



DCPA Newsletter – Winter 2010

Quarterly E-Newsletter of the Dade-Monroe County Psychological Association

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New President's Message

By Michelle "Shelley" Slapion-Foote, Ph.D.



Goodbye, 2009! Hello, 2010 - New Decade!

It hardly seems possible that an entire decade of the "new" century has come and gone, but it has. I'm sure we can all remember our favorite moments and those moments that we would rather not recall at all. Let us all look to the new decade with a sense of renewed hope, promise and optimism.

Now that I have gotten the sentimental stuff out of the way, let me share with you what it is like to take over as the President of DCPA. First, much thanks go to our Past President, Regina Mendoza, and her predecessor, Samantha ("Sam") Carella. If it had not been for them, their enthusiasm, and how easy they made the job seem, I would not be writing this today and our President-Elect for 2011 would not be Frank Foote (my spouse)! What I have learned in my early tenure as President (given that I was only sworn in on December 6th, at our very lovely Holiday Reception/Bruncheon/Workshop) is that (1) I'm not as organized as I would like to think I am and (2) even if I was, one never knows what procedures are going to be changed, at any given moment, by the powers that be in Tallahassee. The people who run FPA, Connie Gallieti and her wonderful staff, Danielle, Louise, and Lauren have all been extremely warm, welcoming and helpful. However, not even their high level of help, competence, and knowledge can prepare you for the "little" changes that seem to just "pop up."

For example, clearly one of the major priorities of the position of President is to pick dates, find space, and search out speakers for our Continuing Psychological Education credits. So far, I have about seven speakers lined up with plans for covering the three required areas for renewing our licenses. Great, no problem, things are going well. The Palace, in their continued kindness, is not only allowing us to hold our meetings at their lovely facility but they are willing to feed us as well! I don't know how the rest of you feel, but I think they do a pretty tasty job AND they have good desserts!

We will need to change our meeting day from Thursday (except for January which will be on Thursday, the 21st, as of now) to Wednesday but we're psychologists, we can adapt – flexibility is what we do. (Since most of us are workaholics and don't usually have a night when we don't work, we're going to have to move around some clients to attend DCPA events anyway.) As this newsletter goes to print, the plan is that Monique Levermore, Ph.D. will be our first speaker of the new year presenting on "The Business of Psychology," a topic that she recently presented at the annual APA Convention in Toronto. Her resume is more than impressive and I'm sure that she will be quite informative.

The schedule for the remainder of the year is still "in the works" due to "new rules" passed down by the Board of Psychologists. For the first time, the Board will be examining the content of presentations in the area of Medical Errors. I think this is an excellent idea to have some level of "quality control" in these required areas. My only question is why this review process only applies to Medical Errors and not to all the required areas. The Board may actually already have this process in place and it just slipped past me. It is interesting how becoming President suddenly makes one aware of things that never crossed one's mind before . . . So, at this early phase of my Presidency, the two things that I can state beyond the shadow of a date are these: I'm going to learn a lot to pass along to future Presidents AND it's not as easy as it looks!

Best wishes to you all and your families for a very happy, safe, healthy, and prosperous New Year!!! Be well and take care!!!

Fondly,

Your new President (Shelley Slapion-Foote)

P.S. University of Miami just lost the Champs Bowl – I'm sad . . .

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"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. . . You must do the thing you cannot do." --- Eleanor Roosevelt.
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From DCPA Past-President: Regina Mendoza, Psy.D.



January 5, 2010

Happy New Year! It was wonderful to see many of you at our year-end holiday party in December. Dr. Maureen Kenny, our neighbor from the Broward Chapter and FPA's new Secretary, gave a great presentation on the Ups and Downs of Married Life. I would like to thank our sponsors for the party: Sierra Tucson, South Miami Hospital Addiction Treatment Center, the Oliver-Pyatt Centers, and the Miami Jewish Health System.

I'd like to take this opportunity to thank everyone who participated in DCPA in 2009 and helped to make it a successful year for our Chapter. We offered 9 workshops in 2009 providing our members with 17 CEUs, most at no cost. DCPA also did two community service events this past year. In September, we participated in a beach clean-up & our small group collected over 30 pounds of garbage. In October, we participated in National Depression Screening Day. We're hoping to do it again next year, possibly state-wide.

Several DCPA members were particularly helpful in organizing our activities in 2009. I would like to thank them for their support and hard work: **Samantha Carella, Shelley Foote, Sammi Siegal, Cristina Grand, Mary Weatherford, Sally Johnson-Rowley, Terilee Wunderman, and Wade Silverman.** A special congratulations goes out to **Wade Silverman and Bill Samek,** our FPA president, and president-elect, both DCPA members.

Our new president, **Dr. Shelley Foote**, has already scheduled several meetings and workshops for 2010. It is shaping up to be another terrific year for our Chapter. I encourage those of you who have not attended a meeting in a long time, to come by and say hello. We are here to meet the needs of our membership.

I will continue to be involved with DCPA as immediate past-president and with FPA state-wide as APA's Public Education Campaign Coordinator for Florida. This means you will receive even *more* emails from me in 2010! If there is anything I can do for you, please do not hesitate to contact me: drmmendoza@yahoo.com.

Thank you for allowing me to serve DCPA.
Regina Mendoza, Psy.D.

Photos from our December Holiday Party and Workshop:



Maureen Kenny



DCPA Holiday Brunch & Workshop



Wade Silverman & Regina Mendoza

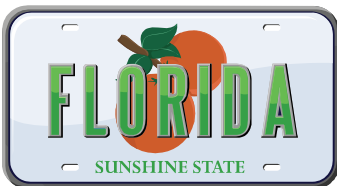


Shelley Slapion-Foote & Regina Mendoza



Samantha Carella & Regina Mendoza

“One day, in retrospect, the years of struggle will strike you as the most beautiful.” --- Sigmund Freud



From Our New President-Elect Designate of FPA
William Samek, Ph.D.

As the new President-Elect Designate of FPA, I would like to thank all of you who voted in the recent election and especially thank those of you who voted for me. As discussed in my candidate's statement, my primary goal will be restructuring FPA's governance and functioning in order to facilitate our better achieving our goals. I would like to lead the Board of Directors in restructuring FPA so that it will be more open to new ideas and to developing more new leaders. I would like to help FPA to be even more relevant to the business and professional needs of Florida psychologists.

As I am not an expert (yet) in organizational governance, structure, and functioning; I am starting to do a lot of reading on the subject. If you know of any particularly authoritative texts on the subject please let me know. Also, please let me know if you think that you, or someone whom you know, is an expert in this area and would be willing to help out as a consultant or in some way.

Thank you.

Bill Samek, Ph.D., 305-552-5000, Samek@msn.com



Psychology and the Law Committee

Call for Expressions of Interest

If you have an interest in having a committee meeting to either talk to peers about forensic issues [an organized, informal social meeting] or to work on a local psychology-law project [an organized work group], let me know.

William “Bill” Samek, Ph.D., 305-552-5000, Samek@msn.com.

“To love oneself is the beginning of a life-long romance.” --- Oscar Wilde

Women’s Issues Committee

Friday, January 8, 2010

12:30 to 2:00pm

7711 SW 62 Avenue, Suite 203

South Miami, Florida 33143

Wendy Joffe’s office

Please join us at our next meeting when we will talk about the meaning of what we have learned thus far. And, as you know if you have joined us before, you never know to where our discussion will wander!



*Star light
Star bright
First star I see tonight
Wish I may
Wish I might
Have my wish come true tonight.*

Happy New Year and may all your wishes come true!!

RSVP to Stephanie (305) 275-2269 or to Wendy (305) 667-5232

“Sometimes our light goes out but is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have kindled this inner light.”

--- Albert Schweitzer

How is your Psychology Business Doing?

From William Samek, Ph.D.



I recently came across an interesting web site that I would like to share:
<http://www.nonprofit-compensation.com/index.cfm>

This site gives data on earnings in many different fields. Below is their data on psychologists working in Miami-Dade. The data is for net income. Net income is gross income minus all costs and expenses (rent, insurances, continuing education expenses, books, association memberships, licenses, etc.).

Report Summary

The **Psychologist** working in **Miami-Miami Beach-Kendall, FL, Florida** now earns an average salary of **106,496**. Half of those in this position would earn between **66,677** and **132,247** (the 17th and 67th percentiles). These numbers are derived from real, area specific, survey data.

When benefits and bonuses are added to this salary, the average total compensation for this position would be **119,331**. The report below also explains how the cost-of-living in this location affects the actual value of this salary.

More detailed information on salary, benefits and cost-of-living is available below.
Estimates as of 12-Dec-2009.



Psychologist | Miami-Miami Beach-Kendall, FL, Florida

Low	Average	High	Bonus	Benefits
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66,677	106,496	132,247	0.0%	12.1%
Total Compensation: 119,331				
United States National Average				
Low	Average	High	Total Compensation	
60,899	97,267	120,786	110,707	
Cost-of-Living: A renter's COL for this area would be 99,713. This cost-of-living is 2,446 greater than the National norm of 97,267.				

Position Description - Psychologist

Provides individual and group counseling services in universities and colleges, schools, clinics, rehabilitation centers, Veterans Administration hospitals, and industry to assist individuals in achieving more effective personal, social, educational, and vocational development and adjustment. Collects data about individuals through use of interviews, case history, and observational techniques. Requires advanced study, a master's degree, or a PhD in the field of psychology.: Selects and interprets psychological tests designed to assess individual's intelligence, aptitudes, abilities, and interests, applying knowledge of statistical analysis. Evaluates data to identify causes of problem of individuals and to determine advisability of counseling or referral to other specialists or institutions. Conducts counseling or therapeutic interviews to assist individual to gain insight into personal problems, define goals, and plan action reflecting interests, abilities, and needs. Provides occupational, educational, and other information to enable individual to formulate realistic educational and vocational plans. Follows up results of counseling to determine reliability and validity of treatment used. May engage in research to develop and improve diagnostic and counseling techniques. May administer and score psychological tests. (Source: eDOT Job Description)

Methodology

All data is legally licensed and derived from real salary surveys. Title/job salary adjustment percentages are provided by the [eDOT Project](#). For the Complete Statistical Methodology, [click here](#)

Source

SalaryExpert reports are derived from eDOT, U.S. IRS, OES, SEC, various countries' national statistic offices, and [SalariesReview](#) (international) databases.

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"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these." --- George Washington Carver
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From Our DCPA Student Representative

By Rachel Becker, M.A.

As I wake up each morning, my mantra falls off my lips before my eyes open completely. "Balance, Rachel, balance." This aphorism follows me and helps me to answer the questions of the day. Do I sleep a little longer and eat breakfast while fighting rush-hour traffic on Dixie Highway, or do I savor a few minutes where I can enjoy my oatmeal? As I rush down the stairs of my apartment, with my laptop and backpack strewn over one shoulder, gym bag, lunch, and dinner over the other, I try to balance it all to make it in one trip and not laugh too loudly when I hear my neighbor's four-year old call me "bolsa chica" - bag lady.

Mornings pass quickly as I engage in statistics, cognitive assessment, or a theories class. I zip from classes across campus to work on my research, where I struggle to write emails in Spanish to my research collaborators in Argentina. All the while, my mind is making homework to-do lists, thinking of possible dissertation topics, and possible conference submissions. Life as a graduate student keeps me on my toes; I continually search for the balance between classes, research, and self-care, between being directive with where I want to go in my career and being open to the possibilities around me. I can only imagine that my mantra is going to become more difficult to live in January, when I start seeing clients; however, this third component of my professional training will provide a much needed balance between theory and application.

Rachel Becker, M.A. is a first year counseling doctoral student at the University of Miami.

Contact Rachel Becker, M.A. at:

raebecker@gmail.com

(513) 600-0839

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"People tell me I look good these days. I look good because I feel good. I know people who are older than I am who are twenty-five. . .It's all about attitude. To me, age is just a number."

--- Rita Moreno

DCPA Member Spotlight: Monique Levermore, Psy.D.



DCPA Members in Toronto this Year

Canada was warm this summer when Toronto rolled out the red carpet to provide the venue for the 117th APA Convention in August of this year. Two enthusiastic DCPA members who are professors in the Doctoral Program at Carlos Albizu University were honored by having their work accepted for Symposia at the distinguished convention. Dr. Monique Levermore chaired two symposium at the historic convention.

The first symposium addressed culturally informed services for disadvantaged populations and highlighted evaluation and innovative intervention from noteworthy psychologists all over the country including Dr. Irene Bravo here in Florida. Dr. Bravo is hard at work researching her intervention program that impacts at-risk Hispanic children and their parents. The Teaching Responsible Behaviors to Adolescents Program provides comprehensive preventive treatment to Hispanic adolescents 12 – 18 years old and their parents. The program has a multi-modal, evidence-based approach that includes parenting skills, individual and group psychotherapy, and uses psychometrically sound outcome measures.

Dr. Levermore presented her research on her prevention/intervention program designed to promote resilience in at-risk adolescent girls. G.I.R.L.S (Growing into Responsible Young Ladies Successfully), is a prevention/intervention program, designed to develop character and facilitate successful achievement in at-risk youth. The program is based on positive peer culture and reality therapy. Both models stress the importance of facilitating choices and allowing the individual to create objectives to reach their life goals. Other distinguished participants included Drs. Treniece Lewis Harris from the Cambridge Health Alliance; Dr. Rakale Collins Quarells from Morehouse Medical College and Dr. Salome Cockern from Michigan.

The second accepted symposium addressed business matters that pertain to psychology practice. The symposium presented a fresh new approach to looking at psychology as a business. This is a journey through thoughtful decisions about planned experiences and necessary information about business acumen, strategic planning, finance, marketing and legal issues. Rich examples from professionals practicing in all aspects of the field were offered. Most psychology programs do not provide information about the business side of the field and many graduate students and graduates alike are yearning for a resource that will guide them in these career building decisions. The symposium provided salient information to emerging psychologists and professionals alike.



The impetus for developing the symposium was based on Dr. Levermore's experience writing her e-book entitled, "Business and Psychology: A delicate merger", which is the textbook for a similar course at Carlos Albizu University. Other distinguished participants included Dr. Kimberly McGrath from Citrus Health Network and Marshall Jones from Florida Institute of Technology. Dr. Wade Silverman graciously served as the knowledgeable discussant for the symposium.

Drs. Bravo and Levermore hope to continue contributing to the field in the future by submitting salient psychological information from diverse perspectives. Both are professors at Carlos Albizu University in Doral, Florida and members of Dade Psychological Association, Florida Psychological Association and the American Psychological Association.

Drs. Bravo and Levermore can be contacted on the worldwide web at Carlos Albizu University:
www.mia.albizu.edu; mlevermore@albizu.edu ; ibravo@albizu.edu

In Memory of Major-Dr. Eduardo Caraveo from Fort Hood, Texas:

An APA Scholarship Fund

Submitted by William Samek, Ph.D.

My Division 55 Board colleague, Elaine S. LeVine, has written a eulogy for Major Eduardo Caraveo, Ph.D., one of the murder victims of the tragic Ft. Hood shootings. Dr. LeVine also introduced to the Division 55 Board an initiative to establish an annual award in Major Caraveo's memory as well as an annual scholarship, to a medical/prescribing psychologist who works in the public service arena or who works with the underserved, under the aegis of the [American Psychological Foundation](#). I would like to share these items with you.

Beth Rom-Rymer
Treasurer, Division 56

Dear Colleagues,

As training director of the New Mexico State University program in psychopharmacology in which Major Eduardo Caraveo was a student, I wanted to let all of you know how incredibly sorrowed I and his fellows students are about the death of Eduardo Caraveo as one of the victims of the Fort Hood tragedy. He was truly a wonderful, energetic, extremely intelligent, caring man; a distinguished psychologist who through his efforts in the federal prison system and military has helped so many. Eduardo grew up in Juarez, selling newspapers on the streets to help his family survive. He graduated from high school in Texas, learning English along the way. He completed a Masters degree in counseling from the University of Texas in El Paso and was a high school counselor in Anthony, New Mexico. After completing a Ph.D. in clinical psychology from the University of Arizona, he worked in the federal penitentiary system in Arizona. He triumphed over adversity and was a powerful presence in helping so many others do so. Through his commitment to the army reserves, he served at Guantanamo Bay and in Iraq and was going to be deployed to Afghanistan. He wrote back from those places about his experiences helping thousands of soldiers deal with combat stress and how he integrated his psychopharmacology training into his work. The Fort Hood event is so tragic. For me and many of Eduardo's colleagues, family and friends, it will now be an event seared in our memories with the greatest sense of loss and sorrow.

I wanted to inform you of some plans to honor Major-Dr Eduardo Caraveo:

Division 55 of the American Psychological Association, The [American Society for the Advancement of Pharmacotherapy](#), will offer an annual award in Eduardo's honor. The Major Caraveo National Service Award will be granted to a medical/prescribing psychologist who has made significant contributions in public service and/or with the underserved. The award carries a \$500 stipend.

In addition, we hope that those who wish to donate in Dr Caraveo's memory will consider a donation to the American Psychological Foundation (APF) at 750 First Street, NE, Washington, DC 20009, as advancing education, particularly for those from underprivileged backgrounds, was very important goal to Dr Caraveo. (Contributors should indicate that the donation is in Major Caraveo's memory on the check or in a note with the check). Contributions can also be completed on-line at <https://cyberstore1.apa.org/cyb/cli/casinterface1/apf/>. These monies will be used for scholarships for aspiring psychologists. With sufficient donations, we will be able to establish a scholarship in perpetuity in Major Caraveo's name.

Most sincerely,

Elaine S. LeVine, Ph.D., ABMP
Prescribing Psychologist
Affiliate Associate Professor, NMSU
Training Director of Masters in Psychopharmacology
New Mexico State University
and
The Center Through the Looking Glass
1395 Missouri Avenue
Las Cruces, NM 88001
Telephone: (575) 522-5466
Fax: (575) 521-8611

Classified Ads

Consider referring your patient(s) for **GROUP PSYCHOTHERAPY**.
Either **conjoint** with your treatment or for **aftercare**.

Groups dealing with relationships, self-esteem, addiction, shame, assertiveness, isolation, anxiety, dysthymia, abuse, etc.

Bill Samek, Ph.D., 305-552-5000, Samek@msn.com

Office Space Available

Baptist Hospital area with established mental health practice
Many amenities including secretarial/workspace, kitchen, private bathroom
Part-time also available
9150 SW 87 Avenue, Suite 109
Call Dr. Marcy Wasman at 305-274-5677

DCPA 2009 Chapter Officers, Positions, and Committees

Chapter Executive Committee:

President – Michelle Slapion-Foote

frankshelley418@bellsouth.net

President-Elect – Frank Foote

Immediate Past-President – Regina Mendoza, Psy.D.

drmmendoza@yahoo.com

Treasurer – Mary Weatherford 305-669-9497

minddoc@mpinet.net

Secretary - Sally Rowley 305-596-4663

srowleypsyd@bellsouth.net

Chapter Representatives to FPA Board of Directors -

Mary Weatherford 305-669-9497

minddoc@mpinet.net

Samantha Carella 305-936-1002 samcarella@aol.com

University of Miami Student Representative to FPAGS – Rachel Becker 513-600-0839 raebecker@gmail.com



Chapter Standing Committees:

Education and Training Chair – *Wade Silverman* 305-669-3605 wadesilvermanphd@bellsouth.net

Ethics Committee Chair - *William Samek* 305-552-5000 samek@msn.com

Membership Committee Chair – *Cristina Grand* 305- 596-4663 cristinagrand@aol.com

LAPPB Representative – *Nicole Davis* 305-933-5733 babs1300@gmail.com

Key Psychologists - *Barbara Goldman* 305-448-2888 drbarbara@bellsouth.net & *Mary Weatherford* 305-669-9497 minddoc@mpinet.net

Professional & Public Information Committee Chair - *Sammi L. Siegel* sammils@aol.com 305-445-0477

AD-HOC Committees:

Women's Issues Committee - *Wendy Joffe* 305-667-5232 wjfcoach@yahoo.com & *Stephanie Carter* 305-275-2269 cart5438@bellsouth.net

Newsletter and Communications Committee - *Terilee Wunderman* 305-595-6633 wundie@bellsouth.net

Hospital Practice Committee - *William Samek* 305-552-5000 samek@msn.com

Psychology and the Law Committee Chair - *William Samek* 305-552-5000 samek@msn.com

Geriatric Affairs Committee Chair – *Jean Trescott* 305-772-0924 jltrescott@aol.com

Psychopharmacology Committee Chair - *Lazaro Garcia* 305-264-9044 lazarogarcia@bellsouth.net

Historian - *Vacant*

Ethnic Minority Affairs Committee - *Vacant*

Insurance and Healthcare Committee - *Vacant*

Child and Adolescent Issues Committee – *Vacant*

Committee on Family Violence and Child Abuse - *Vacant*

Crisis Response Committee - *Vacant*

Industrial/Organizational Committee - *Vacant*

Academic Affairs – *Vacant*

From Your Editor:

Terilee Wunderman, Ph.D.



We'd love to have your news, updates, and contributions for our *Spring* issue! E-mail your articles and adds to wundie@bellsouth.net by March 15, 2010 for inclusion in our Spring 2010 issue.

Classified Ad rates are as follows:

FPA members: \$10 for first 25 words. Each additional word is \$0.30.

Non-members: \$20 for first 25 words. Each additional word is \$0.30.

\$5 per photo, up to 2 photos per ad

E-mail to wundie@bellsouth.net for Advertising Information and Forms.

Thanks for reading!

“Don’t cry because it’s over. Smile because it happened.” --- Dr. Seuss
