



Association News...

Lincoln Mini-Series Workshop Scheduled for Friday, July 17

Our first Lincoln mini-series workshop of the year is scheduled for Friday, July 17, at The Lighthouse, located at 2601 N Street in Lincoln. The program begins at 11:30 a.m. and concludes at 1 p.m.

Steve Brownrigg, MS, NCC, LMHP, will be presenting an encore of his presentation, *"Customizing Recordkeeping From Assessment to Treatment Planning: 'Have It Your Way' to 'Where's The Beef?'"*

Steve will offer solutions for "beefing up" the therapeutic relationship through treatment planning and use of assessments, and better ways to measure marketing efforts and treatment outcome effectiveness. This program was presented on April 7 in Omaha and was enthusiastically received.

The special introductory price for this session is \$7.50 per person (pre-registered) or \$10 at the door. Bring your own lunch. Non-APPT members are also welcome to attend. One CEU will be offered.

Call Bridget at (402) 393-4600 to register. Space is limited.

Slight Change to APPT Mission Statement

At the June 12 board retreat, the APPT mission statement was revised to read: *"Membership is open to licensed mental health practitioners (counselors, social workers, and marriage and family therapists), psychologists, and psychiatrists as well as others interested in supporting the private practice model of service provision."*

Association Combines Categories and Increases Associate Dues

The board also voted to combine the existing "associate," "agency," and "affiliate" categories into one category: "associate." Associate members are "clinical members who have fewer than 10 hours of client contact per week in private practice." The annual dues for this category are \$50 per year, beginning July 1. (Existing members will pay the new rate upon their annual renewal.)

Choosing a Dictation/Transcription Service

By Dee Fogarty

What questions should you ask when you are considering hiring a dictation/transcription service? If you've never worked with a dictation or transcription service before, you might not even know what questions to ask. This guide should help you choose a service.

Is the service easy to access/use; is it convenient for me? Is the service available 365/24/7? Is it user-friendly? What will my learning curve be? Is it affordable?

Is it confidential? Are there current references available? This is very important. Take the time to check references. Ask to speak to a therapist who is currently using the service and find out what they like/don't like and what works/doesn't work for them. Then compare it to what your needs are.

What is the normal turnaround time? How quickly do I usually need my dictation completed and returned to me? Is the service's normal turnaround time sufficient to meet my needs?

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Calendar of Events

Friday, July 17, 2009 • 11:30 a.m.

APPT MINI-SERIES WORKSHOP IN LINCOLN, NE

THE LIGHTHOUSE • 2601 N STREET

"Customizing Recordkeeping from Assessment to Treatment Planning" with Steve Brownrigg
visit www.privatepractice.org for details.

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From the President's Desk: Welcome!



Adrian Martin

*By Adrian Martin, MS,
LIMFT*

Welcome to my first *Compass* communication as president of APPT.

This is a timely opportunity for me to report back to you about some of the discussions that took place at our APPT board retreat a couple of weeks ago. The board retreat was

initiated by Past President Pam Feldman last year, and I hope it will become an annual opportunity for the reigning board and past presidents to discuss in more detail some of the issues that can help shape the future of our organization. We are fortunate to have a board that is active and so eager to lead our organization towards growth, as well as a group of past presidents that can guide us with experience.

When APPT was formed 16 years ago, it was primarily in response to the changing landscapes of insurance panels, managed

care, and the impending state licensure of mental health practitioners. One reoccurring theme at the retreat was that we are once again on the edge of such a changing landscape: rumors abound of sweeping changes to the Nebraska Medicaid system (including exploration of "at-risk managed care" and "medical home" models), President Obama has pledged to reform healthcare across the country, and there is the pending implementation of the federal mental health parity bill — all suggesting a future of change for our industry.

The board believes it is vital that, as an organization, we are able to keep ourselves well informed of these changes and take an active part in helping to shape them.

To this end, APPT is an active associate member of the Nebraska Association of Behavioral Health Organizations (**NABHO.org**) and traditionally we have selected one person to be the legislative liaison.

In a bid to strengthen our efforts, we have agreed to form a legislative committee
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Editor Bridget Brooks
Publisher/Newsletter Advisor Adrian Martin, MS
www.PrivatePractice.org

Don't Lose Your 'Independence' – Long-Term Planning

If you'd rather write your will than have a discussion about planning for long-term care (LTC) needs, you're not alone. Results from a 2006 John Hancock Life Insurance Company (John Hancock Long-Term Care Survey¹) survey revealed that more than half of the respondents opted for the will. In addition, a slightly smaller percentage said that going to a nursing home is worse than becoming bankrupt, and half of those surveyed said they consider it worse than dying.

It's clear that the emotions surrounding the very thought of losing our independence can paralyze us from taking action. But it doesn't have to be that way. Once people understand the facts about long-term care, the planning process is much easier and offers peace of mind about preserving savings, protecting family members from the burden of caregiving, and retaining independence.

Caregiving and Its Impact

Long-term care is the assistance needed by someone who can no longer independently perform daily activities such as eating, bathing, or dressing. This care can be received at home, or in an assisted living facility, adult day care center, or nursing home. It's important to understand that long-term care does not necessarily have to mean nursing home care, which seems to be the biggest fear and misconception associated with LTC. In fact, 80 percent of older adults who receive LTC do so in their own homes or community settings. That's good news.

¹ John Hancock commissioned the survey through Zoomerang.

Knowledge is Power

While it is true that the vast majority of Americans recognize the importance of planning ahead, there is a lack of knowledge about LTC as well as the pros and cons of funding alternatives. With the national average cost for nursing home care at more than \$71,000 annually, and the expenses of at-home care or services provided in a community setting on the rise, these costs can really add up. Many rely on the hope that government programs like Medicare and Medicaid will pay for long-term care services — but these programs can be very limiting.

When you think about it, planning for long-term care is important to your overall financial well-being. A long-term care insurance policy can help:

- Protect your retirement savings
- Give yourself control over where you receive care — as most policies cover care in all settings these days (home, assisted living facilities, adult day care, and nursing homes)
- Give you the means to pay for higher quality care
- Relieve your family and friends from heavy caregiving responsibilities
- Receive not only financial support, but professional advice, additional resources, and service provider discounts

For more information on the sponsored group program through APPT, contact John Schraut, Registered Representative for John Hancock Financial Network, at (402) 758-1313, Ext. 28 or you can e-mail him at jschraut@jhnetwork.com.



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Free Legal Consultation For APPT Members.

Each Traditional APPT member is entitled to a free legal consultation with an attorney from Erickson & Sederstrom, P.C. (up to one hour) per year.

Contact Bridget at the APPT Office at (402) 393-4600 for access information. *If you use this service, please give us feedback.*

– MEMBER NEWS –

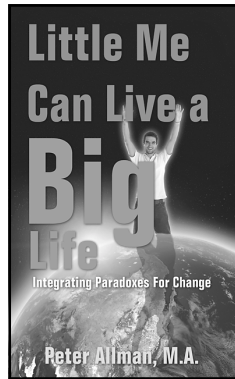
Peter Allman, M.A. has published a new book, *“Little Me Can Live a Big Life.”* The book includes 52 chapters written about 52 different paradoxes. A paradox is a statement that is seemingly contradictory or opposed to common sense and yet is perhaps true.

“Little Me Can Live a Big Life” is a unique, compelling, yet simple collection of paradoxes that invite the reader to unlock the mystery of living a bigger life that includes the “both-and” thinking of paradoxes. Paradoxes are a strange and mysterious twoness. They may not make sense to our rational minds. In fact, paradoxes disturb our conventional way of thinking. Paradoxes can give a jolt that pushes us out of being stuck and into freedom.

The book can be purchased on **Amazon.com** and Barnes and Noble website (**bn.com**).

Jim Haley would like to share two recent changes in his educational and professional qualifications. As of April 16, he is officially a Licensed Independent Mental Health Practitioner (LIMHP). On May 16, he earned his Ph.D. in Counseling Psychology from the University of Iowa. Jim will continue to see therapy clients at both Psychological & Counseling Services [12728 Augusta Ave., Suite 150, (402) 330-1537] and at Kids Inc. [11414 West Center Rd., Suite 220, (402) 330-4014].

Although his Provisional License in Psychology application is in process, upon approval he anticipates adding psychological assessments of children and adults to his scope of practice, including LD/ADHD assessment. He will announce via the APPT listserv once he is open for assessment referrals. For more information, please visit **www.psychologicalandcounselingservices.net** or **www.kids-incorporated.com**.



The Adlerian Center is pleased to announce the addition of **Frances Olson, MS, NCC, LMHP, LPC.** Frances has a wide range of academic and clinical experience, including the treatment of co-occurring disorders.

Frances has expertise in the treatment of addictions, depression, anxiety, abuse, PTSD, and trauma with individuals, couples, and groups. Additionally, she enjoys working with individuals seeking help with interpersonal relationships, marriage counseling, and GLBT issues.

She can be reached at 334-3044 or via e-mail at frances@adleriancenter.com.



Jodi Petersen, MS, NCC, LMHP, CPC has opened her new practice, Bethesda Place.

Through Bethesda Place, Jodi will be offering therapy services to children and adults, individuals, couples, and families. She specializes in working with individuals and families impacted by chronic illness, life-changing injuries, and developmental disabilities.

Jodi also partners with The Ollie Webb Center to provide programming for siblings of children with disabilities. In addition to her counselor training, Jodi has a degree in Special Education and is an adult sibling.

For more information about Bethesda Place, Sibshop, or Sibtalk, please contact Jodi at (402) 597-2126. Bethesda Place is located at 11330 Q Street, Suite 205.

Do you have member news to share? Offering a new specialty? Featured in the media? Started a new group? E-mail appt@ibc.omhcoxmail.com (subject line: Member News). *

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Association Profile: American Group Psychotherapy Association

This is the first in a series of profiles of other associations that APPT members belong to. As a multi-disciplinary association, APPT works collaboratively with a variety of organizations and associations to serve its members.

By Stephen Abraham, MS, CGP

The American Group Psychotherapy Association has been, for me, the most rewarding and educational of the associations I belong to.

I love my American Counseling Association membership, but AGPA is all about therapy and is geared towards the agency or private practice models. Whether you are into group therapy or not, the annual meeting is a chance for you to be with the "movers and shakers" of our industry.

I've met such distinguished speakers as Earl Hopper, Malcolm Pines, The Goulds (creators of Redecision Therapy), and the Scharffs, to whom I owe the last 15 years of mentorship.

Through active participation, members shape policy in the field of group therapy and group methods.

AGPA offers ample mentorship and leadership opportunities, both as teachers and trainers, and as members of the board of directors, elected officers, committees, and task forces.

When you become part of the group, you will have access to a wealth of member benefits.

The annual meeting is the highlight of the association year. The Institute and Conference offers top-notch accredited continuing professional development opportunities with over 200 events, as well as friendly networking and social interaction for members and non-members alike.

Each year, the Institute presents a two-day experiential group led by outstanding group practitioners from around the world. The Conference is a three-day event that includes workshops as well as open sessions.

Within the AGPA, you will be exposed to a wide array of philosophies and approaches, and you will feel a strong sense of identity as a group therapist.

You will have the opportunity to receive scholarships, awards, and research grants from the Group Psychotherapy Foundation.

As for publications, the quarterly *AGPA Journal* is the organization's official journal and is a leading information resource for group psychotherapists. It includes the most up-to-date advances in theory, research, and practice. It has a renowned Book Review section, and is in its 50th year of publication. Articles are archived online.

The *Group Circle* is published quarterly with special inserts of the *The Group Solutions* and *Group As-*
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**Space is limited, so respond today to Dena Crosby, LMHP
at (402) 932-6500 ext. 108.**

THE MEDICINAL INQUIRER: Medication Information

A series designed to help private practice therapists learn more about psychiatric medications and get their questions answered.

By Joyce Sasse, APRN

One of my new patients last week asked me for further information about a medication he had seen advertised on television. He said that it sounded like it would help him when he was depressed. I explained that the medication was an antidepressant and that it was a very good antidepressant. I further explained that I would not want to use it for his depression, because his type of depression was bipolar depression. His depression needed to be treated with a different type of medication.

We talked about the etiology of bipolar depression and mania and when the session was over, the patient left with a better understanding of his disorder and the appropriate medications for his treatment regimen.

Patients are going to ask about medications that they see on television, which they know other people take, that they see in magazines, and that they may come across on the Internet. I like to be able to answer their questions and stimulate their inquiry so that they learn more about their disease process and the medications that they may use in their treatment. I like to steer patients to the best sources of reliable information and away from spurious information.

I have made a list of sources that patients with Internet access can use to find information about medications and mental health treatments:

National Alliance For The Mentally Ill (NAMI) (www.nami.org) — *these links were made into Tinyurls to make it easier for you to access.*

Information about mental illnesses:
<http://tinyurl.com/m6ahfg>

Information about treatments & medications:
<http://tinyurl.com/Lmp4yd>

NAMI sites present excellent information about all aspects of mental illness and its treatment as well as advocacy.

The National Institute of Mental Health — Mental Health Topics Page:

www.nimh.nih.gov/health/topics/index.shtml

Clicking on "Treatments" takes you to a page listing most of the currently-used psychotropic medications.

Medline Plus — The National Institutes For Health:

www.nlm.nih.gov/medlineplus/

This service is a search engine that provides information about many topics in health as well as about medications. It will give a variety of listings for a medication, so the patient will have to look for the one with the psychiatric indication. It is a little more difficult to use than NAMI's site.

Web MD is a good basic service (like Medline), plus it is a search engine. I do not recommend it simply because it has so many advertisements that can lure the patient away from the information they are looking for. That is also the reason that I do not recommend many other similar self-help sites on the Internet.

Other sites I would not recommend are sites that are maintained by manufacturers or developers of products. The manufacturers may not have the most objective information.



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**Joyce K. Sasse,
MS, APRN-BC, CARN**
Psychiatric Nurse Practitioner
Clinical Nurse Specialist

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Book Excerpt: *'Little Me Can Live a Big Life'*

By Peter Allman, M.A.

The price tag of success is failure.

Success and failure can be easily seen in sports activities. For example, failure can be spotted when we hit the tennis ball into the net or slice the golf ball into the rough. Gathering the information within the failure can help us move closer to success. Correcting the failure will create better performances.

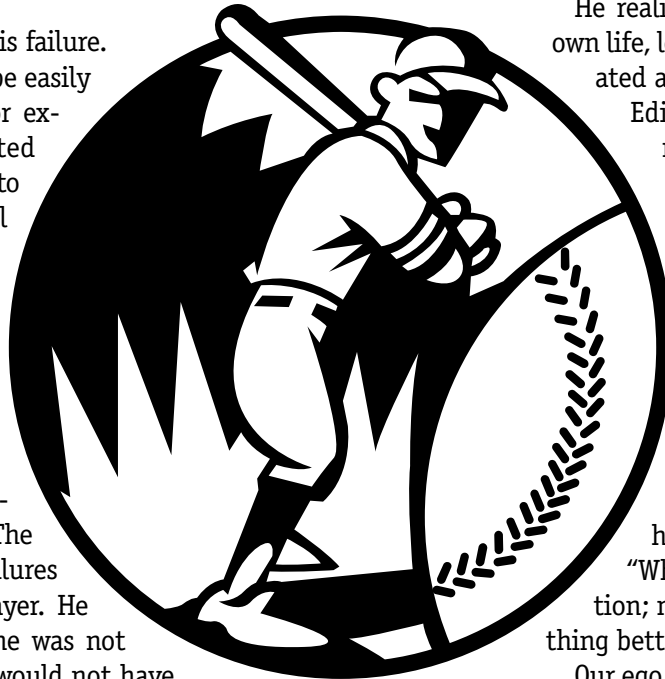
Babe Ruth hit 714 home runs — a record that was untouchable for many years. The great Ruth also had more failures than any other baseball player. He struck out 1,330 times. If he was not swinging for the fences, he would not have reached such milestones during his career.

As Francis T. Vincent Jr. — the eighth commissioner of Major League Baseball — observed, such failure is necessary: "Baseball teaches us, or has taught most of us, how to deal with failure. We learn at a very young age that failure is the norm in baseball and, precisely because we have failed, we hold in high regard those who fail less often — those who hit safely in one out of three chances and become star players. I also find it fascinating that baseball alone in sport, considers errors to be part of the game, part of its rigorous truth."

In our daily life, we will fall short of a desired behavior. We may overreact in our parenting or do poorly during a sales presentation. Within these failings is the information for more successful behaviors next time.

Samuel Smiles, a nineteenth century Scottish political reformist and author of *"Self-Help,"* wrote, "We learn wisdom from failure much more than success. We often discover what we will do by finding out what we will not do, and probably he who never made a mistake never made a discovery."

Thomas Edison was one of the world's most successful inventors. He was awarded 1,368 separate and distinct patents during his lifetime. Along with those incredible successes were ever more failures. Edison once said, "If I find 10,000 ways something won't work, I haven't failed. I am not discouraged because every wrong attempt discarded is just one more step forward."



He realized this paradoxical truth in his own life, learned from his mistakes, and created an incredible number of successes.

Edison went on to say, "Unfortunately, many of life's failures are experienced by people who did not realize how close they were to success when they gave up."

Once we realize how much information is in each of our failures, we will more likely embrace the shortcomings and move closer to successes. Wendell Phillips, an 1833 graduate of Harvard Law School who dedicated his life to anti-slavery causes, said, "What is defeat? Nothing but education; nothing but the first step to something better."

Our ego does not like failure. Our ego likes to shine in successes. It takes strength to de-power the ego and admit we fell short and step up to the plate again. Author James Rollins wrote, "Wringing your hands only stops you from rolling up your sleeves."

It's easier to place blame on someone else and not try again. If we understand that there is much information to discern within our mistakes, it's easier to take a risk and try another stab at success.

We need a disciplined mind to practice accepting failure and taking another risk. The Buddha said, "An untrained mind is your greatest enemy; while a disciplined mind is your greatest friend."

Accepting our failures — and not buying into our feelings of embarrassment or inadequacy — takes perseverance and self-control.

Thomas Watson, who built IBM into a computer giant, said, "If you want to succeed, double your failure rate." This will get you closer to living a big life.

— Peter Allman, M.A. is a licensed mental health practitioner and has a private counseling practice. He is co-founder and president of Lighthouse, a non-profit, after-school program for teens who are at-risk for many unhealthy behaviors. Peter is also an adjunct professor at Doane College-Lincoln, teaching psychology classes in the undergraduate and graduate programs. This article is excerpted from his new book, *"Little Me Can Live a Big Life."* The book can be purchased at **Amazon.com** and the Barnes and Noble website (**bn.com**).

Message From the President

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comprised of key board members, including our board liaisons to the discipline-specific state organizations (NCA, NASW, NAMFT, NPA).

APPT is the only multidisciplinary organization for mental health practitioners in private practice and, as such, we have great strength in our unity. As the state continues to achieve low rankings in national surveys of mental health services, we believe the role of private practitioners should become increasingly important.

Our organization has seen a tremendous 25 percent growth over the past 12 months, largely due to the sterling efforts of our membership committee. We hope to continue this trend as we work to expand into the state.

July sees the first of two scheduled mini-series workshops to be hosted in Lincoln this year, and several board members are planning to attend these events to help "spread the word" of APPT. We are also investigating the potential of developing regional chapters so that APPT can better serve existing "outside of Omaha" members, as well as attract new members from more rural areas.

Our use of technology — such as podcasting, and the potential future use of webinars and teleconferences — will continue to add membership value for those that are unable to attend our events in person, no matter where you are located in the state.

Our educational events continue to receive positive feedback and the board is invested in continuing to expand our repertoire of quality presenters and topics. The board has also agreed to steadily acquire some of our own equipment to improve the technical quality and consistency of our events, and reduce our exposure to temperamental rental equipment.

Membership of APPT is good value, and I believe that value will continue to increase. We ask that you submit annual dues that are equal to what you charge for one hour of your therapy time. As we continue to grow, so does our need for solid revenue. I therefore ask that, when you are renewing your membership, you are mindful that what you pay is based on *what you charge*, rather than what you may sometimes have the misfortune to collect.

I wish you all a safe and enjoyable summer, and look forward to seeing you at our forthcoming events.



Medication Information

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mation available to the patient. Blogs and other non-professional sites are not appropriate either, as they may have information that is inaccurate or outright false.

As far as books for looking up medications, I recommend "Nursing 2009 Drug Handbook," put out each year by Wolters Kluwer Lippincott Williams & Wilkins. This series is relatively easy to read and is logically arranged so that the patient can understand most of the information.

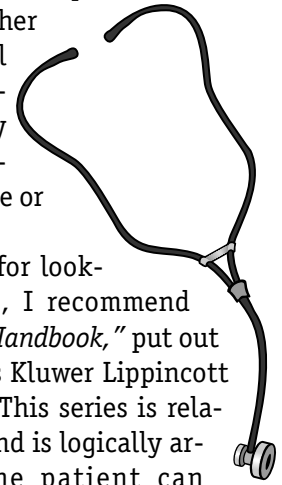
There are many nursing drug handbooks put out on the market each year that are equally good.

I do not recommend any handbooks that are put out by Physicians Desk Reference (PDR), as these are produced by the drug manufacturers and contain too much information that may be confusing to the patient.

In any case, always tell the patient to return if they have any questions about material they have seen or read that they do not understand. Encourage them to bring the book or a copy of the material they have read. Have the patient show you the website that they found, if possible. You can then explain their concerns and answer their questions. And if, perchance, you do not know the answers, I will be ready to help find them or someone who can answer them for you and your patient.

— *Joyce K. Sasse, MS, APRN-BC, CARN is a psychiatric nurse practitioner and clinical nurse specialist with Woodhaven Counseling Associates in Omaha.*

Please send your questions about psychiatric medications to **The Medicinal Inquirer** and I will endeavor to answer them to your satisfaction. E-mail joyesse1@cox.net with your questions or call me at (402) 592-0328.



Association Profile: AGPA

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sets. These newsletters feature up-to-date information and news on the profession as a whole, reports from AGPA committees, task forces and Special Interest Groups (SIGs), brief research reports, a consultation column, suggestions for marketing your practice, information on ethics and third-party payer issues, and a listing of professional award, scholarship, and grant opportunities.

Other benefits:

- **Group Therapy Training Curricula:** Enrich your knowledge with the association's library of training modules: Principles of Group Psychotherapy, Group Interventions for Treatment of Psychological Trauma, Ethics in Group Psychotherapy, Training in Group Psychotherapy Supervision, and Clinical Outcome Results Standardized Measures (CORE-Battery), soon to be released.

- The online directory gives you access to AGPA's membership roster and allows you to update your own profile. Search for members and Certified Group Psychotherapists (CGP) by name or geography.

- **Special Interest Groups:** The association offers 16 Special Interest Groups. SIGs serve the diverse interests of our members through active online communities. You can initiate a new SIG by starting a conversation hour at the Annual Meeting.
- **Affiliate Societies:** Our 32 Affiliate Societies across the country offer collegiality, referral networks, training, consultation, and supervision. Local and National membership complement each other, one offering local exchange and collegiality; the other offering national training and education.
- AGPA and Liberty Mutual, one of the nation's most respected insurance companies, offer members Group Savings Plus®. Save up to 10 percent on your auto and homeowners insurance.



APPT Continuing Education Scholarship

Interested in attending a conference or workshop — but think it's a stretch financially? If the topic is one with specific applications to therapists (especially those in private practice), consider applying for an APPT Scholarship!

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 form and submit it, along with a copy of the workshop brochure (if available). Your request will be reviewed by the APPT Scholarship Committee.

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*.

Application for APPT Scholarship For Continuing Education

The APPT Scholarship for Continuing Education is designed to help members defray the cost of a workshop they attend. Submit this form with a copy of the workshop brochure.

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
2255 S. 132 St., Ste. 200, Omaha, NE 68144 or fax to (402) 334-8171.**

Applications will be considered and a decision reached within 10 days of receiving your application.



APPT

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Address Service Requested

Questions to Ask When Selecting a Dictation Service

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What if I need a quicker turnaround? Are there options available if I have a real need for faster turnaround? Is there an additional charge for this service?

Do I need to dictate capitalization, punctuation, etc.? There is no "right" way to spell Smith, Smyth or Brian, Bryan, etc., but do I have to spell it each time throughout a dictation? Good dictation services should be able to pick up on these items so you don't have to take the time to repeat it.

Is the service familiar with my type of dictation (i.e., mental health therapy)? If the service has no experience with the type

of work you do, it will take longer, and cost you more, to have it transcribed. Ask if they have experience with your specific type of service.

Do I have to dictate "boilerplate" each time? Boilerplate language (information that is included in every psychological evaluation report, for example) should be discussed to determine how to best meet your needs. You should not have to dictate boilerplate language over and over.

What about special formatting, tables, etc., that I use or would like to use? The service you choose should be able to accommodate your specific formatting needs. Tables for testing data can be created for individual therapist's needs. Discuss these issues with the service.



How do I get my completed work? Most therapists now receive their completed work via e-mail. This decreases turnaround time.

— *Dee Fogarty is the owner of D&D Business Services, a digital dictation and transcription service.*

She can be reached by phone at (402) 333-7485 or via e-mail at ddbinc@cox.net.