



COMPASS

The Newsletter for the
Association of Private Practice Therapists
– SPRING 2010 –



Calendar of Events

Friday, April 30, 2010
8 a.m. to 4:30 p.m.

APPT 2010 SPRING CONFERENCE
"You Show Me Yours and I'll Show You Mine:
Advance-Practice Psychotherapy Symposium"
Mahoney State Park • Riverview Lodge

Friday, May 28 • 11:30 a.m.
APPT PEER CONSULTATION GROUP (OMAHA)
Adlerian Center • 11911 Arbor St.

Friday, June 11 • 11:30 a.m. – 12:45 p.m.

APPT MINI-SERIES WORKSHOP (LINCOLN)
"Medical Trauma: Recognizing when
Clients Have Been Traumatized by Medical
Procedures: Treatment Options and
Prevention Strategies"

Presented by Shelley Freeman
The Lighthouse • 26th & N Street

Friday, June 25 • 11:30 a.m.
APPT PEER CONSULTATION GROUP (OMAHA)
Adlerian Center • 11911 Arbor St.

Visit www.privatepractice.org
for details about these events.

* Peer Consultation groups are open to
Traditional APPT Members only. RSVPs are
handled by online invitation through Socializr.
Questions? Call Bridget at (402) 393-4600.

April 30 Symposium Will Feature an In-Depth Look at Different Ways to Treat Depression and Anxiety

It is common for therapists to see clinical presentations of depression and anxiety disorders. However, even seasoned professionals sometimes feel their interventions have grown "stale," or that new approaches are required for unique client needs.

The purpose of this symposium is to present a case that will feature depression and anxiety and portray intervention options in a unique and engaging way — using both lecture and role-play — and to present distinct techniques from differing schools of psychotherapy. It has been designed to appeal to the advanced clinician and will focus exclusively on in-depth interventions from diverse theoretic backgrounds.

The case being examined can be found on page 4.

Presenters — and the area they will cover — include:

- Differential Diagnosis – Connie Logan, Ph.D.
- Psychodynamic Approach – Bob Kraft, Ph.D.
- CBT/DBT Approach – Ann Potter, Ph.D.
- Family Systems Approach – Layne Prest, Ph.D.
- Medication Management Approach – Joyce Sasse, APRN-NP, CNS, CARN
- Nutritional Supplement Approach – Josh Friedman, Psy.D.

You can register for the entire day (8 a.m. to 4:30 p.m., or for the afternoon continuing education program only – 2 to 4:30 p.m.). The symposium offers 4 general CEUs; the afternoon program offers 2 Ethics CEUs.

The conference registration fee does not include park entry. If you do not have a valid annual Nebraska park entry permit, you may purchase one for \$4 at the park on the day of the conference.

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Fundraiser for APPT Member Vicki Holoubeck



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MAY IS MENTAL HEALTH MONTH

The celebration of May as "Mental Health Month" began in 1949 with a declaration from Congress. This year's theme is "Live Your Life WellSM." The celebration includes a Live Your Life Well website (www.liveyourlifewell.org), part of a national public education campaign dedicated to helping people better cope with stress and enhancing their well-being.

Private practice therapists can promote "Mental Health Month" and the "Live Your Life Well" campaign in several ways:

- Link to the "Live Your Life Well" website from your website. You can download the code to put a banner on your website from: <http://www.mentalhealthamerica.net/may/banners.cfm>
- Distribute and promote "Live Your Life Well" fact sheets (available on the "Live Your Life Well" website). You can purchase full-color fact sheets from the "store" on the website, or download the PDF and make copies.
- Share the 10 tools on the "Live Your Life Well" website on your blog, Twitter account, etc.
- Visit the Mental Health America website (www.nmha.org) newsroom for story ideas you can tap into locally. Send a news release to your local TV station or newspaper, or call and make a pitch to the story editor directly.



ADVERTISE FOR THERAPISTS HERE

Do you have office space available for rent?
Looking to reach more than 200 members of the
Association of Private Practice Therapists?

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

ARTICLES WANTED!

We need your contributions for *The Compass*! Submit your article for the July 2010 issue by June 15. We welcome articles on clinical or practice management topics.

Send articles via e-mail (Word format) to Bridget at appt@ibc.omhcoxmail.com or fax to (402) 393-4603. *

Welcome New Members

March 2010

Patti Jareo / Omaha Psychiatric Associates
Work: (402) 558-1858 x 116 / kraftykitn@cox.net

Jodi McQuillen (Student) • djmquillen@cox.net
Referred by John Atherton

Tricia Monzon, MA, LMHP
Origins Behavioral Health (Lincoln)
Work: (402) 489-9990 / triciamonzon1@aol.com

April 2010

Kim Arter / Arter Counseling Services
Work: (402) 330-1633
artercounselingservices@yahoo.com

Bill Hehner (Associate) / Healing Tree Counseling
Work: (402) 614-4871 / billhehner@hotmail.com

Candida Miramontes-Laney
Riverway Counseling & Consulting • (402) 658-7107
candidak@msn.com

Megan Smith • Megan Smith Psychotherapy P.C.
(402) 398-9852 • megsmith23@hotmail.com

If you have questions about your APPT membership, call Bridget at (402) 393-4600 or e-mail appt@ibc.omhcoxmail.com.

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From the President's Desk: Spring Has (Finally) Sprung!



Adrian Martin

Now I can finally say "spring is here," without fear of jinxing the weather forecasts, which means we can soon look forward to the APPT Spring Conference. We have once again chosen the Riverview Lodge at Mahoney, with the hope that the weather will be warm enough for us to lunch out on the deck.

The conference is scheduled for Friday, April 30, and we will again be hosting a full day of continuing education. We have assembled a talented array of presenters, from diverse theoretical backgrounds, for our "advanced-practice symposium on depression and anxiety."

Each presenter will be exploring the given case scenario from their particular theoretical perspective and presenting their in-depth assessments and interventions. The afternoon will close with a presentation from ethics guru Dr. Jack Wineman, who will re-


view the professional and regulatory foundation for diagnostic decisions. This will provide for the two hour LIMHP/LMHP ethics CEU requirement.

The Spring Conference also sees the APPT annual officer elections. It has been a real privilege for me to serve as your president these past 12 months, and to have the pleasure of working with people that are so talented and dedicated to our profession. Our organization is going from strength to strength; we now have over 210 members.

If you find value in what APPT does and stands for as an organization; I strongly urge you to get involved. We have a number of board positions coming up for re-election, and we will also be looking to strengthen some of our committees by adding to them from our general membership.

A list of the upcoming positions will be circulated in advance of the conference, please consider joining those that help promote the growth and strong management of APPT.

I look forward to seeing you on April 30!



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 of Private Practice Therapists (APPT) in conjunction with
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Editor Bridget Brooks
 Publisher/Newsletter Advisor Adrian Martin, MS
www.PrivatePractice.org

– MEMBER NEWS –

Here is an e-mail address correction from the last newsletter. The correct e-mail address for **Stefanie Armstrong** is stefanie.atcnebraska@gmail.com

The mailing address for Summit-Edge (**Kim French**) has changed. Send correspondence to: 17503 Walnut Street, Omaha, NE 68130-1258. The phone number, (402) 861-0728, remains the same.

Elaine Blickenstaff's address has also changed. She can be reached at 5644 Frances Street, Omaha, NE 68106.

Terry Moore attended American Society of Clinical Hypnosis 52nd Annual Scientific Meeting and Workshops from March 12-16 at Sheraton Music City in Nashville, TN.

He attended sessions that addressed a range of core issues and advanced technical concerns for applying hypnosis in psychotherapy and symptom-focused intervention. The workshop was designed for clinicians with at least intermediate level skill, and featured an applied "how-to"

learning experience and that emphasized clinical description, demonstration, supervised practice and personalized feedback. Later this spring, Terry will write about his experiences for *The Compass* — or perhaps talk about it at an APPT Mini-Series Workshop.

The Center for Counseling & Psychotherapy and the newly founded non-profit 2BFertile and RESOLVE: The National Infertility Association are celebrating the 20th Annual National Infertility Awareness Week, April 24-May 2, joining millions of infertile women and men, healthcare professionals, psychologists and other thought leaders to promote greater awareness about infertility.

RESOLVE's National Infertility Awareness Week educates the general public and create greater awareness and understanding about infertility in Nebraska, to help women and men find the answers and get the support they need to make important medical decisions and address the medical, emotional, social and economic challenges infertility can present," said **Julie Luzarraga, LICSW, DCSW**.

APPT Continuing Education Scholarship

The APPT scholarship program is a wonderful opportunity for you to learn and to share that knowledge with our membership.

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). Four scholarships are available annually.

Complete the form (at right) and submit it, along with a copy of the workshop brochure (if available). Your application/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.

FICTIONAL CASE STUDY FOR SYMPOSIUM ON APRIL 30, 2010**ACME COUNSELING SERVICES**

Name: Ashley Thomas
Birth Date: January 1, 1968

Age: 39 years
Ethnicity: Caucasian

THERAPY INTAKE REPORT**REASON FOR REFERRAL**

Ashley Thomas is a height-weight proportionate 39-year-old female who was self-referred for individual psychotherapy. Both she and her husband have decided to work with individual therapists in an attempt to better understand their respective characteristics and improve their relationship.

Mrs. Thomas stated she has a significant history of depression which has at times impacted her marriage. Despite having seen several counselors over her adult lifetime, the client stated, "Nothing has ever been resolved." She is therefore only somewhat hopeful that this episode of counseling will be of help in addressing her individual therapy needs and/or in improving her marital relationship.

The client's hygiene at intake was normal and her posture was rather slumped. Motor behavior was observed to be somewhat restless, as Mrs. Thomas frequently bounced her leg while talking. She presented with visibly depressed mood and restricted affect, though she was able to maintain average eye contact.

RELEVANT BACKGROUND INFORMATION

Mrs. Thomas reported that she is the biological daughter of June Smith and John Jones. Although her parents were married at the time of her birth, they reportedly divorced when she was age six or seven.

The client was born in the Midwest. She has one biological sister who is three years younger than herself. She also has a 22-year-old half-brother from her mother's second marriage, as well as a 25-year-old half-sister from her father's second marriage.

Mrs. Thomas indicated that her family experienced numerous geographic relocations during her childhood. After the divorce, each of the client's parents remarried within the following six months. Mrs. Thomas's mother and step-father soon moved to a new state, taking the client and her younger sister with them. This move occurred midway through Mrs. Thomas's second-grade year. She then underwent two additional moves and school changes before beginning high school.

When asked about her relationships with her parents and step-parents, Mrs. Thomas indicated that it was "stressful" with her stepmother, who was "not great with kids, uptight, and possibly an alcoholic." Mrs. Thomas added that her stepfather expressed a lot of verbal aggression. This contrasted with her biological parents, who reportedly did not argue loudly, but instead dealt with conflict by avoidance, isolation, and "retreating into their own worlds."

Mrs. Thomas also reported a significant history of sexual abuse. When asked about this, she replied, "I was abused by different random people." Mrs. Thomas reported that she was initially exposed to pornography around the time of her parents' divorce. Shortly after that, she began "acting out" with a neighbor who was the same age. The client was also sexually abused at one point by an older child.

FICTIONAL CASE STUDY FOR SYMPOSIUM ON APRIL 30, 2010 (cont.)

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The family moved yet again when Mrs. Thomas began high school, and she ultimately graduated in 1986. Soon after, the client attended college for approximately five semesters. During this time, she was involved in various short- and intermediate-term relationships, none of which lasted more than six months. The client ultimately married David Thomas when both were age 21. The two moved again for additional schooling, then went on to have four children who are now ages 17, 15, 12, and nine. Mrs. Thomas estimated that she and her husband moved at least 10 times during the first seven years of their marriage.

Mrs. Thomas's occupational history includes a number of positions within preschool settings, as well as significant involvement in volunteer work. She is currently working as an assistant librarian in a local elementary school. Mr. Thomas is employed as a hospital custodian. The family reportedly experiences significant financial stress.

Mrs. Thomas's health has generally been good throughout her lifetime. She currently takes Prozac (20 mg), as prescribed by her physician. She has observed no recent changes in her weight, appetite, or sleep pattern, although her sleep is said to be chronically restless. In addition, Mrs. Thomas reportedly experiences frequent nightmares.

The client's legal history is unremarkable; she has never come to the attention of legal authorities for anything other than a protest demonstration as a young adult. She also stated that she has had no recent thoughts of harming herself or anyone else. Mrs. Thomas said that, although she has never attempted suicide, she has engaged in intentional self-harm behaviors in the past. These include superficial cutting on her inner thighs and occasional self-inflicted burns with her curling iron (the most recent occurrence was seven months ago). The client has never been admitted for inpatient psychiatric care.

When asked about any illicit or prescription drug abuse, alcohol abuse, or tobacco use, the client denied such. Her family psychiatric history is noteworthy for depression (mother, maternal grandmother) and bipolar disorder (two aunts). Mrs. Thomas has also experienced significant depression during her lifetime. She initiated counseling and medication for the first time approximately seven years ago.

When asked about ongoing symptoms of depression, Mrs. Thomas reported that she experiences chronic diminished interest in activities, sleep disturbance, fatigue, trouble concentrating, social withdrawal, and low mood. However, she does not give evidence of past bipolar episodes.

Mrs. Thomas rated her anxiety level as moderate to severe. Symptoms of anxiety include frequent racing thoughts, sleep disruption, and motor activation/restlessness. She also believes her memory is significantly impacted secondary to her chronic depression and anxiety. When asked about thought preoccupations, the client indicated that she often dwells on her frustration regarding her own forgetfulness and disorganization. She added that she frequently feels quite overwhelmed. When asked about symptoms of paranoia, Mrs. Thomas said she sometimes believes that her husband is actively working against her best interests.

The client denied any obsessive thoughts or compulsive behaviors. With regard to specific fears, she stated that she is frightened only of her husband's anger during times of particular agitation. The client denied any past history of hallucinations, loss of consciousness, or seizures.

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FICTIONAL CASE STUDY FOR SYMPOSIUM ON APRIL 30, 2010 (cont.)

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As stated previously, Mr. and Mrs. Thomas have experienced significant marital difficulties for several years. Mrs. Thomas characterized the nature of the spousal conflict as centering on parenting disagreements and her lack of interest in sexual intimacy.

The client said she has three or four close friends. Religion is said to be important in the family system and they identify with a nondenominational Christian faith tradition. When asked about her future goals, Mrs. Thomas stated that she would like to reduce the household tension for the sake of her children.

“Ethical Diagnosis: The Devil is in the Details” – 2 to 4:30 p.m. (2 Ethics CEUs)

This presentation, by Dr. Jack Wineman, will review the professional and regulatory foundation for diagnostic decisions. Vague concepts such as “significant,” and “substantially” and “functional impairment” will be discussed as will issues related to over- and under-diagnosis. Suggestions to aid in diagnostic decision-making will be offered. Finally, actual case examples will be discussed.

This program will provide 2 hours of ethics CEUs in accordance with Nebraska guidelines for counselors, social workers, marriage and family therapists, and mental health practitioners. CEUs for alcohol and drug counselors are being applied for. Dr. Wineman has been a private practice psychologist in Omaha since 1983. He helped develop the ethics code for Nebraska Critical Incident Stress Management program and is a frequent speaker and presenter.

Register Online for the Spring Conference at:

<http://www.privatepractice.org/springconference.html>

PEER CONSULTATION

If you are a Traditional member of APPT, you have the opportunity to participate in free peer consultation groups each month.

The Play Therapy Peer Consultation group is sponsored by Allan Gonsher. The general Peer Consultation Group is hosted by the Adlerian Center.

Questions? Call Bridget at (402) 393-4600.

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Black-White Dialogues: *A Lifeboat For All*

By Elaine Wells, M.S., LMHP

My spacious middle-class home is in a beautiful quiet neighborhood north of Sorenson Parkway at 50th Street — but just blocks away, gunfire is not uncommon. My new friend from Black-White Dialogues lives on North 42nd Street, and told me this story about two months ago.

She was sleeping downstairs when she heard a crashing noise in the living room. She rushed up to investigate, and realized that her television had been destroyed by bullets fired through her front window in a drive-by shooting. Had she not recently moved her sofa away from the wall where the TV just shattered, one of her family members might have been killed by those bullets. This young woman has a degree in journalism and her head on straight — but she fears that her 14-year-old son (a good student and nice kid) is being drawn into a gang, even though he does not want to be. She has sent him away to live with his father.

While this item may not seem to be specifically related to therapy, I believe we all need to get out of our beautiful, quiet professional offices sometimes and contribute our caring and expertise to this community. North Omaha is literally under fire — yet many smart, caring people and organizations are already working together to solve the problems that racism has created in our city. We need to join them.

A cartoon I saw recently shows four men in a boat out at sea. Two are almost submerged in water that is pouring in through a hole in their end of the boat. They are bailing water frantically. The other two men are riding high in their end of the boat, and one says with a smile, “No worries. Our end of the boat is not even in the water.”

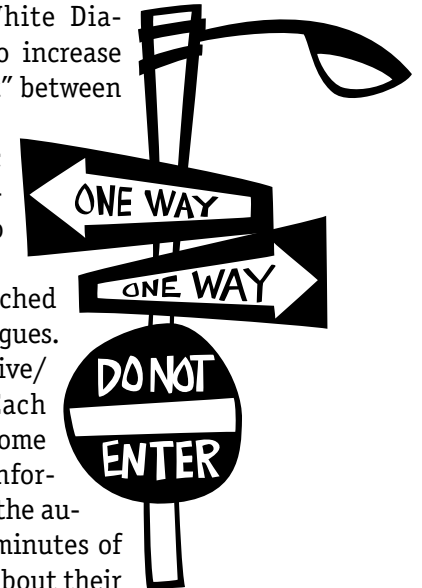
Well, dear colleagues, we are all in the same boat. We shouldn’t assume that we won’t sink just because the hole is in the other end of the boat.

My contribution is Black-White Dialogues. The original goal was “to increase mutual understanding and respect” between 25 black and 25 white individuals, by facilitating open and diplomatic conversation, using the communication skills which I teach to couples.

In September 2009, we launched the first series of Black-White Dialogues. It was founded (loosely) on Cognitive/Emotive/Behavioral Therapy. Each week, for six weeks, an expert on some aspect of racism shared factual information (the cognitive part). Then the audience divided into dyads for 30 minutes of up-close & personal conversation about their real-life experience, which was often emotional. The evening ended with the large group discussing how they could take action to help programs that are working to remedy the current situation.

The 78 participants in our second series of BWD are generating quite a buzz, and the most frequent evaluation comment is some variation on the theme: “We need more time to talk among ourselves.” The planning team knows that, but there is only so much we can cram into each 12-hour series, so we hope to offer BWD in a different neighborhood each quarter until we fulfill our new mission: “To eradicate racism in Omaha from the grassroots up.”

You can see more details and register to participate at www.progressiveomaha.com/Black-WhiteDialogues Feel free to call me at 573-1702.



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.

Fundraiser for APPT Member Vicki Holoubeck

From Sherry Hubbard: Our colleague, Vicki Holoubeck, of Great Plains Counseling Center, in Bellevue, is undergoing chemotherapy to treat breast cancer that was diagnosed in late 2009. She is, of course, self-employed, as we all are, and a single parent of two boys. She is currently still working and amazing under the circumstances.

Vicki has a large deductible to meet (\$10,000) before the new fiscal year in June, and may have more treatment beyond that time, which would begin another \$10,000 deductible. She will likely have times when working at a full-time level may be difficult for her, and have reduced income as a result. The APPT Board has graciously given permission to allow me to use the list serve and the Spring Conference to do some fund-raising for her.



Items to Be Ruffled at the Spring Conference:

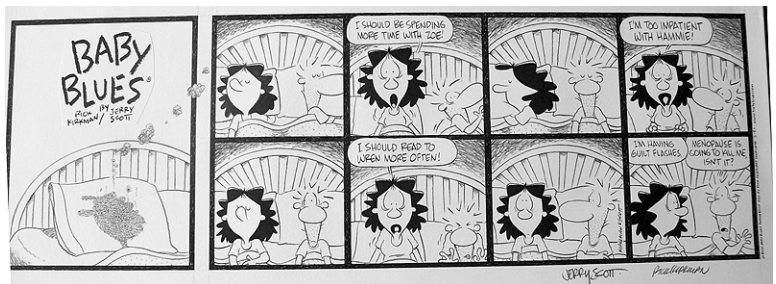
- \$100 Gift Certificate to Firebirds Restaurant at Village Point (donated by Kim & Grant, Summit-Edge)
- Concrete and Stained Glass Stepping Stones (donated by Christina Broekemeier)
- Two \$15 Applebee's Gift Cards (donated by Shari Conner)
- One \$50 Boingz Gift Card (donated by Shari Conner)
- \$50 YMCA Gift Certificate (donated by YMCA of Greater Omaha)
- \$10 Target Gift Certificate (donated by anonymous)
- Scooters Gift Basket (donated by Scooters)
- Beautiful hanging flower basket (donated by Trees, Shrubs, and More of Bellevue)
- "The Complete Guide to Private Practice: Fourth Edition" (donated by Bridget Brooks, Robert J. Walsh, and Norman Dasenbrook)
- Horseback Riding Package [5 lessons – \$150 value!] (donated by Cheryl Dorff, Cheradon Acres of Springfield)

ITEMS THAT WILL BE AUCTIONED ON EBAY:

- Balloon Ride for Two from Dreamtime Balloon Adventures (Donated by Stephanie and Tom Peterson)
- Signed Original Comic by the Creator of "Baby Blues" – Rick Kirkman and Jerry Scott. Done in pencil and ink [9-1/2 x 23"] (Donated by Taylor Kirkman)
- Brodkey's White Gold Dangle Earrings (donated by Pam and Ron Feldman)
- Gourmet Food & Wine Basket from Brix at Village Point (donated by Kerry and Doug Matuszek)
- Spa Day Gift Basket [including massage gift certificate] (donated by Woodhaven Counseling Associates)
- Gourmet Food Basket (donated by Associated Counseling Professionals)
- Office Gift Basket (anonymous donor)
- Borders Book Lovers Gift Basket (donated by Center for Counseling and Psychotherapy)
- Horseback Riding Package [5 lessons – \$150 value!] (donated by Cheryl Dorff, Cheradon Acres of Springfield)



Office Gift Basket



Signed Original Comic by the Creator of "Baby Blues" (Rick Kirkman & Jerry Scott)

Watch the APPT E-List for the Links to the eBay Auction Items



APPT

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Meeting the New HIPAA Requirements

Although HIPAA (the Health Insurance Portability & Accountability Act) has been around since 1996, many therapists are still not fully in compliance with the legislation's requirements, which went into full effect in April 2003.

Beginning February 2010, the HIPAA rules are enhanced by the American Recovery and Reinvestment Act (ARRA or the "Obama Stimulus Act"). The HITECH (Health Information Technology for Economic and Clinical Health) section of the ARRA implements significant penalties for HIPAA breaches. For covered entities:

- HITECH adds explicit fines of up to \$1.5 million dollars a year for disclosures of protected health information (PHI) that violate the HIPAA Privacy Rules.
- There is a new mandatory reporting requirement on unauthorized disclosures of PHI.

Therapists who instituted HIPAA compliance principles into their practice several years ago may find that they are no longer in compliance, in particular because of the increase in the integration of electronic devices (computers, laptops, smart phones, tablet PCs, etc.) into their practice and the increasing use of e-mail and the Internet to file insurance claims, verify insurance coverage, and obtain authorizations. You may not have been a covered entity in 2003, but you might be now.

There are multiple areas where HIPAA compliance is required: electing a privacy officer, ensuring security of protected health information, and developing policies and procedures.

If you are a covered entity, you may need to review your policies, procedures, forms, and systems. HIPAA security applies specifically to protected health information — not just personal information.

If you are a covered entity:

- Do you have a "Notice of Privacy Practices"?
- How about a statement of client's rights?
- Do you ever e-mail your clients? Is your e-mail secure? Does it meet HIPAA standards?
- Do you e-mail client information to any third parties (i.e., billing services, insurance companies)?
- Have you reviewed your business contracts recently, specifically as they relate to protected health information (PHI)?
- Does your current HIPAA information include the client's right to request (or deny) permission to contact them by cell phone and/or e-mail?

HIPAA standards and laws are constantly evolving, so be sure to get a legal opinion on your practice documents and update them periodically.