



# COMPASS

**The Newsletter for the Association of Private Practice Therapists**

## Report on Health Insurance

For the past several months, the board of the Association of Private Practice Therapists has been working to obtain one or more quotes for group health insurance coverage for our members.

We sent out a census form to all members, requesting their assistance in providing the information necessary to generate the quote. Board members followed up with those who did not return their questionnaires, and we received a 92% response overall.

These responses have been submitted (in confidence) to a health insurance broker. One of the plans we hope to receive a quotation from is BlueCross BlueShield of Nebraska.

While the insurance companies require 100% of the association members to participate, we anticipate that we will be able to define our group of "eligible" practitioners according to certain criteria, which would allow us to exclude therapists who are retired, for example, and have Medicare and Medicare-supplement coverage.

We should have more information to report on this topic in the next month or two. Please call Glen Fineman at (402) 334-1122 if you have any questions about this project.

## Keeping Therapists Safe: 'Survival Quiz' and Safety Tips

Join us for our next Mini-Series Workshop on Jan. 4, 2005, as Pam Ehrhart, of the Omaha Police Department, offers an informative workshop on personal and business safety. The program will feature tips for you to better prepare your home and business to prevent theft and keep yourself safe.

Whether you're concerned about leaving your office late at night ... helping to deter break-ins at your office ... or staying safe if you're physically threatened in a therapy session ... you should attend this workshop!

Ehrhart has more than 18 years' experience in the Criminal Justice and Counseling fields. She started her career at Boys Town in 1986 and is currently employed by the Omaha Police Department as the Crime Prevention Representative for the Southwest precinct. She has spent thousands of hours in counseling and conflict resolution. Ehrhart has a bachelor's degree in Criminal Justice and a master's degree in Business Management.

The program will begin promptly at noon and conclude by 12:45 p.m. The cost is \$13.50 per person for APPT members, or \$16 per person for non-members. The

**Tuesday, Jan. 4, 2005**  
**APPT MINI-SERIES WORKSHOP**  
 "Survival Quiz"  
 with Pam Ehrhart  
 Olive Garden • 76th & Dodge  
 11:30 – 11:55 a.m. – Networking  
 12 to 12:45 p.m. – Program

Cost: \$13.50 for APPT members;  
 \$16 for non-members

**REGISTRATION FORM:**  
**PAGE 3**

fee includes your entrée, salad, breadsticks, beverage, and gratuity.

Advance reservations are recommended, but walk-ins are also welcome. Please RSVP by Monday, Jan. 3, to the APPT Office at 393-4600. (The APPT office is managed by Image Building Communications; feel free to leave a voice mail message.)

*continued on page 6*

## TAX FORMS

### Plan ahead for the new year!

Now's the time to stock up on tax forms, business supplies (letterhead and envelopes!), and more for the new year! Call Data Documents, LLC ("Your source for printed office supplies") for more information.

Data Documents offers:

- Custom or Stock Forms & Labels
- Business Cards
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- Letterhead & Envelopes
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- Checks and Bank Stamps

*Call Linda McIntyre at 932-0097 for a free quote.*  
 Be sure to mention you're an APPT Member!

### ADVERTISE FOR THERAPISTS HERE

Do you have office space available for rent? Looking to reach more than 120 members of the Association of Private Practice Therapists?

*Call Bridget at (402) 393-4600 for advertising rates and deadlines.*

### INSIDE THIS ISSUE . . .

- Jan. 4 Mini-Series Registration Form ..... 3
- Continuing Education Scholarship ..... 5
- Important Safety Tips ..... 6

Bob Atherton – President of APPT

## From the President's Desk

*By the time you read this, another year will be under our belt — and I've reached the home stretch of my presidency of APPT!*

It seems fitting to reflect on the year for APPT, and take a look at how we are progressing towards the goals I established back in April.

### Review of the Year's Events

Once again, your APPT board put together a strong mix of clinical and practice management programming in 2004, combined with social networking events.

The year started out with our new annual tradition, a social dinner at Bistro 121 on Jan. 11, hosted by APPT member Morgan Keen Hecht and her husband, chef Walter Hecht.

We sponsored five mini-series workshops throughout the year:

- Jan. 6 with Liz Easley, APRN
- March 2 with Project Harmony
- May 4 on "Employment Strategies"
- July 20 on "Internet Addiction" with Marlys Oestreich
- Sept. 7 on Credit and Collections
- Dec. 9 with Ann Potter talking about YWCA programs.

We also sponsored a training workshop on Feb. 27, titled, "You've Been Served: What to Do When You've Been Subpoe-

naed," with Kristine Gates of the Erickson & Sederstrom Law Office. This workshop helped therapists understand the legal process as it relates to mental health therapy.

Our Spring Conference, on May 14, featured Desarae Mueller-Fichepain, of the Nebraska Business Development Center talking about business planning, marketing and retirement options.

The Fall Conference, on Nov. 12, also featured a practice management theme, with representatives from Dana & Hancock PC providing information to help therapists "Set Yourself Up For Success" with tax planning and business structure advice.

The board is already planning next year's events — mark your calendar for our next Mini-Series workshop on Jan. 4, our Winter Social Event at Bistro 121 on Jan. 16, and our Spring Conference on April 8.

### Reaching Our Goals

My number one priority for my term is increasing membership — and I'm happy to report that things are going well! We currently have 125 members, including several new student members.

Our success as an organization depends on our influence — the more members we have, the better our programming, member benefits and networking opportunities.

Thank you for your involvement in APPT in 2004 — and here's to a great 2005!

## APPT Book Reviews

We have several books at the APPT office that are available for therapists to review for an upcoming issue of *The Compass*.

Reviewers may keep the book when they are finished. Reviews of between 350 and 750 words must be submitted to the APPT office for publication in the newsletter.

Requests for books will be honored on a first-come, first-served basis. APPT will send you the book and assign you a deadline for an upcoming issue (you will usually have 90 to 120 days to read the book and complete the review).

Call Bridget at (402) 393-4600 to request a current list of books.

In addition, if you have read a book not on our list but would like to review it for an upcoming issue of *The Compass*, please contact Bob Atherton or Bridget Brooks.

Interested in Advertising in *The Compass*?

Call Bridget at (402) 393-4600  
for a Current Rate Sheet

## ON THE MOVE...

*New addresses and contact information for the following private practice therapists:*

### – as of 11/22/04

Deborah Shaddy, MS, LMHP  
11920 Burt Street, Suite 160  
Omaha, NE 68154  
Phone: (402) 991-5960  
Fax: (402) 991-5963  
E-mail: dsshaddy@aol.com

### – as of 12/1/04

Teri Wais-Klein LCSW, LMHP  
Midwest Regional Health Services  
2727 South 144th Street, Suite 280  
Omaha, NE 68144  
Phone: (402) 778-5497  
Fax: (402) 778-5499

### – as of 12/1/04

Pam Feldman  
Associated Counseling Professionals  
12818 Augusta Avenue  
Omaha, NE 68154  
Phone: (402) 334-1122  
Fax: (402) 334-8171


**Calendar  
of Events**
**Tuesday, Jan. 4, 2005**

APPT MINI-SERIES WORKSHOP  
 "Survival Quiz" with Pam Ehrhart  
 Olive Garden • 76th & Dodge  
 11:30 – 11:55 a.m. – Networking  
 12 to 12:45 p.m. – Program

**Sunday, Jan. 16, 2005**

APPT WINTER SOCIAL EVENT  
 Bistro 121 • 120th & Center  
 5:30 p.m. – Networking  
 6 to 7 p.m. – Dinner  
*Open to APPT members and their  
 spouses/significant others*

<p><b>Services</b></p> <ul style="list-style-type: none"> <li>Individual</li> <li>Couple</li> <li>Family</li> <li>Group</li> <li>Biofeedback</li> <li>Divorce</li> <li>Sex Therapy</li> <li>Women's Issues</li> </ul>	<p><b>Elmorine R. Hites, M.S.</b>                  Nebraska State                  Certified Professional Counselor</p> <p>11912 Elm Str., Suite 20E                  Omaha, NE 68144                  (402) 330-4440</p>
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**APPT E-List**

If you have e-mail access from home, work or both, but aren't on the APPT E-List, you're missing out!

The latest addition to the E-List is information on upcoming workshops and events. Many of these workshops offer discounts for multiple registrations. The E-List allows you to contact other private practice therapists to register together and take advantage of savings up to \$50.

Join the E-List and receive legislative updates and first notification of upcoming APPT events. And it's a great way to stay connected with other private practice therapists!

If you are a current APPT member, you are eligible to join the E-List. We just need your e-mail address to sign you up!

Call Bridget at (402) 393-4600 with your e-mail address, or send an e-mail to [appt@ibc.omhcoxmail.com](mailto:appt@ibc.omhcoxmail.com) (subject: APPT Member E-List). You will receive an e-mail confirming your addition to the E-List.

**"Survival Quiz"**

This APPT mini-series workshop is a "must attend" for therapists looking to ensure their personal and business safety. Do you see clients late at night? Has your office ever been broken into? Do you know how to secure your home while you're at work seeing clients?

Pam Ehrhart, with the Omaha Police Department, will test you on your safety knowledge while providing practical tips to help you stay safe. Pam has more than 18 years' experience in the Criminal Justice and Counseling fields.

*PLEASE NOTE: The program will begin promptly at Noon.*

**Tuesday, Jan. 4, 2005**


Olive Garden – 74th &amp; Dodge Street (Omaha)



11:30 to 11:55 a.m. .... Meet / Greet / Networking  
 12:00 to 12:45 p.m. .... Speaker

APPT Members ..... \$13.50 per person  
 Non-Members ..... \$16.00 per person

Cost includes entrée, salad, breadsticks, beverage and gratuity.

**Questions? Or to Register by Phone**

**Call Bridget at the APPT Office – (402) 393-4600**

The APPT Office is Managed by Image Building Communications.  
 Feel free to leave a message on the voice mail.

**JANUARY 4 MINI-PRACTICE WORKSHOP  
 REGISTRATION FORM**

Name \_\_\_\_\_

Practice \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

 Members @ \$13.50 each       Non-Members @ \$16.00 each

 Payment Enclosed       I Will Pay at the Door

Mail Completed Form and Payment to:  
 APPT • P.O. Box 241621 • Omaha, NE 68124-5621

Fax to: (402) 393-4603

**or Call Bridget at (402) 393-4600**

(leave your name, phone number & number attending on voice mail)

**Reservations Due By Noon on Monday, Jan. 3, 2005**

*Make checks payable to APPT • No-Shows May Be Billed • No refunds after Jan. 3*

# NOT A MEMBER? JOIN TODAY!

Join the Association of Private Practice Therapists and You'll Receive EVERY Issue of The Compass, Plus These Other Membership Benefits:

- **Membership Directory.** This directory is circulated to members and the media as well as to community groups who use it to make referrals.
- **Networking Opportunities.** Join us for our annual conferences (Spring and Fall) as well as social get-togethers and practice management mini-series workshops. Low-cost CEUs available!
- **Free Legal Consultation with Erickson & Sederstrom P.C.** Attorneys at Law (free initial consultation of up to one hour; APPT discount on further services). Call the APPT office at 402-393-4600 for details!

MEMBERSHIP TYPE (all memberships are individual memberships):

- Traditional (private practice therapist); dues equal to your fee for one hour of therapy
- Agency (employed by a non-profit agency); dues are \$25/year
- Affiliate (retired or non-practicing therapist or academician); dues are \$25/year
- Student (currently enrolled); dues are \$25/year

Therapist Name \_\_\_\_\_

Practice/Group Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home No. \_\_\_\_\_ Work No. \_\_\_\_\_

Fax No. \_\_\_\_\_ E-mail \_\_\_\_\_

State Senator Name \_\_\_\_\_ District No. \_\_\_\_\_

*Professional Affiliation:*  Counseling  Social Work  Psychology  Psychiatry  Marriage & Family

*My Practice is:*  Full-time  Part-time  Not in private practice at present

DUES (See Membership Type, above) \$ \_\_\_\_\_

Voluntary Donation for Legislative Action \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Please enclose your check, payable to APPT

Mail to: APPT  
PO Box 241621  
Omaha, NE 68124-5621

Questions? Call Bridget at 402-393-4600

## Up to \$100 Scholarship Available For Continuing Education

We've had several therapists take advantage of the APPT continuing education scholarships — and we will have four scholarships available in 2005. If you see a session you're interested in attending — and want to get a little financial help (and give back to the association at the same time!), then we've got an offer that you won't want to miss out on!

The APPT Scholarship for Continuing Education is designed to help APPT members defray the cost of a workshop they attend (75 percent of the cost of the workshop, up to a maximum of \$100).

Complete the scholarship application form and submit it along with a copy of the workshop brochure (if available). Up to four scholarships are awarded each year.

Your scholarship request will be reviewed by the APPT Scholarship Committee and you will be notified of their decision within 7 days of your application.

If selected, you will be reimbursed for the awarded amount after attending the workshop and sharing the information with APPT members, either through a presentation or by writing an article for *The Compass* summarizing the content of the workshop.

Questions? Call Pam Feldman at (402) 334-1122.

### Application for APPT Scholarship For Continuing Education

Name \_\_\_\_\_

Practice Location \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Conference Title and Location (please attach a copy of brochure, if available)

\_\_\_\_\_

Date: \_\_\_\_\_ Cost: \_\_\_\_\_

***I am willing to:***

- Present a brief summary of the workshop at a mini-practice workshop
- Write an article for *The Compass* summarizing the content of the workshop.

***Please note:*** The maximum amount awarded is 75 percent of the cost of the workshop, up to \$100. If selected, you will be reimbursed the awarded amount after attending the workshop and sharing the information with APPT members through a presentation or article.

***Submit completed application to:*** Pam Feldman, LPC, 12818 Augusta Avenue, Omaha, NE 68144 or fax to (402) 334-8171. Applications will be considered and a decision reached within 7 days of receiving your application.



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for more information,  
call **SUSIE** at  
**(402) 496-9966**



**Association of  
Private Practice Therapists**  
P.O. Box 241621  
Omaha, NE 68124-5621  
**402.393.4600**

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**Address Service Requested**

# IMPORTANT SAFETY TIPS

*continued from page 1*

Plan to attend the Mini-Series Workshop on Jan. 4 – and keep these important safety tips in mind!

1. **Tip from Tae Kwon Do:** The elbow is the strongest point on your body. If you are close enough to use it, do!
2. **If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM.** Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. *Run like mad in the other direction!*
3. **If you are ever thrown into the trunk of a car,** kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
4. **Women have a tendency to get into their cars** after shopping, eating, working,

etc., and just sit doing their checkbook, or making a list, etc. Don't do this! The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. *As soon as you get into your car, lock the doors and leave!*

5. **A few notes about getting into your car** in a parking lot, or parking garage:
  - A.) Be aware: look around you, look into your car, at the passenger side floor and in the back seat.
  - B.) If a big van is parked next to the driver's door, enter your car through the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
  - C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into

the mall, or work, and get a guard/police-man to walk you back out. *It is always better to be safe than sorry.*

6. **ALWAYS take the elevator** instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot.)
7. **If the predator has a gun** and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times. Even then, it most likely WILL NOT be a vital organ. RUN!
8. **Women — stop being sympathetic.** It may get you raped or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

**Free Legal Consultation.** Remember, each APPT member is entitled to a free legal consultation with an attorney from Erickson & Sederstrom, P.C. (up to one hour) per year. Call Chuck Sederstrom, attorney at law at (402) 397-2200. If you access this service, please give us feedback. Call Bridget at the APPT Office at (402) 393-4600 and let us know!