

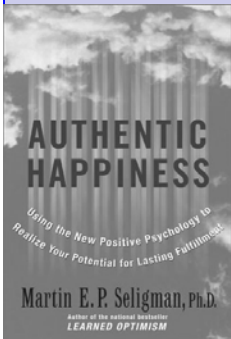


CCPA NET Letter

www.psychselect.com/ccpa

Collin County
Psychological Association

APRIL 2005
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Authentic Happiness

by Martin Seligman, PhD

Sarah Spreda introduced the new CCPA Book Club to our members! Although details of future meetings to meet and discuss important books which introduce new therapy techniques and skills, are still forthcoming; our March meeting was extremely informative. As Sarah suggested, the book discussions will be more informal and offer the opportunity to question, discuss and incorporate new therapy skills. The Book Club is open to all members and will meet several times a year.

Check the newsletter for more details.

Frank Wichern reviewed Authentic Happiness and discussed Positive Psychology. The career of Dr. Seligman represents the dramatic shift in our profession from behaviorism to cognitive therapies. Positive psychology argues that building a character based on values of optimism, spirituality, kindness, respect and fairness brings about less depression, better physical health, enjoyment of work, relationships and life. Visit the web site, www.authentichappiness.com for more info and pg.4 for listing of scales available on web site!

Sarah reviewed Happiness, a recent book on happiness, where we look for it and who has it. Not surprisingly, financial success and wealth are poor predictors of happiness. Relationships, meaningful vocations, spirituality and altruism were all prescriptive of life happiness. Several alternatives for therapy interventions were discussed and more will be considered at the next Book Club meeting.

“TPA ISSUES UPDATE”

4/22—12 PM Ψ P. BURNIE, PhD, TPA PRES.

Please attend and bring a friend!

Our meetings are a great time to network!

Inside this issue:

UPCOMING 2
Meetings

Review your 2
Listing!

GET your CCPA
Membership Appli-
cation!

See CCPA Website

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FUTURE MEET- INGS:

- 4/22—P. Burnie, TPA Pres.: Southfork Hotel 12 Noon
- 5/20—Neuro-immunology & Stress: 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.

Southfork Hotel Plano

***April 22— Paul Burnie, PhD, TPA Pres.
Annual TPA Update— 12 Noon
Southfork Hotel Plano***

***May 20— Neuroimmunology & Stress -
Dr. Joe Wood, UTD— 12 Noon***

***PLEASE CHECK YOUR REFERRAL INFO.
ON 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!***

From Bob Weiner an invitation!

4-16-2005 -

**SI Challenge presents a conference
for parents and professionals**

*Too Close" or "Too Far": The Relationship
Between Sensory Integration Issues and Emo-
tional and Social Development*

St. Andrew's United Methodist Church

1401 Mira Vista Blvd (at Plano Park-
way) Plano, Texas 75093

Cost:

35\$ - members of SI-Challenge
45\$ - non-members
95\$ - professionals (for 4.5 CEU credits)
85\$ - professionals (members of SI-
Challenge)

Saturday, April 16 8:30am to 4:30pm
(CEU credit available)

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

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

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

CCPA PRESIDENT'S COLUMN: Greetings CCPA members! April 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 our www.psychselect.com/ccpa website.

Thanks to Dr. Sarah Spreda and Dr. Frank Wichern for their encouraging presentation on authentic happiness. I have been trying some of their ideas and business has been dropping off dramatically (Insert laughter here.)!

A special thanks to Dr. Elizabeth Lombardo for securing an unusually good conference room rate at the Southfork Hotel. Dr. Lombardo's diplomacy skills are saving us money.

The Southfork Hotel is owned by the corporation that owns Dallas's "Southfork Ranch." We may be seeing the staff wearing cowboy hats and quoting "J.R." in the near future.

Dr. Jason Simpson is very experienced in substance abuse treatment among his other areas of specialty. Dr. Simpson will be presenting on the issue of doing psychotherapy with clients who are currently working on their substance use problem.

Thank you, Dr. Simpson for offering your expertise.

Apparently enough of us completed our TPA group insurance enrollment forms. It looks like TPA received enough forms to proceed with negotiations on the new group insurance policy/program for psychologists in Texas. When negotiations are completed TPA will E-Mail us with the details. Until then you may go to www.texaspsyc.org for more details.

I attended a workshop on the new HIPPA law recently and thought I would share some of my impressions. Although I find the topic boring and oppressive, I, as well as others, left the meeting feeling somewhat relieved.

It seems that any investigations by the HIPPA people are more likely to be aimed at the multimillion dollar organizations. The one person private practice and the small group private practices are not likely to draw attention from the HIPPA people.

The HIPPA rules and training are evolving and becoming easier to understand and apply.

There is now an on line training worth 4 ethics CEU's at APApractice.org. This training is not the same as the Compliance Workbook.

The new Online Compliance Workbook is nearly complete. It will be complete this month. For a reasonable price you will be able to answer a structured series of questions about your practice where choices of answers are offered. After choosing answers to all the questions the Compliance Workbook software will print out a HIPPA Policies and Procedures Manual that is custom tailored to your practice. You will then have a systematic manual that will address every aspect of the HIPPA law that applies to your practice. No more guesswork or uncertainty!

When the Online Compliance Workbook is completed this month you will be able to go to APApractice.org with credit card in hand and begin. It will take between 2 and 5 hours to complete for a solo practice depending on how Obsessive Compulsive you are in answering questions. Add 1 to 3 hours for a small group practice.

Please join us on the fourth Friday of April 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.

**Collin County
Psychological Association**

600 W. Campbell Road
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Richardson, Texas
75080

www.psychselect.com/ccpa

*The network of psychologists that
connects!*

CCPA EXECUTIVE COMMITTEE

Bob Weiner, Ph.D.

Past President

Steve Sliwinski, Ph.D.

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President Elect

Elizabeth Lombardo, Ph.D.

Treasurer

Sarah Spreda, Ph.D.

Secretary

ANNOUNCEMENT OR OTHER
RELEVANT INFORMATION,
CONTACT CCPA: 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!

QUESTIONNAIRES FROM THE BOOK

“AUTHENTIC HAPPINESS”

- **Fordyce Emotions Questionnaire**
measures current happiness
- **PANAS Questionnaire**
measures positive and negative affect
- **General Happiness Scale**
measures enduring happiness
- **Satisfaction with Life Scale**
measures emotions about the past
- **Gratitude Questionnaire**
measures appreciation of the past
- **Transgression Motivations Questionnaire**
measures forgiveness
- **Optimism Test**
measures optimism about the future
- **VIA Signature Strengths Survey**
measures 24 character strengths
- **Work-Life Questionnaire**
measures work-life satisfaction
- **Close Relationships Questionnaire**
measures attachment style
- **VIA Strengths Survey for Children**
measures 24 character strengths in children
- **Fordyce Emotions Questionnaire Repeat**
measures current happiness
- **Approaches to Happiness Questionnaire**
measures 3 routes to happiness
- **CES-D Questionnaire**
measures depression

*Access these scales and much more at:
www.authentic happiness.com*

You will need to supply a email address and password!

I hope that you will try them and recommend them to
your friends and clients.

**WE LOOK FORWARD TO ALL INTERESTED
MEMBERS OF CCPA
JOINING OUR BOOK DISCUSSION GROUP!**

**PLEASE CONTACT
SARAH SPREDA, PhD:**

slspredda@sbcglobal.net

FOR MORE INFORMATION!