



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

Upcoming CE Events:

- **November 20th/21st, 2015**
Introduction to Motivational Interviewing
Ali Hall, J.D.
Reno ♦ 9 CEs
- **February 19th, 2016**
Transitioning to the ICD-10: Concepts & Considerations in the DSM-5 Crossover
Greg Neimeyer, Ph.D.
Las Vegas ♦ 6 CEs
- **April 29th, 2016**
NPA Annual Conference Ethics & Risk Management in the Age of the Affordable Care Act
Daniel O. Taube, J.D. Ph.D.
Reno ♦ 6 Ethics CEs
- **September 17th, 2016**
"Last Chance" Ethics
JM Arrigo, PhD/Terry Karney
Las Vegas ♦ 6 Ethics CEs
- **November 2015 (date tba)**
Suicide
speaker tba
Reno ♦ 6 CEs

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2015 Fall Newsletter

IN THIS ISSUE....

THE APA APPORTIONMENT BALLOT – What it is and why you shouldn't just throw it away!

What is it? The Apportionment Ballot is used to determine the makeup of the [APA Council](#). All APA members have ten votes that they can allocate to different divisions within APA. The ballots will arrive in early November.

What is the APA Council? It is the APA's chief governing body and it is the final decision making body. The APA Council votes on multiple issues that affect the practice of psychology everywhere, including here in Nevada. The APA Council votes on key issues such as budgets for state associations (like NPA), policy documents and guidelines that impact professional practice.

What should I do? First of all, don't throw away the ballot. In the event that you are not sure how to allocate your votes, please keep in mind that [NPA Needs Your Votes](#) and that you can allocate all ten votes to your state organization! We want to keep a strong voice on the council so that NPA and Nevada psychologists are appropriately represented.

(for more details, see Page 8)

Also, take a look inside to receive the latest information on topics relevant to Nevada psychologists:

- **Update from our NPA Lobbyist** – what happened in the 78th Legislative Session and what looms ahead (Pg 4)
- **Help us Meet our NPA-PAC Fundraising Goal!** Donation form on Page 5
- **Update from the NPA Legislative Committee** – how they are working to protect the practice of psychology in Nevada and how you can help (Pg 7)
- **Update from our Ad Hoc Committee** (Pg 8)
- **2015 & 2016 Continuing Education Calendars** (Pg 9)
- **APA Council Representative Update** – the latest from APA (Pg 10/11)
- **Article: Question about Sex in the News, Tiger Devore, Ph.D.** (Pg 13)
- **Are your 2015/16 NPA dues current?** Complete list on Pgs 16-17

~ ~ ~ An Update from our President—Robyn Donaldson, Ph.D. ~ ~ ~

Since our Annual Conference in May, there has been a significant amount of activity and dialogue in which the NPA has been engaged. This past July, the Hoffman Report was released which created many strong reactions across the country and within our own state of Nevada. In response to this information, the NPA Executive Board created an Ad Hoc Committee, with Dr. Susan Ayarbe as its Chair. The Ad Hoc Committee has worked diligently to elicit feedback from the general membership of the NPA as to our organization's reactions to the report and to the APA Council of Representative's response. To that end, the Ad Hoc Committee constructed a survey which it then administered to the membership. The results from this survey will be incorporated into a written response to the APA which will hopefully provide helpful feedback from our own organization. The CE Committee has also been focusing much time and effort in coordinating an event in September of 2016 where Dr Jean Maria Arrigo and Terry Karney will discuss the role of psychologists in matters pertaining to National Security and the ethical issues and implications for psychologists from this point forward. This has been an especially challenging time for our field and for NPA in reconciling what transpired in the APA's recent past and with rebuilding our trust in the organization which has accomplished an incredible amount of good over the years. The Executive Board remains open to hearing from the membership as additional information unfolds and for feedback as to how we, as a state organization, can carefully and thoughtfully navigate these waters.

Although much of the focus so far this term has been on addressing the Hoffman Report, NPA continues to work on its Strategic Objectives. For example, regarding the objective to increase financial stability, we are starting to provide webinars for members to peruse at their convenience. We are also moving forward with our plans to implement automatic membership renewals which will not only be more efficient for members but also aid in stabilizing NPA finances each year regarding membership dues. Out of the many excellent ideas generated during the brainstorming portion of the Strategic Planning meeting held in May, the Executive Board has decided to focus on investigating the use of new and emerging technology in order to better communicate with membership. We hope to incorporate more technology into how we interact with members and provide services. For example, we plan to record our next CE and offer it as a webinar to members not able to attend. We are researching what steps will be necessary to offer such webinars for CE credit. To continue to grow our membership, we are examining the Find a Psychologist function on our website and looking for ways to improve it. In working on the Strategic Objective to maximize organizational efficiency, we will be investigating the use of a marketing intern for advertising our organization to psychologists in Nevada who are not currently members and promoting the efforts of the NPA to the public. Our Early Career Psychologists committee continues to be very active with coordinating CEs of particular interest to ECPs and which are also open to the general membership.

It is apparent that the past four months have not gone according to the "plan" we outlined during the Strategic Planning meeting which would have entailed focusing exclusively on attending to Strategic Objectives and translators. However, we have managed to adjust the course and remain determined to continue working on our goals. I have been encouraged by the dedication, support and enthusiasm evidenced specifically by those in NPA's governance and by many of its members. The remainder of this year and next will more than likely offer opportunities to embrace many changes, and it is my eager hope that many of you will take an active part (e.g., volunteering on committees, posting on the listserv, joining leadership)!

~Robyn Donaldson, Ph.D.

2015-2016 NPA President



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The View From Carson City *by Bryan Gresh, NPA Lobbyist*

Ah, fall is in the air. It's that time of year when air conditioning (soon) gives way to the occasional open window. Time, too, to talk about a necessary evil this time of year, fund-raising for our Political Action Committee (PAC). Don't groan and flip the page just yet, please. This is important.

Really.

The Nevada Psychological Association will soon be asked to contribute to the political campaigns of, literally, dozens of candidates for the Nevada Legislature. All 42 of the state Assembly seats are up, along with 10 state Senators. Some races will feature nasty primaries, with Republican facing Republican, and Democrat squaring off against Democrat. Then comes the general election, in November of 2016, where R vs. D vs. the occasional third party candidate will settle the score. All of them are now looking for money to pay for mailers, advertising, (limited) staff and anything else the candidate feels is vital to win next November. They use the funds wisely, but they do use the funds. Every dollar.

Your NPA Legislative Committee met recently to talk about building PAC donations, you will be seeing and hearing about those efforts in the weeks and months to come. No NPA member likes to ask you to contribute your hard-earned dollars to political campaigning, that's understandable. Even the candidates themselves don't like 'dialing for dollars' and asking for money. But it's a fact of political life. The evidence is overwhelming that the candidate who spends the most money is the winner come Election Day. It's difficult to dispute the numbers.

A great question was asked at that Legislative Committee meeting: "Can only personal checks be used to fund the NPA PAC?" The answer is NO. Personal checks are great, of course, but so are business checks. Neither contribution is tax deductible, unfortunately.

NPA is continuing to build on its PAC history. We have supported several dozen successful candidates who share the same passion for mental health funding and services in Nevada that we do. If you feel strongly about a particular candidate, maybe it's someone you know or know about, absolutely feel free to support that candidate financially. But the PAC is special. The PAC contribution allows your NPA to aggregate the individual donations of a great number of psychologists and contribute to a small number of candidates—on both sides of the political aisle—who feel like we do, and fight for our viewpoint when the Legislature meets in Carson City. Our goal this political cycle is a modest \$15,000. That may not be a massive sum in this age of million dollar legislative races. But those whom we support certainly appreciate our efforts. And your NPA colleagues will be appreciative, as well.

Thank you.
Bryan Gresh

The Gresh Group, Inc.
NPA Government Affairs Firm



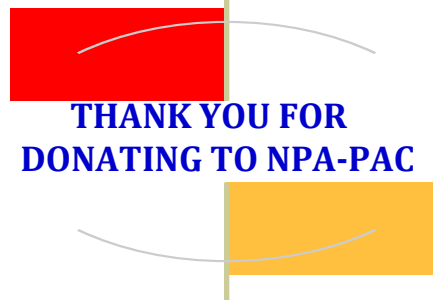
NPA-PAC FUNDRAISING DRIVE

Option 1: Monthly NPA-PAC Donation (billed to a credit or debit card on the 15th of each month)

_____ \$15 monthly donation (for 12 consecutive months)

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\$ _____ (enter amount) (for 12 consecutive months)



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Signature _____ Date _____

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You may pay by check (pay to "NPA-PAC") or supply your credit/debit card information below:

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(street)
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Expiration Date: _____

Security Code (last 3 numbers on back, or 4 numbers on front of AmEx): _____

Authorized Signature: _____

Checks may be mailed to: **NPA-PAC, PO Box 400671, Las Vegas, NV 89140**
Or Fax this form to **1-888-654-0050**

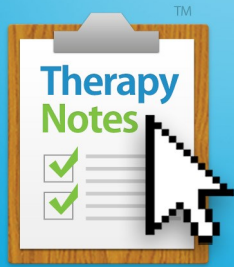
Donations may also be made online at www.nvpsychology.org

Donations are NOT tax-deductible, NPA-PAC is an affiliated organization that makes contribution directly to those running for political office in Nevada.

NPA Legislative Committee Update (October 2015)

The NPA Legislative Committee has had some changes to the committee, and your Co-Chairs are now Lisa Linning, Ph.D. in the south and Melanie Crawford, Ph.D. in the north. Laurie Drucker, Psy.D. is still serving on the committee and we thank her for her many years of activity with the Legislative Committee! We have now entered the Interim Year (of our Biennium Legislative cycle), which is the time for us to build our PAC funds, meet and greet legislators, and strategize/prioritize our efforts working up to the 2017 Legislative Session. To that end, we held the first of two Legislative Retreats on Oct. 3, in Las Vegas, with special guest Senator David Parks. The second Retreat will be held in Reno on Nov. 14, and our special guest will be Assemblywoman Teresa Benetiz-Thompson. During the Retreats, NPA members of the Legislative Committee and other interested psychologists/trainees meet together for strategic planning, information about the NV legislative process, meet a guest legislator, and discuss our committee goals. This year we are developing a mission statement for the committee, as well as committee policies to more clearly guide our efforts. We are also developing more effective ways to communicate with members about our activities and ways to reach out for PAC donations; social media options are a main focus. Our main legislative focus during this Interim Year is to build support, amongst healthcare providers and legislators, for revision to the Nevada Corporate Practice laws (NRS 89.050), which prevents equal corporate partnerships of medical and mental/behavioral health professionals. As ACA Healthcare Reform has been rolling out over the past few years, providers and legislators have developed much more recognition of the benefits of integrated and collaborative care across the continuum of medical, mental, and behavioral care. As it stands now, NRS 89.050 impedes the very progress that ACA Healthcare Reforms, as well as the efforts of legislators, administrators, and providers are trying to remedy, particularly as it relates to the mental and behavioral health crisis Nevada has been experiencing for years. NPA has been willing to take up the charge for this cause, even though it is not a guild issue specific to psychology. Updating this current barrier to integrated healthcare has the potential to benefit patients and providers in many ways. We welcome new members to the committee. We hold a monthly conference call on the 4th Friday of the month at noon. If you would like to be added to the distribution list, contact LisaLinning@msn.com.

Respectfully submitted,
Lisa M. Linning, Ph.D.



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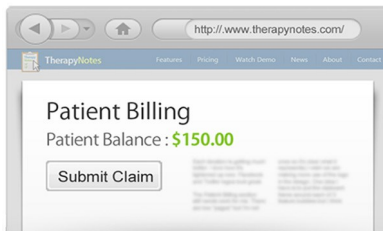
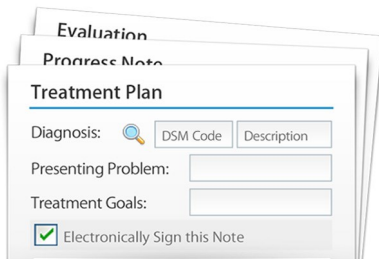
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My experience with TherapyNotes this past month has been fantastic!

Firstly, the system is easy to navigate, thorough, flexible, and extremely clinically intuitive. Secondly, technical and customer support has been efficient, fast, and very personal. I am leaving another EHR system for TherapyNotes... gladly. I'm very happy that you've created such a quality product. Thank you!

Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

Just want to say that I truly love the system!

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Kathleen Bremer, PCC-S

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An Update from our Ad Hoc Committee

The NPA Board formed the Ad Hoc committee in order to gain information regarding membership concerns and reactions to the Hoffman Report. Results from the survey that was sent to the membership in September is currently available for viewing on the NPA website. Results include identification of the limitations of the data along with basic statistical analysis of the questions and a summary of the comments. Survey results can be viewed on our website: www.NVPsychology.org/latest-news In conjunction with the NPA Executive Board, the Ad Hoc Committee is currently constructing a letter to the APA that will summarize the membership response and recommendations. We are hopeful that this letter will be completed in late November/early December.

~ Susan Ayarbe, Ph.D., Ad Hoc Committee Chair

ATTENTION APA MEMBERS....Your APA Apportionment Ballot will arrive in **early November**. Don't Throw Away Your Voice at the National Level!!!

**THE APA APPORTIONMENT BALLOT—DOES IT MATTER?
!!!! YES IT DOES !!!!**



WHY??? The Council of Representatives is APA's chief governing body and is charged with legislative and oversight responsibilities for the entire Association. Council's function is to develop and implement policies and programs..."to advance psychology as a science and profession and as a means of promoting health, education and human welfare."

While policy development begins with APA's boards and committees, and the Board of Directors, the final decision-making body is the Council. The Council votes on MANY items that impact state associations and the professional practice of psychology. In 2013, SPTAs composed 53% of the organized entities that make up Council, but had only 40% of the representatives and votes. The good news is that SPTAs have gained 5 seats since 2007, but you need to vote to help NPA gain more seats.

NPA Needs Your Votes! The number of votes obtained in the Apportionment Ballot process determines which SPTAs and Divisions get the additional seats past the one per entry. APA Members are given 10 votes to use as they wish—you can allocate all of your ten votes to your state (or split them up amount your SPTA and Divisions) to ensure that NPA, and all state associations, continues to have a voice on the APA Council. Because Divisions can draw from large pools across the country, many end up with multiple representatives on Council, whereas states typically can only muster enough votes for one seat.

2015 Continuing Education Calendar

The Trust Ethics & Risk Management Webinar Sequences

6 Online Ethics CEUs ~ Promo Code: TRUST-NV

[HTTP://THETRUST.BIZVISION.COM/CATEGORY/ETHICS-AND-RISK-MANAGEMENT-SEQUENCES](http://thetrust.bizvision.com/category/ethics-and-risk-management-sequences)

ICD-10—Being Ready for the October Deadline, Antonio E. Puente, Ph.D.

<https://www.nvpsychology.org/webinar-icd-10-being-ready-for-the-october-deadline/>

Introduction to Motivational Interviewing, Ali Hall, J.D.

November 20th/21st ~ Reno, NV ~ 9 CEUs

<https://www.nvpsychology.org/workshops/motivational-interviewing/>

2016 Continuing Education Calendar

Transitioning to the ICD-10-CM: Concepts & Considerations in the DSM-5

Crossover, Greg Neimeyer, Ph.D.

February 19th, 2016 ~ Las Vegas, NV ~ 6 CEUs

<https://www.nvpsychology.org/workshops/icd-10dsm-v/>

Ethics and Risk Management in the Age of the Affordable Care Act

Daniel O. Taube, J.D., Ph.D.

April 29th, 2016 ~ Reno, NV ~ 6 Ethics CEUs

<https://www.nvpsychology.org/workshops/ethics-and-risk-management-in-the-age-of-the-affordable-care-act/>

Psychological Ethics in Institutional Practice—Lessons from the Hoffman

Report, Jean Maria Arrigo, Ph.D. and Terry Karney

September 17th, 2016 ~ Las Vegas, NV ~ 6 Ethics CEUs

<https://www.nvpsychology.org/workshops/last-chance-ethics/>

Suicide

Speaker tba

November 2016 (date tbd) ~ Reno, NV ~ 6 CEUs

<https://www.nvpsychology.org/workshops/suicide/>

APA Council Report , Fall 2015 ~ Lisa Linning, Ph.D.

Greetings colleagues,

Council members and APA, in general, has had a very busy year. Below I highlight some of the major events, with links for you to learn more. I continue to feel honored to serve as your NV Representative on APA Council, and try to share ongoing updates of Council actions as they occur. The points listed below are simply a **snapshot**, and does not fully outline the activities of Council and the APA Board. I welcome questions and feedback at any time.

LisaLinning@msn.com

- As you are likely aware, the APA is currently going through one its darkest periods in its 120 year history. In November 2014, the APA Board of Directors initiated an Independent Review (IR) to determine if APA staff, current or former governance officers, and/or the APA Ethics department had in any way been complicit with abusive interrogation techniques used on detainees at military sites. This IR was conducted by David Hoffman and colleagues at Sidley Austin Law Firm, based in Chicago. On July 2, 2015, the IR yielded a 542-page report which concluded that there was collusion between the APA and Bush Administration policies and various activities related to interrogation techniques were carried out through the US Department of Defense. The IR also reported that "some of the longstanding criticisms of APA... were inaccurate...; ... it did not find evidence of significant CIA interactions...; and "did not find evidence" that supporting the Justice Department's legal rationale for approving abusive interrogation techniques was "part of the thinking or motive of APA officials." "The Hoffman report contains deeply disturbing findings that reveal previously unknown and troubling instances of collusion," said Dr. Susan McDaniel, a member of the Independent Review's Special Committee. "The process by which the Presidential Task Force on Psychological Ethics and National Security (PENS) was created the composition of the membership, the content of the PENS report and the subsequent activities related to the report were influenced by collusion between a small group of APA representatives and government officials." (details cited from the APA website) The findings of the IR have spurred deep feelings of betrayal, anger, and heartbreak, on many levels, for many of us. The vast majority of psychologists are in their respective fields with the mission of healing pain, helping people, and promoting peace. Sadly, the IR findings have cast a dark cloud on the field of psychology, in general. Council and the APA now has a very challenging and complex task of addressing these issues, "cleaning its house," and implementing policy change that provides more transparency within the organization and prevents further abusive actions from any staff or elected APA officer. Part of this process will be a revision of the APA Ethics code. For more detail on the IR report or the actions taken by Council thus far, go to: <http://www.apa.org/independent-review/moving-forward.aspx>
- August 7, 2015, Council approved Resolution 23B during Toronto APA Convention: Resolution to Amend the 2006 and 2013 Council Resolutions to Clarify the Roles of Psychologists Related to Interrogation and Detainee Welfare in National Security Settings, to Further Implement the 2008 Petition Resolution, and to Safeguard Against Acts of Torture and Cruel, Inhuman, or Degrading Treatment or Punishment in All Settings
<http://www.apa.org/independent-review/psychologists-interrogation.pdf>
- October 28, 2015, "APA President Barry S. Anton, PhD, and APA CEO Norman B. Anderson, PhD, sent letters asking these officials to safeguard psychologists from involvement in any national security interrogations or detention settings that would risk placing them in conflict with APA's Ethics Code and policies related to national security.

"APA requests that military psychologists be protected from actions that might pose a conflict with the APA Ethics Code and that they be withdrawn from any role in national security interrogations or conditions of confinement that might facilitate such interrogations," the letters state. "They may provide general consultation on policy related to humane information-gathering methods that are not related to any specific national security interrogation or detention conditions."

Sending these letters was the first major step in the implementation of the new policy, adopted by APA's governing Council of Representatives at its meeting in August. Recipients of the letters were: President Barack Obama, Defense Secretary Ashton Carter, CIA Director John Brennan, Director of National Intelligence James Clapper, Director of High-Value Detainee Interrogation Group Frazier Thompson IV, Attorney General Loretta Lynch and the chairs and ranking members of the House and Senate Armed Services, Intelligence and Judiciary Committees. (cited from APA website) <http://www.apa.org/news/press/releases/2015/10/banning-psychologists->

APA Council Report, Fall 2015 ~ Lisa Linning, Ph.D.

- The Good Governance Project (GGP) was initiated in 2011, and continues to be a work in progress. “GGP, which grew out of APA's Strategic Plan, seeks to maximize organizational effectiveness by assuring that APA's governance practices, processes, and structures are optimized and aligned with what is needed to thrive in a rapidly changing and increasingly complex environment” (APA website). Seven major areas for change are: strengthening APA's strategic plan, enhancing communications (to/from members and within APA), assessing structure and representation, reviewing governance processes and functions, clarifying roles and accountability, determine who is engaged in governance and how, and understanding APA culture. Council members are all elected by their respective States, Provinces, Territories, or APA Divisions. We have been working to improve APA's expediency and efficiency in responding to global problems, as well as working to better represent ALL diverse psychology interests. Needless to say this is a complex task. To read more history on the developments of the GGP, go to <http://www.apa.org/about/governance/good-governance/default.aspx>
- In preparation for the December 2015 retirement of our CEO Norman Anderson, PhD, APA initiated “ [A Call for Nominations for the Interim CEO](#) (PDF, 288KB), which included the process, timeline and criteria, was widely distributed, with the goal of having the position filled before the end of the calendar year” (APA website). There is also a process underway to nominate and subsequently hire the next APA CEO.
- The new APA President-Elect is Tony Puente, PhD. He was born in Cuba and received degrees from the University of Florida (BA) and the University of Georgia (MS, PhD). He is Past-President of the North Carolina Psychological Association, North Carolina Psychological Foundation, National Academy of Neuropsychology, Society of Clinical Neuropsychology (40) and Hispanic Neuropsychological Society. He also served two terms as a Council Representative (40). Other leadership positions include chair of the Psychology Academy of the National Academies of Practice and several APA Boards and Committees ranging from the Board of Convention Affairs to the Committee for Psychological Tests and Assessments as well as served on ten others, including the Policy and Planning Board. He recently served on the Joint Committee for Standards for Educational and Psychological Testing. Since 1982, Dr. Puente maintained a private practice (clinical neuropsychology). Between 1993 and 2008, he was APA's representative to the American Medical Association's Current Procedural Terminology (CPT) and was then elected to the Editorial Panel of the CPT (voting member). He was also on the Center for Medicare and Medicaid's Medicare Coverage Advisory Committee. Dr. Puente was a clinical psychologist at a teaching psychiatric hospital and a professor of neuroanatomy at a medical school before becoming a Professor of Psychology at the University of No Carolina Wilmington (since 1981). He is also a Visiting Professor at the Universidad de Granada (Spain) and UCLA
- Do you know? The Presidential Initiative of President Barry Anton, PhD is APA's interdisciplinary summit on "Global Approaches to Integrated Health Care: Translating Science and Best Practices into Patient-Centered Healthcare Delivery." The overarching goal is to improve health through enhanced collaboration as this field advances rapidly, and will address access to care, health disparities, immigrant mental and physical health, effective treatment, funding challenges for training, minority needs, culturally sensitive training and education, and helping consumers to better understand the multicultural nature of our society. . <http://www.apa.org/about/governance/president/summit.aspx?tab=1>
- Do you know? The APA Center for Psychology and Health collaborates with the [American Psychological Association Practice Organization](#) to provide a coordinated way forward to secure psychology's role in the overall improvement of health and health care in the United States. The center aims to implement one of the major goals of the [APA Strategic Plan](#) — to expand psychology's role in advancing health. There is growing recognition that the ever-increasing rise in our nation's health care costs — now 18.2 percent of the U.S. gross domestic product — is due mostly to the treatment of serious, chronic health conditions. These conditions are largely due to unhealthy behaviors such as poor diet, inadequate exercise and substance use. As experts in human behavior, psychologists have much to offer to improve public health and bend the steep cost curve. <http://www.apa.org/health/about/index.aspx>

Respectfully submitted,
Lisa M. Linning, PhD



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Questions About Sex in the News, Tiger Devore, PhD.

Dear Colleagues:

Here is an article I recently submitted to a local magazine, but it was rejected. I wanted to include it in this newsletter both because I think the content is important, and also to get your feedback about topics like this for the general public. Tiger Devore, Ph.D.

QUESTIONS ABOUT SEX IN THE NEWS

Dear Dr Tiger:

Can you help me to understand why a man would want to be intimate with a woman while she was unconscious?

This phenomenon, known as Somnophilia in the sexual science community, was first described in 1986. Also called Sleeping Princess or Sleeping Beauty syndrome, the man is most aroused by an unconscious partner. Some men sneak into the room of a sleeping woman, hoping to be able to seduce her as she sleeps. Others will drug or find inebriated partners to prey upon. The attraction is to having intimate contact with an unresponsive partner who cannot resist, and often involves awakening the partner after the act is committed. Sometimes the acts the man performs are unusual enough that they may believe no conscious partner would participate in them, as in a recent case in the media where the male perpetrator had a foot fetish for oral contact with toes. Famous cases involve physicians and dentists who impose themselves on patients while they are anesthetized. One variant of that was a case where a doctor at a fertility clinic inseminated women with his own, instead of donor, sperm. Another case that got media attention involved a pair of workers whose employment put them in an isolated area, far from other people: in this case, the male was rebuffed by his female workmate, so he drugged her. In that instance, the man used a drug that made his workmate unresponsive, but she was conscious enough to recall what he did, and sent the man to jail. If a man occupies a position of power in the employment of women, he may have a run of many years of preying upon many women, and use drugs and alcohol to make accusing him somewhat more difficult for his victims, a variant of the "casting couch." The date rape drug popularly known as "roofies" (actually rohypnol or flunitrazepam) is just the latest form of "slipping someone a mickey" spiking someone's drink with some kind of sedative in order to take advantage of them. This led to the fraternity video scandals of various women being made unconscious and then filmed being taken advantage of by an entire fraternity membership. I mean to group all these examples in order to demonstrate that this phenomenon is not new or rare, and even though when a famous person is accused of multiple crimes over many years, this has been going on in history for as long as it has been possible to cause unconsciousness in a desired sex partner.

Anyone who is struggling with these kinds of desires or believes they have been victimized by someone in these ways needs to know that not thinking about it will not make the desire or the effect of the abuse go away. Seeking psychotherapy or some other kind of supportive care for the specific issue is necessary; ignoring these kinds of desires makes them more powerful for the man fantasizing about it, and can cause all kinds of sexual dysfunction in the woman who has been victimized but hopes to be able to go on with a normal sex life after the abuse.

If you are attracted to doing harm, get help before you hurt someone and get in trouble. If you have been harmed, get help so that the harm done to you doesn't continue to hurt the life you want to lead going forward.

Tiger Devore, Ph.D.

Clinical Psychologist, AASECT Certified Sex Therapist

An Update from Our Diversity Committee, Michelle Pitts & Johanah Kang

The Diversity Committee would like to have a conversation about our voices. Uptalk (ending sentences with an inflection), vocal fry (a tendency to draw out the end of words or sentences with a low pitched, creaky voice), and using qualifiers (just, actually, sorry, I'm not sure but, etc.) are common vocal characteristics that all people engage in. We would like to discuss if these vocal characteristics should be minimized in the way women speak.

Let's hear an opinion in favor of minimizing these vocal characteristics in women's voices:

Certain patterns in speaking may handicap the effectiveness of the message. Sorry, but have you noticed? Some of the patterns? I'm not sure, but it's just a thought. Talking in these ways is more noticeable among women and may be doing the speaker a disservice. Psychologists are highly trained professionals and it would be a shame for speech patterns to undermine their credentials. When a woman uses uptalk or qualifiers, she may sound like she heavily relies upon others for approval or that she is not sure enough in her opinion to make a statement instead.

It can be very difficult to be an advocate for yourself. It can feel uncomfortable if the speaker feels "demanding" in their speech choices. Particularly among women, outspoken and confident speakers are probably not going to be liked by everyone all the time.

Socialization is thought to have shaped this communication pattern that is more noticeable in women. Women are supposed to be the nurturing sex. Having an opinion and communicating it frankly can be met with negative impressions about the woman.

These speaking patterns may be subtle attempts to seem nice and personable, but they are also self-diminishing qualifiers. Each of us wants to find a style that is authentic and natural. When pointed out, you might notice my common usage of hedging throughout this written piece. Had you noticed it before? Now that you do – how do you feel it might be altering my message? Clearly my use of tentative language comes naturally for me, but I'm afraid it is at the risk of diminishing my capabilities.

Let's hear an opinion in favor of allowing these vocal characteristics in women's voices:

All people engage in these vocal characteristics. However, there is a double standard because women, particularly young women, are being told to minimize the use of upspeak, vocal fry, and qualifiers if they want to be successful. Men of all ages are not being told to change their use of these vocal characteristics. It seems that these characteristics are more noticeable to the listener when women engage in them than when men engage in them.

The currently accepted norm for speaking is for women to not engage in these vocal characteristics. This norm has changed throughout history depending on the popular vocal trends of that time. The people who set these vocal norms have typically been Caucasian men and there is a problem with using Caucasian men as the standard of comparison for vocal norms.

Jessica Grose, former host of the 'DoubleX Gabfest' podcast for 'Slate' described, she started thinking of her voice in a similar way to her thinking about outfits after being criticized for using upspeak by her podcast listeners. Jessica stated, "If I'm going out for a job interview, I'm going to wear a different outfit than when I'm out with friends." This seems like a compromise in her voice sparked by criticism negatively focused on her voice because she was a woman engaging in these vocal characteristics that all people engage in.

There is a vast diversity in the ways people speak. From the Southern Californian slow rate, to the Bostonian heavily accented speech, to the Southern drawl, each of these voice characteristics should be heard, not silenced. If silenced, we risk losing the value in having these vocal differences. The use of each vocal characteristic has benefits. We should think about the benefits of women's voices having these vocal characteristics and appreciate hearing them. It is a matter of personal choice for women whether or not to engage in these vocal characteristics and that personal choice should not be so heavily influenced by society's overly critical view of women's voices.

After reading this, we hope you think about a few points:

How do we come to associate particular voice characteristics in different genders with certain qualities over another?
 What are the benefits of having the same or different vocal characteristics among men and women?
 Should the current 'norm' for speaking be more or less flexible?

We invite you to provide your insights on speech patterns in a discussion format over the NPA listserve (NSPA@lists.apapractice.org).

-Michelle Pitts, M.A., APAGS Advocacy Coordinating Team and State Advocacy Coordinator
 -Johanah Kang, M.A., Diversity Committee Chair

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Olivares, Ana	Richied, Debra	Vertinski, Mary
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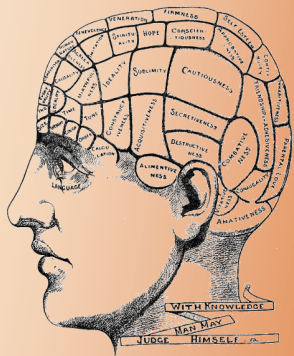


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Advocating for Psychologists in Nevada

NPA 2015/2016 Continuing Education Calendar

November 20th & 21st, 2015

Introduction to Motivational Interviewing Ali Hall, J.D.

University of Nevada Reno
Reno, NV 9 CEs

Coming to Reno in 2016: NPA Annual Conference

Ethics & Risk Management in the Age of the Affordable Care Act Daniel O. Taube, J.D., Ph.D. April 29th, 2015

University of Nevada Reno
Reno, NV 6 Ethics CEs

Suicide

November 2016 (date tba) Speaker tba

University of Nevada Reno
Reno, NV 6 CEs

Coming to Las Vegas in 2016: Transitioning to the ICD-10-CM: Concepts and Considerations in the

DSM-5 Crossover
Greg Neimeyer, Ph.D.
February 19th, 2016

United Healthcare
Las Vegas, NV 6 CEs

Psychological Ethics in Institutional Practice—Lessons from the Hoffman Report

Jean Maria Arrigo, Ph.D./Terry Karney
September 17th, 2016

United Healthcare
Las Vegas, NV 6 Ethics CEs

More information
and details available
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