meeting

Barry Edelstein, Ph.D.

May 30 - June 1 Alexandria, VA

The historically important news is that the Board voted to change the name of the Division to the "Society for Clinical Psychology". The recommended change reflects a desire to be considered more than merely a "division" of APA. The pros and cons of incorporation as a society will be considered at a future meeting.

The Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP) petition for recognition of clinical psychology as a specialty was turned down for a variety of reasons. What could be problematic is that petitions are considered in the order received. The School and Counseling Psychology petitions, to be considered next, overlap considerably with each other and with the Clinical petition. Division 12 is requesting that the petitions be considered concurrently to address overlap issues. Unfortunately the CRSPPP petition process is leading to conflicts regarding practice and knowledge domains.

Section 1 (Child Clinical Psychology) is preparing a CRSPPP specialty application. Section 2 requested a letter of support for the Clinical Geropsychology proficiency petition we jointed submitted with Division 20. The Board voted to support our petition, and Lynn Rehm, Division 12 President, will send a letter of support.

The Council of University Directors of Clinical Psychology is voting on whether to recommend that the internship become a post-doctoral requirement. A vote taken at their last meeting suggests that the full membership will probably endorse this. The APA Council will be considering the issue sometime next year.

PAR has made a generous offer of \$1,000 per year to fund a Theodore Blau Award for Early Career Contributions to Professional Clinical Psychology. The award will be given for outstanding contributions during the first 10 years of one's professional career. The criteria and application procedures for this award will be developed by the Division 12 Awards Committee.

The Association of State Psychology and Provincial Boards wants to foster mobility across states. They are considering using a relatively high level of standards to create a certificate of endorsement, or some such document, to facilitate mobility and preclude repeated credential review.

Lynn Rehm, Division 12 President, established a Task Force on Effective Continuing Education as one of his presidential initiatives. According to a Board report by Cynthia Belar and Nadine Kaslow, the Task Force will "address the problem of dissemination of new innovations in psychological treatments to the field. The specific charges to this task force included a survey of effectiveness of continuing education, with identification of innovative CE offerings, and recommendations to Division 12 as to how to facilitate dissemination of empirically supported treatments." The Task Force has already performed an extensive review of the literature regarding dissemination of new practices in health care.

One of Don Routh's (President Elect) presidential initiatives will be international clinical psychology. Frances Culbertson and Arthur Wiens issued the following report on the Task Force of the International Clinical Psychology Association. A conversation hour will be held in the Division 12 hospitality suite, focusing on the formation of the International Clinical Psychology Association. The "birthing" of the First International Clinical Psychology Association will be announced at the APA-CIRP symposium, Chicago, IL, August, 1997 by Dr. Donald Routh. He will describe the progress and goals of the organization, Div. 12's task force on International Clinical Psychology, and its charge to facilitate the development of an International Society of Clinical Psychology. The organizational meeting will be on Monday, August 18, 4 to 6p.m., in the Div. 12 hospitality suite in Chicago.

Don Routh established a Task Force on Assessment for Practice, chaired by Sheila Eyberg, as one of his presidential initiatives. The goal is to establish recommendations for assessment procedures for routine use in everyday clinical practice that are (a) evidence based (i.e., valid), and (b) cost effective. The Task Force Symposium will be held at the APA convention on Friday from 10-11:50.

## APA Is Considering Permanent Committee on Aging

George Niederehe, Ph.D.

APA's Ad Hoc Committee on Issues of the Older Adult (approved to operate for one year) has recommended establishing a permanent committee within the Public Interest Directorate (see December Newsletter). The following is the proposal to be considered by the APA Board of Directors and Council of Representatives (C/R) in August:

"There shall be a Committee on Aging that shall concern itself with furthering the major purpose of APA to advance psychology as a science and profession and as a means of promoting human welfare by ensuring that older adults, especially the growing number of older women and minorities, receive the attention of the Association. Specifically, the Committee will pursue the following goals:

**Science:** Provide strong and visible advocacy for a scientific agenda on aging to policymakers and private and public funding agencies.

**Practice:** Promote the practice of psychology by advocating policies that enhance availability and reimbursement of health and mental health services to older adults and their families.

**Policy:** Contribute to the formulation and support of public policies and associated regulations that promote optimal development of older adults, facilitate psychological practice with older persons, and expand scientific understanding of adult development and aging.

**Education:** Promote inclusion of knowledge about adult development and aging in all levels of education, including continuing education, training programs, and professional development of psychologists.

**Public Interest:** Promote the application of psychological knowledge to the well-being of older people, with special attention to the influences of gender, ethnicity, culture, sexual orientation, and family in science, practice and policy relating to older adults.

**Public Affairs:** Develop and disseminate information concerning the scientific findings and practice issues about older adults to psychologists, other professionals, policymakers, and the public.

**APA:** Serve as a visible focus for the coordination of information among groups within APA that address aging issues and offer consultation to relevant APA boards, committees, divisions, state associations and directorates, as well as ensure that older members of APA receive the appropriate attention of the association.

The Committee shall consist of six members, to be appointed for staggered terms of 3 years. All of the above areas of expertise should be represented on the Committee. It shall report to Council through the Board for the Advancement of Psychology in the Public Interest."

A preliminary version of this proposal was reviewed by APA. Most of the comments were supportive; support has been voiced by both Divisions 12 and 20, among others. However, several groups registered an objection that standing committees have been proliferating and tying up too much of APA's budgetary resources. Section II members who belong to other divisions or state associations can support the approval of the Committee on Aging by urging their Council Representatives to vote for this motion at the August C/R meeting.

If the standing Committee on Aging is approved in August, a call for committee member nominations will go out. APA President Norman Abeles will then likely make the initial six appointments of committee members by year's end. Standing committees are assigned a supporting staff member and a budget, and can provide a stable point of interconnection and influence for specific (in this case, gerontological) interests, issues and activities within the internal APA structure.

This year the Ad Hoc Committee also gathered significant information on aging-related activities ongoing within APA, and was instrumental in planning a Presidential Forum on Aging to be held at the APA Convention (see Friday convention program). Both Abeles and APA President-Elect Martin Seligman will participate in this session in which APA's agenda of priority issues on aging will be discussed. The Ad Hoc Committee has been chaired by M. Powell Lawton; other members include Michael Duffy, Margaret Gatz, Manuel Miranda, Denise Park, Michael Smyer, Barbara Yee, and Steven Zarit. The Committee's staff contact in the Public Interest Directorate is Dr. Jacquelyn H. Gentry (202-336-6036).

## Section 2 and Division 20 Seek Proficiency Recognition

Barry Edelstein, Ph.D.

In February of 1995, the APA Council of Representatives approved the Principles for Recognition of Specialties in Professional Psychology. A Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP) was created to consider petitions for formal recognition of specialties and proficiencies. CRSPPP will also review the status of each specialty/proficiency every seven years to determine whether the specialty/proficiency should continue to be recognized. Section 2 of Division 12 and Division 20 (Adult Development and Aging) jointly submitted a petition for the recognition of Clinical Geropsychology as a Proficiency in professional psychology on March 1, 1997.

Our petition grew out of discussions at the 1992 National Conference on Clinical Training in Psychology: Improving Services for Older Adults, chaired by Linda Teri, one of our Section 2 founding members. Among the conference recommendations was the pursuit of professional recognition of clinical geropsychologists. George Niederehe, Margy Gatz, Linda Teri and George Taylor subsequently co-authored an article in the Division 20 newsletter in which they discussed the training conference recommendations as an impetus for the pursuit of certification of clinical geropsychologists. Division 20 and Section 2 of Division 12 agreed to collaborate on an Interdivisional Task Force on Qualifications for Practice in Clinical and Applied Geropsychology. George Niederehe represented Section 2 and Linda Teri represented Division 20 as co-chairs of the Task Force. A subcommittee of the Task Force, chaired by Barry Edelstein, was then charged with the development of a CRSPPP petition for a clinical geropsychology proficiency. Subcommittee members included Paula Hartman-Stein, Michael Duffy, Margy Gatz, Dolores Gallagher-Thompson, Greg Hinrichsen, and George Taylor. Division 20 representatives Forrest Scoggin and Linda Teri provided input and feedback on the CRSPPP petition. George Niederehe provided the initial working draft of the petition and performed the final editing.

The principal motivation for seeking proficiency recognition was to enable students and practitioners to gain certification through the documentation of a relatively modest amount of education and training in clinical geropsychology. For example, the proficiency petition calls for at least 100 hours of direct patient contact time in the assessment and/or treatment of persons 65 years of age or older over a period of at least three months. This might be accomplished by a predoctoral intern on a single internship rotation, whereas a practicing clinician might require an extended period of time in a suitable setting with appropriate supervision. The proficiency petition spells out the acquisition of knowledge and skills that would be required for a proficiency, the parameters of practice (e.g., specific populations, types of problems, procedures and techniques), and a variety of other factors.

Proficiency recognition is an eight stage process including information, petition, notice (current stage), review and evaluation. Comments are currently being solicited from the APA membership. A notice appeared in the April Monitor requesting comments by June 8. The petition and comments will then be reviewed and evaluated by CRSPPP, with two decision options: (1) recommend to the Council of Representatives that the proficiency be recognized or (2) does not recommend recognition. If the Council adopts the CRSPPP recommendation of recognition, the development of a certification process and procedure will be sought through the APA College of Professional Psychology.

Specialty petitions currently under review with our petition are: Psychoanalysis, School Psychology, and Counseling Psychology. Other specialty and proficiency petitions are in various stages of the recognition process, including Clinical Psychology as a specialty.

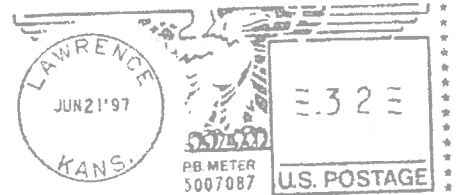
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### Editor's Comment

Suzanne Norman, Ph.D.

What an exciting time to take over the editorship of this newsletter with an aging focused APA just around the corner; needless to say my comments will be brief. I accepted an academic position at Xavier University beginning in August, 1997. I will be developing a geropsychology curriculum for their new doctoral program and welcome any advise from colleagues with similar programs. Please send all submissions for the December newsletter to me at the following address: Suzanne Norman, Ph.D., Psychology Dept., Xavier University, 3800 Victory Parkway, Cincinnati, OH 45207-6511.

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