



# CCPA NET Letter

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Collin County  
Psychological  
Association

March 2005  
Volume 14, Issue 3

## WHO YOU GONNA CALL! WHEN TSBEP CALLS



### ROBBIE MALONE & KENDA DALRYMPLE

*Once again, CCPA had the privilege of learning how to deal with ethical and legal issues, particularly when a complaint is filed with TSBEP. Robbie is an attorney here in Dallas who represents professionals in civil trial. Kendra is an administrative law specialist in Austin who represents psychologists before TSBEP.*

*They both said clearly that a psychologist needs to be represented in all actions by counsel. If you receive a complaint, contact both of these fine counsels first! They recommended several steps in successfully keeping your license: 1) Take out the extra \$50 K insurance on your malpractice insurance for legal defense; 2) Obtain and work with your counsel; 3) Maintain good practice ethics and practice documentation, including notes and informed consent; 4) Know the steps in how TSBEP deals with a complaint; 5) Attend and document ethics and practice management seminars.*

*Contact Robbie Malone at 214-346-2626 or rmalone@beenemalone.com & Kendra Dalrymple at kenda@brown-carls.com*

## “AUTHENTIC HAPPINESS”

3/25—12 PM Ψ CCPA PANEL

**Please attend and bring a friend!  
Our meetings are a great time to network!**

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### FUTURE MEETINGS:

- 3/25—Authentic Happiness: Southfork Hotel 12 Noon
- 4/22—P. Burnie, TPA Pres.: Southfork Hotel 12 Noon
- **FRAUD ALERT!**  
You do not need a HIPPA Compliance Report!

## UPCOMING MEETINGS—SCHEDULE THESE NOW!

Our monthly meetings are held from 12:00 noon to 1:30 p.m. on the 4th Friday of each month at the Southfork Hotel Plano, unless otherwise specified. The Southfork Hotel is on the east side of 75, 1 block north of 15th Street in Plano. Meetings are usually held in the Hackberry room. Members may order lunch from the menu, or just enjoy the presentation. 1.5 CEU credits are given to members for attending the meeting.

***Mar 25—"Authentic Happiness" - Introducing the CCPA Book Discussion—Southfork Hotel Plano***

***April 22— Paul Burnie, PhD, TPA Pres. Annual TPA Update—Southfork Hotel Plano***

***Please announce the CCPA Research Award, more info at: [www.psychselect.com/ccpa](http://www.psychselect.com/ccpa)***

***PLEASE CHECK YOUR REFERRAL INFO. ON [www.psychselect.com/ccpa](http://www.psychselect.com/ccpa)! We try to keep it up to date, but we need you to verify your location and phone info. Remember you need to be current on dues to be listed!***

### OPPORTUNITIES!

#### Office Space

Several large offices with waiting area available. Located in Richardson near UTD. Office with other mental health professionals.

Contact: Frank Wichern (972) 234-3178

Two story, reasonably priced (\$950), 1200 sq ft office for rent. Four offices, waiting room, break area, rest room. 1325 19<sup>th</sup> St. Ste. 4B, Plano

Contact: Dan Perkins 972-562-9140

West Plano 2300 sq. ft. office condominium has two spaces for lease to mental health professionals. The smaller office is about 172 sq. ft. in area and faces onto an eastern courtyard. The larger office has about 272 sq.ft. and has eastern and northern windows, a skylight, and built-in cabinets. Both have internet connections, phone hookups, recessed lighting, and soundproofing. The suite itself has a very nice and spacious waiting room, a nice admin area, file storage, a kitchenette, and interior restrooms for clients and staff. A separate exit is also provided for client and staff use. Free parking and easy access to all parts of the Metroplex are added features of this location. Please call Tom Van Hoose for more details at 972-250-2919.

#### Services

##### Groups

Sarah Spreda, PhD and Jason Simpson, PsyD will be offering a **Divorce Recovery Support Group!** The group will concern issues about the divorce transition. Contact them at 972.670.5153 Or 469.879.9588

email: [groups@SynergistWeb.com](mailto:groups@SynergistWeb.com)

##### Employment Sought:

**Marcia Moriarity who has been employed for a number of years in a psychologist's office is seeking employment. Contact Marcia at 972.867.8599**

##### Billing

WE MANAGE MANAGED CARE! You are in charge of scheduling your patients, treating your patients, and your TRF's. We do the rest. We are seasoned professionals. We make the phone calls to managed care and make sure they pay. We pre-authorize, file your claims, process your EOB's, do all the billing and collections, send you monthly reports, answer patients billing and insurance questions, and more! Free yourself to market your practice or balance your life! Call JLD and Associates at 972 -424 - 9212.

***LET THIS SPACE WORK FOR YOU! Advertise your specialty or service so our members can refer or utilize it! Send to: [wichern@att.net](mailto:wichern@att.net)***

**CCPA PRESIDENT'S COLUMN: Greetings CCPA members! March 2005**



Welcome to the online edition of our CCPA Net Letter! Please keep us informed of any changes in your e-mail address. You can always check for the latest issue as well as recent back issues on or [www.psychselect.com/ccpa](http://www.psychselect.com/ccpa) website.

I would like to discuss some of my observations about the dreams within conflict technique and how this technique compares with a similar technique that many marital therapists use. The similar technique is the exercise Dr. Harville Hendrix refers to as "Mirroring" and Dr. George Bach named "Controlled Feedback" in the late 60's. Controlled feedback is essentially when the couple takes turns doing active listening while the other speaks for a short time and then they switch roles. The listener will respond to the speaker with reflecting content meaning and feeling and end by saying something like, "Did I understand you correctly?"

The dreams-within-conflict exercise basically consists of having the spouses take turns discussing their dreams within a particular conflict. First a spouse determines what their position is regarding the issue/conflict. Then the other spouse takes the stance of a supportive objective listener rather than that of an opponent. The listening spouse asks questions about the other spouse' position such as, "What do you believe about this issue?" "What do you feel about this issue?" "What are your aspirations about this issue?" "What do these things symbolize to you?" or "Tell me a story from your early years that represents

this issue?"

The idea in both exercises is to move each person from defending and asserting personal mythology about the conflict to gaining an empathetic view of their partner. When a person succeeds with either exercise they begin to more accurately perceive their partners internal frame of reference and understand better how the preoccupation with defending their own internal frame of reference is interfering with an accurate understanding of their partner.

The key ingredient when either exercise is succeeding is the shift of focus to and increased understanding of their partners' internal frame of reference. This shift of focus introduces new information that helps the person to break their own personal spell. The spell is a psychodynamic term referring to the person being in a run of the mill trance state or a cognitive/emotional frame of mind that they commonly experienced in a relationship as a child and are recreating now. While in the spell the person recreates childhood trauma by believing irrational theories about their partner and their partners' intention. When the person breaks the spell individuation and separation occurs and the person has a more sober and realistic view of the partner and the difference between their own thoughts and their partners thoughts.

In cognitive behavioral terms the person moves from believing strongly in irrational theories about the partner to finding new evidence resulting in believing less strongly in the irrational theories. The person starts with irrational theories such as She's a monster, She is totally unfair, She's wrong and I did nothing wrong, She's doing this because (Insert personal demons here.). Examples of personal demon might be, I'm not good enough, She doesn't love me, She wants' to control me, She's just doing this to hurt me, and so on. When the person begins to understand that the motivation for their partners' behavior is less about their own personal demons and more about their partners personal frame of reference they begin to experience the fight as less important and the fight becomes less painful.

The controlled feedback exercise and the dreams within conflict exercise are both very useful for breaking the spell and understanding the information revealed in a fight in a more useful way. Both exercises can be used as a jumping off point for the therapist to use other interventions although controlled feedback has some advantage here. Both are easier to teach the clients when they are not in the heat of the fight. Both lead to the clients having better understanding when they are fighting at home.

The difference between these two methods seems to be in ease of use. The active listening involved in controlled feedback takes more practice and is harder to teach. It is easier to teach someone to say, "What do you believe about this issue?" "What do you feel about this issue?" than it is to teach them to reflect content, meaning, and feeling. Controlled feedback has an advantage in how much it reveals during a couples counseling session but, if the couple works at it, they are more likely to use the dreams within conflict format when they have left therapy.

Please join us on the fourth Friday of March and the fourth Friday of each following month for the exciting continuation of our monthly educational programs!

***Steve Sliwinski, Ph.D.***

Suggestions, comments? Please contact me at [dr.sliwinski@comcast.net](mailto:dr.sliwinski@comcast.net).

**Collin County  
Psychological Association**

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*The network of psychologists that  
connects!*

**CCPA EXECUTIVE COMMITTEE**

**Bob Weiner, Ph.D.**

*Past President*

**Steve Sliwinski, Ph.D.**

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*Treasurer*

**Sarah Spreda, Ph.D.**

*Secretary*

**ANNOUNCEMENT OR OTHER  
RELEVANT INFORMATION,  
CONTACT CCPA: [wichern@att.net](mailto:wichern@att.net)**

***BOARD MEETINGS:***

***Please attend!***

600 W. Campbell Rd #5,  
Richardson

*NOON – First Friday of month!*

**A scam is circulating  
that health profession-  
als need a HIPPA Com-  
pliance Report. You  
don't need it!**

***MENTOR'S CORNER:*** *CCPA encourages it's members to build prof-  
itable, ethical practices. These tips are timely and* we solicit your suggestions,  
recommendations and Questions!

**IMPLEMENTING NEW HIPPA SECURITY RULE:**

Following is an example of the new HIPPA Security Rule docu-  
ment for a solo practioners:

HIPPA SECURITY RULE DOCUMENTATION – February 14,  
2005

1. Frank B. Wichern, PhD, is hereby designated as Security Of-  
ficer.
  2. Policies for EPHI have been created and implemented in this  
office.
  3. Specific passwords have been made for all office computers.
  4. A separate computer contains all EPHI and has no public ac-  
cess.
  5. A separate computer contains appointment calendar and any  
access to the internet. NO EPHI is kept on that computer.
  6. EPHI security has been studied through the APA website.
  7. Breaches in security are protected by passwords, physical  
locking and Norton Internet Security, including firewall.
  8. Contingency plans for emergency including back up of EPHI  
have been made. Backup is done at biweekly intervals.
  9. Regular evaluation of systems to ensure that EPHI are in  
place. Internet security is done by Norton Live Updates.
  10. No parties or business associates have access to EPHI of  
this office.
  11. The Sanction Policy of this office is to have Dr. Wichern no-  
tify a fellow psychologist of any violations and seek peer review of  
remediation and documentation.
  12. All media used to store EPHI is to be cleansed prior to de-  
struction or reuse.
  13. Passwords are unique and not shared and will be changed at  
intervals.
  14. No communication of EPHI by email or internet will be done  
without the use of an encryption program.
- This document must be retained for 6 years from this date and  
updates will be added as they become necessary.

\_\_\_\_\_  
Signature/Date