

Clinical Geropsychology News

Society of Clinical Geropsychology

APA Division 12, Section II

Volume 17, Number 3

November 15, 2010

INSIDE*

| | |
|--|----|
| President's Column..... | 1 |
| Award winners and calls for nominations..... | 3 |
| Consider This: A Mentor's Perspective..... | 4 |
| Consider This: A Student's Perspective..... | 5 |
| Quote/Unquote..... | 6 |
| Executive Board Meeting Summary (August 13, 2010)..... | 6 |
| Executive Board Meeting Summary (Oct 13, 2010)..... | 9 |
| Public Policy Update..... | 11 |
| Student Voice..... | 12 |
| Treasurer's Report..... | 13 |
| Division 12 Update..... | 14 |
| Call for articles..... | 15 |
| Membership Renewal Form..... | 16 |

Please contact Sherry Beaudreau at sherryb@stanford.edu or Brian Yochim at byochim@stanford.edu if you wish to comment on the contents of this Newsletter.

*Published articles do not necessarily represent the official views of Section II, Division 12, or APA



President's Column
David Powers, Ph.D.

Hello everyone. 2010 has been a very positive year for clinical geropsychology! Most significantly, on the first day of the APA

convention in San Diego, geropsychology was recognized as a specialization within psychology.

Bob Knight led this effort over the past few years, coordinating between the Society for Clinical Geropsychology (SCG), COGPTP, Division 20, and CONA. Also, APA President Carol Goodheart emphasized caregiving as a Presidential Theme at the convention. Three SCG members were on the Presidential Task Force on Caregiving, Sara Honn Qualls, Bill Haley, and SCG President-elect Martha Crowther, and a "Family Caregiver Briefcase" is planned for release by APA in early 2011; look for it soon on the APA website. Speaking of websites, our own website received a much-appreciated overhaul by Olga Rosito, and the new site is up and running.

I also suggested a theme for the year within our society of "One Plus One" so here's my personal update. I am still working on a new recruit to our society, but I was able to add one new activity in addition to my efforts as SCG President.

The Snohomish County Council on Aging (in Washington state) invited me to speak and lead an interdisciplinary discussion panel at a presentation on mental health and aging. This was my first opportunity to connect with the aging and mental health community since moving out west. I thoroughly enjoyed the engagement, presenting to an audience of about 125 people that was evenly split between professional providers and community members.

Several of our officers are transitioning out of their roles at the end of 2010, and I would like to mention and thank them for their service to the organization. Rick Zweig, Ann Pearman and Doug Lane are coming to the end of their three-year terms as Treasurer, Membership Chair, and Continuing Education Chair. Also, as I transition into the Past President position in January, Jon Rose moves out of that position and ends his three year service on the Board. Thanks to each of you for service in these positions; we deeply appreciate your hard work and look forward to your continued engagement in the organization. Finally, thanks from me to all of you in 12-II for the opportunity to serve as president of the organization that is my professional home; I feel very fortunate to have been in this role and look forward to supporting incoming President Martha Crowther in 2011.

Regards,

David



David Powers during his 2010 Presidential address at APA in San Diego, CA

Officers of the Society of Clinical Geropsychology

President: David Powers
Past President: Jonathon Rose
President-Elect: Martha Crowther
Secretary: Karyn Skultety
Treasurer: Rick Zweig
Division 12 Representative: Brian Carpenter
Mentoring Committee Chair: Amy Fiske
Membership Chair: Ann Pearman
Public Policy Chair: Donna Rasin-Waters
Newsletter Editors: Sherry Beaudreau and Brian Yochim
Awards Committee Chair: David Coon
Training Committee Chair: Erin Emery
Interdivisional Healthcare Committee Chairs: Margie Norris and Cheryl Shigaki
Student Representatives: Joe Dzierzewski and Shannon Foster
Diversity Committee Chair: Yvette Tazeau
Website Committee Chair: Olga Rosito
Continuing Education Committee Chair: Douglas Lane

12-II Student Social at GSA

Attention Student Members! Please join us for the 12-II Student Social at GSA!!!

- **When:**
Friday November 19th from 6-7:30pm
- **Where:**
Gordon Biersch Brewery Restaurant 200 Poydras Street, New Orleans, LA 70130-1641 (short walk from the Hilton) (504)552-2739

For more information, please check the general listserv, the student Facebook group, or email Joe Dzierzewski joedz@php.ufl.edu or Shannon Foster sfoster2@uccs.edu We hope to see you there!

12-II APA Award Winners

Photos by Jonathon Rose, PhD



Congratulations to Michelle Karel, PhD on receiving the Distinguished Mentorship Award from President David Powers, PhD at the 2010 APA convention in San Diego.



George Niederehe was the 2010 recipient of the M. Powell Lawton Award for lifetime achievement in Clinical Geropsychology. Congratulations Dr. Niederehe!

Division 12, Section II (Clinical Geropsychology) Distinguished Clinical Mentorship Award

Nominations are sought for the Division 12, Section II Distinguished Clinical Mentorship Award. The purpose of the award is to recognize clinical geropsychologists who have played important roles in the clinical supervision of psychology graduate students, interns, and/or postdoctoral fellows who provide services to older adults. It also recognizes individuals who have played mentoring roles for graduate students, interns, and fellows interested in a career in clinical geropsychology. Nominations can be made by members and student members of Section 2. Nominees must be a member of Section 2. Nominations should be accompanied by letters from at least three current/former supervisees attesting to the abilities of the nominee as a supervisor/mentor. Previously submitted nominations remain active for a total of three years; however, nominators are encouraged to contact the Awards and Recognition Committee Chair and update their materials as needed. *Nominations for this award must be received no later than December 1, 2010* and may be sent to the Awards and Recognition Committee Chair via email at david.w.coon@asu.edu or the following address:

David W. Coon, PhD
Associate Dean for Scholarship & Research Collaborations
College of Nursing & Health Innovation
Arizona State University, 3020
500 N. 3rd Street
Phoenix, AZ 85004

Division 12, Section II (Clinical Geropsychology) M. Powell Lawton Award for Distinguished Contributions to Clinical Geropsychology

Nominations are also sought for The M. Powell Lawton Award for lifetime contribution to Clinical Geropsychology. *Division 12, Section II members are encouraged to send nominations by December 1, 2010* to david.w.coon@asu.edu for consideration by the Awards and Recognition Committee.

Consider This: A Mentor's Perspective

An Unlikely Occurrence? Mentoring Gerontological Research in a Psychodynamic Oriented Clinical Psychology Program

**Francine Conway, Ph.D.
Associate Professor,
Chair, Undergraduate Psychology**

**Derner Institute of Advanced
Psychological Studies
Adelphi University
Garden City, NY**

It is that time of the year again. First year doctoral candidates review the faculty profiles of the psychodynamic oriented Derner Institute of Advanced Psychological Studies' (Derner Institute) illustrious faculty looking for a potential research advisor who will eventually chair their dissertation. The natural choice for students in this environment would be a research mentor conducting research on psychotherapy outcome, trauma, psychoanalytic explorations of the unconscious, personality theories and the like. These clinically oriented research interests make for the perfect synergy between students training to become clinical psychologists with a psychodynamic orientation and the research requirements consistent with the Doctor of Philosophy Degree. However, students tend to express interest in clinical and research training that focuses on earlier developmental stages such as childhood and adulthood. Working with older adults or conducting research on aging is not a choice that occurs to students readily. In fact, it is rather unusual for students at the Derner Institute to express an interest in aging and most do not. This raises the question, how does one mentor students in gerontology who are not enrolled in a clinical geropsychology program?

My model of mentoring students is largely based on my experience of being mentored. As an alumna of the Derner Institute, I was mentored by Dr. George Stricker, Distinguished Research Professor of Psychology. His scholarship focused on psychotherapy integration, clinical training, ethics, and research in grandparenting. As an Associate Professor of the Institute, however, I reasoned that I did not yet possess Dr. Stricker's experience and prestige to attract students to gerontology. His ABPP Diplomate in Clinical Psychology and career as a Distinguished Practitioner in Psychology were only a few of his many accomplishments. He has been the recipient of numerous awards, served as President of several notable organizations in psychology, and has been a member of many reputable boards. Furthermore, his outstanding scholarship as editor of about 20 books, 30 book chapters, and more than 100 journal articles typifies his commitment to scholarship during his tenure in academia. Dr. Stricker was a trailblazer at the Derner Institute for the study of gerontology and it is an honor to be positioned to offer students similar opportunities Dr. Stricker afforded me.

Although there is yet no formal clinical or research gerontology training at the Derner Institute, I endeavored to engage students' interest in Aging. While teaching a Master's level course on the Psychology of Aging, my teaching assistant, Lauren Wolf, a doctoral candidate was tasked with assisting me to design a course assignment that would require students to interview older adults. Coincidentally, Lauren was also a student in my research workgroup with an interest in the cultural attachment among immigrants. There was an opportunity for synergy between the course assignment and her research interest. With gentle prodding, Lauren and another doctoral candidate, Margie Mulligan, engaged in the task of interviewing older adults. The interaction of my interest in older adults with Lauren and Margie's willingness to be engaged resulted in a combined effect that was greater than our individual investments.

Based on the research we completed together, I was able to organize a symposium, "Cultural Differences in Relational Patterns in Later Life," which was accepted for presentation at the 61st Annual meeting of the Gerontological Society of America in 2008. The symposium focused on understanding the cultural context in which relational patterns are expressed and extended into later life. Given the paucity of research that integrates attachment, ethnicity, and aging, the symposium aimed to fill that gap by examining core relational patterns among ethnically diverse older adults. First, Fiori, Consedine, and Magai examine how seven under-represented ethnic groups differ on four dimensional styles of attachment (secure, dismissive, preoccupied, and fearful avoidant), and consider these differences in light of historical, familial, and religious contexts. Wolf and Conway expand this discourse to consider how early object representation influences later cultural attachment and acculturation attitudes in immigrant and non-immigrant older adults. Next, Mulligan, Wolf, and Conway introduce the role of discrete emotions in relational patterns by analyzing emotional language representation in early memories of ethnically-diverse older adults. Finally, Jones and Conway focus on one aspect of relational patterns, dependency, and examine its differential impact on psychological well-being in two different immigrant groups. These studies improve our understanding of how core relational patterns of older adults intersect with culture and emotions to affect well-being.

Dr. Stricker served as the discussant for the symposium. His expertise in psychotherapy integration, aging research, and applied clinical psychology provided insights towards understanding the intricate role of early relational patterns in the well-being of diverse older adults. The success of the symposium was a testament to the mentorship I received from Dr. Stricker and my opportunity to pass that experience on to the next generation, Lauren Wolf and Margie Mulligan.

To contribute an article for the *Consider This* column, email Brian Yochim byochim@stanford.edu or Sherry Beaudreau sherry@stanford.edu with your ideas!

Consider This: A Student's Perspective

A Sundae on Sunday

**Tiffany Rideaux, M.S.
Pacific Graduate School of Psychology /
Stanford University PsyD Consortium**

**Psychology Intern,
VA Salt Lake City Health Care System**

Once a month, a community volunteer program in the California Bay Area gathers local high school students and Silicon Valley professionals to serve ice cream to residents of the Community Living Center at the Menlo Park division of the Veteran's Affairs Palo Alto Healthcare System. Earlier this year, I had the opportunity to participate one Sunday afternoon. Together with my fellow local volunteers, I donned a pair of gloves and took a place in the ice cream sundae assembly line. We sliced bananas, scooped regular and sugar-free ice cream into bowls, sprayed on layers of whip cream, and topped the sundaes with cherries. Many veterans consumed their tasty treats in the dining hall and several volunteers took the occasion to engage these veterans in pleasant conversation. For those who were unable to physically reach the dining hall, a group of cheerful volunteers loaded carts and wheeled around the center delivering ice cream sundaes to the veterans' rooms. Once all the veterans had been served, with a few partaking in seconds, the volunteers collectively cleaned the kitchen while laughing and sharing stories of our encounters serving ice cream sundaes. As we left the center and said our goodbyes, I was reminded of the reward in interacting with older adults in a social context. It was even more inspiring to watch the excitement the other volunteers experienced connecting with older adults.

As a former investment banker and a current clinical psychology doctoral student, bridging the

gap between the business industry and clinical practice has been a work in progress. I continuously look for occasions to connect my experiences. Volunteering highlighted an opportunity to merge my passion for clinical work with older adults with my experience as a business professional. Most businesses support and often encourage their employees to volunteer in the local community. As a burgeoning psychologist, I am mindful of the mental health benefits of social interaction, especially for older adults in a long-term care setting. Connecting volunteer programs from local businesses with long-term care facilities may be an excellent opportunity to engage older adults socially and to stimulate a bond with the community.

A search on PubMed yielded limited research on community volunteer programs and long-term care. Specifically, research on the impact of community volunteers on older adults living in nursing homes is not well documented. The literature on social support in long-term care settings, however, has shown a positive association between social support and mental health. Incorporating volunteer programs in nursing home settings could increase social support and improve quality of life for many older adults.

I encourage you to consider volunteering with older adults in your community as an excellent opportunity to carry out our division president's message of *"One plus one."*

Quote Unquote

**A section brought to you by your 12-II
Newsletter Editors**

"I never pray for a long life, but I just express gratitude for another day. It reminds me that every day is important."

--Ishiki Takana

**99-year-old woman from Okinawa
From the book 'Blue Zones' by Dan Buettner**

Executive Board Meeting Summary Meeting at APA Convention, August 13, 2010 Society of Clinical Geropsychology (APA Division 12, Section 2)

The meeting was called to order at 1pm, PST, by David Powers. In attendance were Sherry Beaudreau, Brian Carpenter, David Coon, Martha Crowther, Deborah DiGilio, Erin Emery, Shannon Foster, Ann Pearman, David Powers, Jon Rose, Cheryl Shigaki, Brian Yochim, and Rick Zweig. The meeting was tape recorded so that meeting minutes could be transcribed by the society secretary, Karyn Skultety, who could not attend the meeting.

Announcement- David Powers

Geropsychology has officially been recognized as a specialty by the APA council of representatives as of day before yesterday. This was the second attempt at this process and celebrated by the board as a step of progress.

Newsletter- Brian Yochim and Sherry Beaudreau

Sherry and Brian reported the newsletter going well. They shared that they may have a contribution to a future edition for an international member. They also discussed adding an announcements section in newsletter.

Membership- Ann Pearman

Ann reviewed current membership data. The society currently has 200 paid members- 162 regular members and 38 members. Over 50% of our members are a part of division 12 which is important for division support. We are down about 20 members from this time last year but this was thought to possibly be due to the fact there was not a link to online payment on the new website. This is being addressed as well as a difficulty with a link on the APA website. Emails have been sent out for members who have not paid in past two weeks and personal follow-up is also being done. Ann thanked

the student members who have been helping her with follow-up emails. Ann also reminded the board that it is her third year of being membership chair and that ideas for replacements should be found. She encouraged people to contact herself or David with ideas. The board thanked Ann for all of her hard work. The board discussed the idea of doing a membership survey similar to what was recently done by Division 20 to collect data on members' perceptions of the society, membership privileges and ideas, etc. The board also discussed the continued challenge of having student members become regular members, including discussing the idea of having more direct mentorship and considering a discounted membership rate for early career psychologists.

Office on Aging and CONA Update- Deb DiGilio

Deb gave an update on the presidential taskforce which will be putting together information for psychologists on the APA website on caregiving across the lifespan. This will provide information for psychologists in all areas, including a great deal of information for those working with caregivers of older adults. It will include assessment tools, information on research in this area, and links to resources for both caregivers and psychologists. Deb also talked about the representation of geropsychology across APA boards and committee members involved in government and policy initiatives and coordination among aging groups to advocate for issues related to aging. This includes a list-serve that facilitates communication across those serving on different boards that are addressing aging topics and policies. Deb talked about the possibility of having an aging caucus in the council of representatives. Deb also reviewed CONA. CONA will present their annual CONA achievement award tonight at their conversation hour to Jenny Moye for all of her work on the capacity handbooks and education. The discussion will be on various aspects of cognitive decline and the latest development in this area. Deb also encouraged people to nominate themselves or apply to be a CONA representative as there will be two open positions on the committee for next year.

Kathleen Van Dyk, an intern from the APA Public Interest Government Relations Office accompanied Deb to the meeting. Kathleen reviewed some of the key provisions in the new healthcare reform bill that will affect geropsychology. One key element is the expansion of geriatric education and training funds including expanding programs that previously were just available to physicians but are now available to psychologists. Another is the increased focus on increasing community supports for older adults. In addition, the Elder Justice act was passed which helps to create a more comprehensive approach to addressing elder abuse. She talked about the upcoming work on the Older Americans Act and SAMHSA reauthorizations. She also talked about how at next year's APA convention there will be an advocacy day and encouraged members of the society to be involved in this.

Website- David Powers

David reviewed the current status of the website by reviewing the presentation submitted by Olga Rosito prior to the meeting. The website is currently functional and on-line. David reviewed the extensive process that was involved in the website being updated and having a new domain name. The website was created with Google-site which is much easier to use to update, make changes and integrate other programs/information. Individual members will be able to change content without specific HTML training. The board discussed the idea of having all committee members able to change content for their committee section to share responsibility of website updating so it is not exclusively duty of webmaster. This would include writing and uploading content, as well as links. Only the webmaster will be able to add more pages and is currently in the process of adding pages beyond the information currently presented, such as a training page. David reviewed the steps needed to log-in as an authorized member and make changes to the website. We discussed which authorized members that could change content. The board also reviewed current information and links, including what information should be for members only. The board

congratulated Olga on her hard work on the site. In appreciation of her hard work, the board voted to provide her with a three year membership to the society. We discussed the possibility of Olga needing additional support or transitioning to a new webmaster over the next few months. The board discussed ways to find a new webmaster, including possibly hiring someone to fill this position. The board discussed having a web chair or committee to oversee content on the website and hiring a technical person to handle updates and technical issues.

Treasury report- Rick Zweig

Rick reported that the society continues to be financially secure. The total income this year is \$5735 which is from dues, contributions, interest income on our savings account. Another \$500 is anticipated from APA Division 12 contingency funds. The income from dues is less than budgeted, although somewhat explained by the 3 year dues option and the fact that online payment had been unavailable while the website was upgraded. Our savings account with ING is producing income interest in line with projections.

In terms of expenses, the society is well under the budgeted amounts (\$1525 since January). Many additional large expenses have not been realized, including paying for more website development and maintenance, but the society is still anticipated to be under the budgeted expense goals. In addition, the section continues to have ample savings and cash on hand (over \$28,000). Rick requested that board members and society members submit invoices for any expenses and begin anticipating needs for the 2011 budget. Rick also discussed that there will be an increase in cost for the web-pay option for member dues which will result in higher costs and a change in terms of cash on hand. These costs are within budget and should not pose an issue given the surplus in cash on hand. David also shared that there may be a slight expense for the society dinner, given the high number of students (which were charged less than the cost for dinner). The board agreed that this is within budget and an important aspect of supporting student involvement.

Interdivisional Healthcare Committee- Cheryl Shigaki

Cheryl shared about the IHC evening held the night before. There was continued discussion over the term "medical psychologists" which the committee had written a letter on back in February. This followed an act which was passed in Louisiana in which psychologists were using this term and reporting to medical boards. The committee addressed this issue last night in regards to ethical issues, licensing, and credentialing. The Division 55 board has agreed not to use this term or model acts in other states after this one.

The IHC also discussed the upcoming ICD-10 which is mandated to be in use by 2013. Psychologists are involved in writing the mental health and neurology sections for this edition, rather than being done only by physicians. The revised ICD will be quite different than the DSM and there will be a number of issues to address with this. This will be especially relevant to geropsychology in terms of having diagnoses reflect developmental and aging issues.

Student Representative- Sarah Yarry

Sarah reported that the students are looking forward to the symposium that will be presented at GSA. There are 51 students on the student society Facebook page. Some of these students may not be members but will be encouraged to join. In addition, a link to the new website will be shared.

Awards Committee - David Coon

David talked about some of the discrepancies in terms of what year has appeared on plaques in the past. He plans to follow-up with Greg Hinrichsen, our historian about this issue. David thanked an individual who donated the plaques for this year's award winners and the board will also issue an official thank you. David also discussed the logistics for the award ceremony on the following day. The board congratulated this year's award winners.

Education Committee- Erin Emery

Erin reported that the survey of training directors of geropsychology training programs conducted by the education committee was published this year in

ICG. In addition, due to the poor response rate in the first survey, the survey is being re-conducted now and there is currently a 42% response rate. They hope to have 50% response rate by end of September and data analysis can begin. They are also using the survey as a way of connecting to these programs and offering support as needed. The committee is also working with COGTP to begin to conduct surveys with students in these programs to see how this correlates with the data collected thus far.

Division 12 Representative- Brian Carpenter

Brian reported that there will be a strategic planning meeting in October in Chicago to find better ways to retain student and early psychologists. As part of this meeting, there will be focus groups held in Chicago with students and early career psychologists to gather more information on this issue. In addition, there is discussion about the structure of the division, including the role of sections. The board discussed the ways the division and section can align and work together, especially due to the fact we are one of the largest sections. The division is also asking for more frequent budget reports (every six months) to encourage compliance from the sections. Division 12 has a new presidential initiative, called the "The Rising Star" program, in which there are funds to support an early career psychologist going for a summer sabbatical to work with a more senior person.

The meeting was adjourned at 3pm, PST.

Executive Board Meeting Summary Meeting via Teleconference, October 13, 2010

Society of Clinical Geropsychology (APA Division 12, Section 2)

The meeting was called to order by President David Powers at 2:05pm (PST). In attendance were Brian Yochim, David Powers, Norm O'Rourke, Jon Rose, Karyn Skultety, Doug Lane, Erin Emery, Rick Zweig, Margie Norris, Olga Rosito. Minutes from the teleconference held on April 2010 were approved.

2010 ABCT Convention

Meeting of the Aging

Behavior and Cognitive

Therapy SIG

When:

Friday November 19th, 2010

8:30-10:00am

Where:

Hilton San Francisco, Union

Square, San Francisco

Room: Union Square 10

Minutes Review- Karyn Skultety

Karyn reviewed a few items from the APA board meeting minutes. She let everyone know that the minutes will be coming out in the next few weeks and asked that everyone review them for accuracy since she took notes from an audiorecording.

2011 APA Conference- David Powers

David reviewed the upcoming deadlines for the 2011 APA Conference

including November 1 for CEU offerings and December 1 for individual submissions. For our programming hours, we have until January 1st to determine the topic that will be presented. It looks as though we have an extra hour of programming due to the way the business meeting was scheduled. David agreed to follow-up with this issue with the president-elect, Martha Crowther.

Membership Committee- David Powers

David reviewed a report submitted by Ann Pearman. We currently have 234 members (190 regular members and 44 students). Over 50% of the regular members are a part of Division 12. We are down in membership compared to this time last year, but this is likely due to an issue with the link on the website. This issue has been corrected and

may result in membership rise. David also reviewed that Becky Allen will be taking over as membership chair in the spring. The board thanked Ann for her hard work and David agreed to follow up to thank her personally for her hard work.

Geropsychology Specialty Council- David Powers

David discussed that now that geropsychology has been recognized as a specialty, there will be a council to oversee the specialty. The council will include members from COGTP, Div 20, Society of Geropsychology, and PLTC. The first conference call will be Thursday, October 28th at 4pm (EST) and Forrest Scogin will represent the society for this call. The board discussed who will be the representative for this group ongoing. Possibilities were considered including the president-elect, education or CE chair who would fulfill this role. We decided to wait until we have more information on what will be involved before deciding this role.

Newsletter- Sherry Beaudreau and Brian Yochim

Sherry and Brian announced that the next edition of the newsletter will come out prior to the GSA conference. There will be two "Consider This" articles in this edition. One is from an international member. The board thanked the editors for their hard work. Norm O'Rourke suggested some coverage in the newsletter on the APA Family Caregiver "Briefcase" which comes out in 2011.

Interdivisional Healthcare Committee- Margie Norris

Margie discussed the psychologist locator service on the APA web-page and encouraged people to post their practice information on this. We discussed putting this information on the newsletter and list-serve. She also updated the issues related to the "medical psychologist" law in Louisiana. The IHC is following this closely and working with a number of boards in the APA on taking a stand against using this term or being overseen by medical boards.

The IHC is also discussing the need for Biopsychosocial treatment guidelines in line with the treatment guidelines being written by APA. The

IHC is drafting a letter to the APA Board of Professional Affairs to encourage the APA to not write these guidelines without interdisciplinary involvement and to utilize existing guidelines on these issues. Margie also discussed that she had been nominated by CONA to serve on the Committee for Advancement of Professional Psychology and discussed the nomination and support process.

Awards- Sherry Beaudreau

Sherry read a report from David Coon. The report let the board know that an announcement has been sent to the list-serve soliciting nominations for the M. Powell Lawton award and the Distinguished Clinical Mentorship awards. He also announced that they will begin soliciting the student paper award in November.

CE Committee- David Powers

David discussed the request from the CE providers who are offering a discount for our members to be on the list-serve. The past presidents and David had discussed this and felt it was not a good idea but instead that the providers could be notified when the notice is put on the list-serve. The board agreed with this and felt it would not be appropriate.

Treasurer Report- Rick Zweig

Rick had sent out the proposed budget for 2011 and asked for feedback and additions for the board. He provided itemization of the travel budget which includes travel costs for the IHC members to travel to meetings and stipends to support the student representatives to attend GSA or APA. The student representatives have requested for budget increases for travel to both GSA and APA as well as student events at both conferences. The board discussed this and decided to approve it for the upcoming year and then review how it works for the next few years. Rick then reviewed the proposed budget which is set up with projected amounts similar to the last year. The only change with expenses would be in salaries in terms of involving hired assistance for maintaining the website. We also reviewed the costs of online elections and the possibility of having it set up through the website such that we would not have to pay for an online election

company each year. Rick asked that all outstanding expenses be submitted for 2010. David said that an on-line vote would be done by the board to approve the budget.

Credit Card Processing- Norm O'Rourke

Norm talked about the change in the credit card processing fees through SFU (which currently handles the online payments for membership) that are occurring. He contrasted the costs between using SFU rather than switching to Paypal. He estimated it would cost \$340 per year versus \$150 for Paypal. This is influenced by how many members utilize the three year membership option. The more members that do this, the more cost effective the SFU system becomes. This cost comes directly out of what is paid to the section for membership dues. Norm also talked about the fact that it would be useful to instead use an American university if available to do this processing to get around the exchange rate. David decided he would send out the exact figures to the board and then have an e-mail vote on the budget and on this credit card processing issue.

Website- Olga Rosito

Olga reviewed the recent changes to the website. The first content change is the set-up for membership renewal where members can do on-line or download an application to mail. The second is the links to the CE providers offering the CE discounts. The final is that she added information on the application deadlines and processes for the APA 2011 conference as well as other upcoming conferences. She has also added some drop-down menu options and tabs that are linked, including how to nominate people for the awards the society awards. She also talked about how the mentorship committee is planning on using the website. Olga also discussed the "Members Only" area. She has added all active members and will send out instructions on how to access the website in the upcoming week. The board discussed using a common password for this area. She also needs the student members to be added. The board expressed appreciation for Olga's significant efforts.

CE Committee- Doug Lane

The proposed topic at this point for the APA CE offering is sleep disorders including both clinical treatment and research in this area. David, Doug, Martha and Jon will follow-up on the specifics of this offering.

Meeting was adjourned at 3:35PST.

Respectfully submitted by Karyn Skultety,
Secretary

Public Policy Update **Donna Rasin-Waters, PhD**

Public Policy Update- Please Participate in our Survey

The Society of Clinical Geropsychology (APA Division 12, Section 2) Public Policy Committee requests your participation in our advocacy survey. This survey was developed to assist us with understanding the current level of political advocacy among our members and our membership needs in relation to the future advocacy efforts of our section. It will take approximately 15-25 minutes to fill out this survey.

This survey is a research study approved by the University of South Florida Institutional Review Board (Study Title: "Policy-Related Activities and Attitudes of Geropsychologists," eIRB #1527). All responses will be confidential. Your participation in the survey is completely voluntary.

Please go to this site for more information and to take the survey:
http://cbcs.qualtrics.com/SE?SID=SV_265GV3uzv_xRHRS

*PLEASE COMPLETE THE SURVEY BY
DECEMBER 31, 2010*

Thank you for your time and effort in assisting us. This survey will generate a report that will be available to our membership.

Sincerely,

Donna Rasin-Waters, Ph.D., Chair
 Amber Gum, Ph.D., Member
 Clare Mitchell, M.A., Member
 Maggie Syme, Ph.D., Member
Public Policy Committee

Addendum: **Farewell from Dr. Rasin-Waters**

I also want to take a moment to say farewell as I step down from my long run as chair of the 12-2 Public Policy Committee. It is time to pass the baton to the next chair. It is my hope that I have enlightened our membership over the years regarding the importance of advocacy and political giving. I look forward to being involved in the results of this survey, and of course, will continue to be in contact about advocacy related events that are now a regular and ongoing part of my professional life.

Sincerely,
 Donna Rasin-Waters, PhD
 Chair, 12-2 Public Policy Committee 2004-2010
drrasinwaters@aol.com

The Student Voice – An Insider’s Perspective on Geropsychology Internships

Joseph M. Dzierzewski, M.S.

Internship applications can be a stressful process. Whereas this is undoubtedly true across all specialty fields within psychology, it may be especially true in clinical geropsychology. This premise is based on several observations. First, the number of internship sites with a stated “major” in either older adults or geropsychology is significantly fewer (approximately 86) than those with a “major” in neuropsychology (approximately 129), children (approximately 204), or health psychology (approximately 170). Secondly, the

specialty areas of pediatric, neuro, and health psychology all have relatively long-standing models of training. These models suggest the foundational skills one should achieve while in graduate training – allowing students in these areas to measure their development based on agreed upon standards. The Pikes Peak model for training in professional geropsychology was not published until 2009 (Knight, Karel, Hinrichsen, Qualls, and Duffy, 2009). The field of geropsychology is still in its infancy and has recently received specialty status. Whereas this is an exciting time to be a geropsychologist-in-training, the ambiguity of “proper” or “adequate” training can be stressful. This may be particularly true when considering the process of applying for internship. As such, it may be unclear what students should strive to achieve while completing their graduate training. It is with this idea in mind that I write this article.

I randomly emailed a sub-sample of the 86 internship sites that list themselves as having a “major” in either older adults or geropsychology and asked them to answer the following 4 questions:

1. Are there any specific characteristics looked for in geropsychology intern applicants?
2. Are there specific experiences one should engage in during graduate work to best prepare for a geropsychology internship?
3. What personal qualities make the best geropsychology intern?
4. Are there certain pitfalls that should be avoided by geropsychology intern applicants?

The vast majority of internships with a focus in older adults or geropsychology are in VA’s or consortiums with a VA component. As such, the majority of responses were also from VA sites. Also, in full disclosure, the response rate from my inquiry was quite low. Please interpret response with this in mind.

With regard to question 1 (specific characteristics looked for in geropsychology intern applicants),

responses generally emphasized: (1) previous clinical experience with older adults, (2) coursework in geriatrics, (3) being open minded, and (4) having an optimistic outlook. In response to question 2 (specific experiences one should engage in) individuals typically commented: (1) research experience with older adults was looked positively upon, (2) VA experience is desirable (but not necessary), (3) volunteer work in a nursing home shows commitment, (4) neuropsychological testing experience is a plus, (5) acquiring the as many of the experiences and skills delineated in the Pikes Peak model as possible, and (6) gaining some experience in behavioral medicine. Regarding personal qualities that make an ideal geropsychology intern (question 3), responses included: (1) professional integrity, (2) motivation for new experiences, (3) interpersonal skills, (4) professional objectivity while maintaining compassion, (5) flexibility, (6) comfort with older adults, (7) having dealt with mortality, and (8) being secure with one's self. Lastly, the most common pitfalls that should be avoided for geropsychology intern applicants (question 4) were reported to be: (1) overstating qualifications on application material, (2) focusing exclusively on programs with geropsychology-specific tracks, (3) ageism, and (4) an exclusive focus on one orientation (e.g., CBT) at the expense of all other orientations.

I hope that this information will benefit current and future geropsychologists-in-training, as we strive towards our goals. Now it is time for me to plug our student-sponsored events at the upcoming GSA conference in New Orleans! Please come to our symposium entitled, "Tips for Successful Careers in Clinical Geropsychology: Research, Practice, and Public Policy." The symposium is slated for presentation on November 21st from 1:30 PM – 3:00PM, and has an exceptional group of speakers (Drs. Suzanne Meeks, Doug Lane, and Margie Norris) with Dr. Bob Knight serving as discussant. Also, Shannon and I are in the process of planning the student social. Keep an eye out for details!

As always, please contact either Shannon (sfoster2@uccs.edu) or I (joedz@phhp.ufl.edu)

with suggestions, questions, or comments. If you have not already done so, consider joining the student group on Facebook (Clinical Geropsychology Student Group) so that you can receive up-to-date information about student issues (<http://www.facebook.com/group.php?gid=53793187809>).

Treasurer's Report **Richard Zweig, Ph.D.**

As of October 12, 2010 we collected \$6140 in dues/ contributions since the start of our membership year. This amount includes \$5875 in dues, and \$265 in contributions. Our budgeted goal for 2010 was \$6000 in dues and \$300 in contributions for the year, and so we will approximate or exceed these goals in 2010. We also anticipate additional income from webpay dues/ donations before the end of this membership year. Again, we may begin to see a slight drop in yearly dues/ contributions going forward as a result of implementing a 3-year dues payment option. We should continue to track this closely, and continue efforts to recruit new members. We have also realized additional income of \$500 in section contingency funds from APA Div. 12, and \$145 in interest on our business CD and savings account in ING, which represents a marked increase in interest from our prior savings account (\$5.06) in 2009. Our total income for this membership year is currently \$6785 as against our budgeted goal of \$7275.

Our section's expenses since January (\$1875) reflect expenses for travel for our representatives to the IHC meeting, the costs of our online election, the purchase of our domain name for our website, as well as the student award given at the APA convention. Many anticipated expenses, including APA conference catering, salaries for website and membership support, etc. have not yet been realized, but may be expected before this membership year ends. Overall our expenses are well under our budgeted goal (\$8100) and thus do not exceed our budgeted projections. In addition, due to our savings over the years we have total cash

on hand of \$28,381 which is more than sufficient to meet future large capital expenses such as further upgrading of the website. In sum, we remain financially secure.

The budget approved by the Board during its 10/13/10 meeting is presented below. The shortfall anticipated for 2010 was not realized, and the budget surplus for the past 3 years has prompted the 12-2 Board to agree to the following increases in projected expenses:

Grants of \$350 for the student award, which represents an increase previously approved for the 2010 budget, previously expensed as "Travel" in our prior budget page; a Travel budget of \$3100, which represents previously budgeted expenses of 2 Society representatives to the IHC February meeting @ \$550 each (or \$1100 total), and newly budgeted expenses of 2 student representatives to attend 2 conferences (APA, GSA) per year, an increase of \$900 over the prior budget; Conference expenses of \$950, reflecting 2 student socials at APA & GSA @ \$200 each, \$250 for 12-2 catering @ APA and/or GSA, and a \$300 subsidy of students for the for the 12-2 dinner @ APA. The 2011 budget also anticipates a decrease in expenses for supplies and organizational fees. Although we anticipate a small overall budget shortfall in 2011 (\$675), our recent surpluses will cover this.

Thanks to Section II Contributors!

On behalf of the Board and members of Section II, we give our great thanks and appreciation to the following colleagues who generously made contributions to our section when renewing their membership:

| | |
|-------------------------|------------------------|
| Catherine Strong | Susan Cooley |
| Deidre Tannen | Kyle Page |
| Victor Molinari | Andrew Revell |
| Yvette Tazeau | Rocco Marino |
| Beth Krackov | Larry Thompson |
| Nancy Blanc | Mitzi Dearborn |
| Jerome Gabis | Nancy Blanc |
| Laura Lipkin | Margaret Norris |

International Affiliates: 12/II would love to hear from you!

The 12/II Newsletter Editors welcome article submissions from geropsychology researchers who identify as international affiliates. Brief articles could include, but are not limited to discussions about geropsychology research:

- at your international university
- in your country
- on cross-cultural aging

Please contact Brian (byochim@stanford.edu) or Sherry (sherry@stanford.edu) for more information.

Division 12 Update

Brian D. Carpenter Section II Representative

Division 12 continues to move forward with a number of exciting activities. The Division's website has an excellent new page on Research-Supported Psychological Treatments (<http://www.div12.org/PsychologicalTreatments/contact.html>).

Originally compiled by David Klonsky, the comprehensive pages list treatments by disorder and by treatment type. Each page provides a description of the treatment, key clinical and research references, and a list of training resources.

While on the Division 12 website, you might also check out the new video testimonials, featuring noted Division members (e.g., Nadine Kaslow, Larry Beutler, John Norcross) describing how the Division has been a welcoming and useful presence in their professional lives (<http://www.div12.org/div-12-members-testimonials>).

The Division's most ambitious program for the fall was held at the Family Institute at Northwestern University in October. In conjunction with the Division's fall Board meeting, early-career psychologists and graduate students were invited to

participate in focus groups to help the Division clarify how it can best serve those constituents. Then participants attended continuing education and training sessions led by David Rudd (Suicide: Risk Assessment and Management) and Marvin Goldfried (Working with Lesbian, Gay and Bisexual Patients). The program helped Division 12 in its strategic planning initiative, while providing Chicago-area students and early-career professionals with an opportunity for training and networking. Strategic planning will be ongoing as President-Elect Danny Wedding takes the Division's helm in the new year. Of particular note, the Board will be considering in greater depth the purpose and role of Sections within the Division. If you have thoughts or opinions on this subject, feel free to pass them along to me (bcarpenter@wustl.edu) prior to the next Board meeting in January.

Finally, please take note of this superb (and well-funded) training opportunity for early-career scientists. With its Rising Star Program, Division 12 provides an opportunity each summer to recognize and mentor an early career, postdoctoral scientist-practitioner. Early-career scholars are matched with a prominent clinical psychologist on a particular subject or theme. For the summer of 2011, an opportunity exists to engage in cutting-edge research on self-help at the University of

Scranton. A total of \$4,000 and campus lodging will be provided for use as the rising star deems appropriate. The research will build on the existing research program of Dr. John C. Norcross, whose research seeks to identify evidence-based self-help resources (computer programs, books, autobiographies, movies, websites) for clinical disorders and life challenges. The position entails two months of full-time work, during June, July and August of 2011. Nominations can be taken from a Division 12 member or a clinical psychologist who is willing to become a member. Nominations must include a CV, one letter of endorsement, and a cover letter outlining interest in and qualifications for the program. Nominees must have earned a doctorate in clinical psychology within the past 10 years. Previous research experience with self-help, self-administered treatments, or Internet survey methods is particularly welcomed.

Inquiries and nomination materials can be directed to the Division 12 Central Office at 303-652-3126 or div12apa@comcast.net.

CALL FOR ARTICLES

The 12/II Editors are currently seeking:

- Editorials
- Opinion pieces on current issues in geropsychology
- Professional development articles for budding geropsychologists
- Summaries of your geropsychology research
- Critical reviews on innovations and new directions in geropsychology
- Cartoons or other creative pieces on aging

If you have an idea about something you'd like to contribute, run it by us today!
We'd love to hear from you!

Please contact Brian Yochim at byochim@stanford.edu
or Sherry Beaudreau at sherryb@stanford.edu

APA Division 12, Section II: The Society of Clinical Geropsychology
2010 MEMBERSHIP DUES FORM

| | | | | |
|---|--|-------------------|---|---|
| Name (Print) | | Degree | Membership Status (Please check one) <input type="checkbox"/> Renewal <input type="checkbox"/> New Member | |
| APA Member No. (Required) _____ (You must be a member of APA to join Section II. Student applicants must have their application endorsed by a faculty advisor who is an APA member) | | | | |
| APA Membership Status (Please check one) <input type="checkbox"/> Fellow <input type="checkbox"/> Member <input type="checkbox"/> Associate <input type="checkbox"/> Emeritus (retired member of APA) <input type="checkbox"/> Student Member (graduate, internship, postdoc) | | | | |
| Street Address | | | | |
| | | | | |
| City | | State | | Zip Code |
| Phone () | | Fax () | | |
| E-mail _____ (Note: E-mail is crucial for our records, and therefore strongly encouraged) <input type="checkbox"/> CHECK HERE TO OPT OUT OF THE LISTSERV | | | | |
| Are you a member of Division 12 (The Society of Clinical Psychology)? | | | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes (as a student) |
| <input type="checkbox"/> No | | | | |
| Please list other Divisions you are affiliated with: | | | | |
| Special Interests within Geropsychology | | | | |
| What is your PRIMARY emphasis as a Geropsychologist? (Define primary as 51% or greater) <input type="checkbox"/> Clinical practice <input type="checkbox"/> Research <input type="checkbox"/> Teaching <input type="checkbox"/> Administration | | | | |
| PAYMENT OF DUES (USD) | | | | |
| \$25.00 for Members, \$10.00 for Students, Emeritus members are dues exempt | | | | \$ |
| B. Added Contribution to Section II (donations are strictly voluntary, but greatly appreciated!) | | | | \$ |
| C. Total Amount Enclosed (Please make your check in U.S. dollars payable to APA Division 12, Section II) | | | | \$ |
| Signature | | | | Date |
| If Student, Faculty endorser (print) | | | | |
| Faculty signature | | | | Date |
| You can pay via the web: https://webform.sfu.ca/cgi-bin/WebObjects/WebForm.woa/wa?gero.geropsyc.membership.payment Or mail this form, along with your check payable to "APA Division 12, Section II" to Richard Zweig (treasurer): Richard A. Zweig, Ph.D. Director, Ferkauf Older Adult Program, Associate Professor of Psychology, Ferkauf Graduate Sch.- Yeshiva University, 1300 Morris Park Ave., Bronx, NY 10461 E-mail: rzweig@aecom.yu.edu; Phone: 718-430-3958 | | | | |
| CHECK HERE TO BE INCLUDED IN THE MEMBERSHIP DIRECTORY | | | | |