**President’s Column**

2012 At-a-Glance

As I sat down to compose my final President’s column, my thoughts turned to the recent Fall Conference and 75th Anniversary Celebration theme “Psychology, the Next 75 Years: Learning from the Past to Optimize the Future.” At the Anniversary Gala, Pat Murphy gave us a new perspective by providing a historical overview of IPA and the work and growth of our organization over time (see IPA website for more). We heard from Dr. Katherine Nordal, Executive Director for Professional Practice for the APA and the APA Practice Organization, and our talented peers about current and future issues in psychology practice. Dr. Nordal shared her thoughts on the unique skill set that psychologists bring to integrated healthcare systems and challenged us to think about how we can participate in advocacy efforts at the local and national level. Involvement in IPA is a simple yet effective way for Indiana psychologists to protect and promote the profession of psychology for years to come.

As daunting as it may be to think about the professional challenges that lie ahead, my anxiety subsides as I review the many successes of IPA on behalf of Indiana psychologists this year. Here are just a few of the many ways that IPA worked hard to promote the science and practice of psychology:

**IPA Advocates for You!**

1. IPA continues to be a direct link between Indiana psychologists and APA. This year IPA sought member feedback on key APA Council initiatives to make sure the voices of Indiana’s psychologists were represented, kept members informed about APA Council actions, and implemented the new Action Alert and Information Alert system.

2. IPA advocated for mental health parity by joining with the American Psychological Association Practice Organization and nine other state psychological associations to petition federal agencies (Departments of Health & Human Services, Labor and Treasury) for fair and adequate health care reimbursement as rate cuts announced by Humana were a parity violation.

3. IPA intervened when an Angie's List website article provided misinformation about psychologists to the public and worked with Angie's List to provide an accurate depiction of the education, training, and scope of practice of psychologists.

4. IPA educated state agency personnel (OMPP and DDRS) and legislators about issues related to psychological and neuropsychological testing and developed a position paper supporting the adoption of the Health Care Compact.

5. IPA initiated and continues to pursue legislation that eliminates the requirement that at least one of the professionals appointed by a court to examine a defendant who raises an insanity defense must be a psychiatrist.

**IPA Creates Opportunities for Continuing Education!**

1. To meet the educational needs of our membership in 2012, IPA hosted more CE events than ever all across the state of Indiana and set the wheels in motion to create even more CE opportunities for Indiana’s psychologists in 2013.

2. As part of IPA’s mission to promote psychology and psychological services to consumers, IPA provided education to the public about mental illness and psychological treatment at this year’s Fall Conference. Indiana psychologists offered four free workshops to the public covering topics as diverse as OCD treatment and men’s happiness.

**IPA Promotes Professional Development!**

1. Students are the future of Indiana psychology and a big part of IPA’s mission is to pass on the legacy of psychology as a science and a profession to future generations of psychologists. IPA made student involvement a high priority this year and worked hard to successfully increase student membership. The IPA mentorship program provided mentees with opportunities to learn and network and provided mentors an opportunity to

**Inside this issue:**

IPA Featured Member, Aashia M. Bade,PsyD, HSPP ........ 2
Part One of a Five-Part Series: Self-Control ..................... 3
PHWA Winner: Broad Ripple Animal Clinic ........ 4
IPA Award Winners ............................................ 5
Student Award Winners .................................... 7
Second Annual Public Education Workshops .................. 7
Looking Ahead .................................................. 8
IPA Leadership .................................................. 8
April 2013 CE Events ........................................... 8
President’s Column: Continued from page 1

give back to the profession. Students had a stronger voice in IPA in 2012 through a revamped student page on the IPA website, formation of a student group, the inclusion of two student representatives on the IPA Board, and increased participation in the student poster competition at Fall Conference.

2. To keep members informed of the latest state and national news impacting psychology (i.e., Patient Protection and Affordable Care Act, new CPT codes), IPA initiated a monthly e-newsletter and added more professional resources to the IPA website.

In 2013, IPA is poised to continue to meet the future challenges of our profession on behalf of our members. Misty Spitler, your President-Elect, is an Early Career Psychologist who brings a lot of energy and enthusiasm to the association. I am confident she will be an excellent President next year and will continue to promote IPA’s tri-fold mission of advocacy, education, and professional development for Indiana’s psychologists.

Thank you for providing me with the opportunity to serve as your President.

Featured Member:
Aashia M. Bade, PsyD, HSPP

BIOGRAPHY

Current work location:
Pendleton Juvenile Correctional Facility, Pendleton, IN
www.in.gov/idoc/dys/2346.htm

Name of graduate school:
Indiana State University

Name of internship, city, state:
Hawthorn Center, Wayne State University School of Medicine, Northville, MI

Description of current clinical service location:
I work as the lead psychologist in a maximum security juvenile correctional facility. My position allows me to provide clinical services, in addition to performing a number of administrative and supervisory duties.

PSYCHOLOGY INTEREST/EXPERIENCES/THOUGHTS/WISHES

Best experience or biggest learning experience in your work as a psychologist:
While working at an inpatient psychiatric hospital for children, I was frequently in the position of identifying and explaining a child’s serious mental illness to his or her parents. The gravity of this experience was humbling and helped me develop deeper sensitivity towards my patients and their families.

If you were forced to retire from psychology what career would you take up next? Why?
I would love to do something that combines traveling and food. I pretty much want Anthony Bourdain’s job, without all the cameras.

What do you think is the biggest challenge facing psychology?
I worry about the disproportionately large number of graduate students as compared to available predoctoral internships. I think it is a disservice to our profession and to our students if we do not actively address this discrepancy.

LIFE INTERESTS/EXPERIENCES/THOUGHTS/WISHES

Which living person do you most admire?
My dad is an incredibly inspiring person. He immigrated to the United States from India as a young man, worked tirelessly to raise a family and gave us every opportunity he never had while growing up. He has taught me what it means to be self-sacrificing without being a martyr, and without jeopardizing your integrity or values.

If you could converse over coffee with a historical figure, who would you choose?
Indira Gandhi, the first female prime minister of India.

If you were forced to retire from psychology what career would you take up next? Why?
I would love to do something that combines traveling and food. I pretty much want Anthony Bourdain’s job, without all the cameras.

What do you think is the biggest challenge facing psychology?
I worry about the disproportionately large number of graduate students as compared to available predoctoral internships. I think it is a disservice to our profession and to our students if we do not actively address this discrepancy.

LIFE INTERESTS/EXPERIENCES/THOUGHTS/WISHES

Which living person do you most admire?
My dad is an incredibly inspiring person. He immigrated to the United States from India as a young man, worked tirelessly to raise a family and gave us every opportunity he never had while growing up. He has taught me what it means to be self-sacrificing without being a martyr, and without jeopardizing your integrity or values.

If you could converse over coffee with a historical figure, who would you choose?
Indira Gandhi, the first female prime minister of India.
The Remarkable Science behind Self-Control

In the early 1960’s, Walter Mischel and his colleagues began with a simple idea. They developed a study in which they offered 4-year-olds two options. You can have a marshmallow now, OR if you can wait until we return, you can have two marshmallows. The children were left alone for fifteen to twenty minutes with one marshmallow and hidden cameras rolled.

Ten to fifteen years later, these same children were assessed on many factors. The results were astounding. The longer children waited for the two marshmallows, the more likely they were to be rated by their parents as being more attentive, competent, organized, self-motivated, optimistic, and intelligent. Perhaps the most stunning finding was the significant correlation between the number of seconds a 4-year-old took to grab the marshmallow and their SAT scores. Those who did not grab the marshmallow scored on average 200 points higher than those who did. Even those who waited longer generally scored higher, even if they still ended up giving into temptation. Followed as adults, they had more successful marriages, better health, greater occupational satisfaction, and better financial habits. These findings were staggering. Just as amazing, those 4-year-old children could quickly be taught strategies to delay their gratification. This time pretzels were used as the lure. Children who were taught to think about the abstract characteristics of the pretzel (e.g., It’s like a thin, brown branch) were able to delay eating it on average more than eight minutes longer than when they were told think about its arousing qualities (e.g., crunchy, salty taste).

What did all this mean? And was this simple measure of self-control simply a substitute for something else, like intelligence? In 2010, a study entitled *A gradient of childhood self-control predicts health, wealth, and public safety* was published in the Proceedings of the National Academy of Sciences of the United States of America. The authors had followed 1,000 children from birth through thirty-two years. They wanted to determine what different factors could predict outcomes in adulthood. Three factors emerged: self-control, IQ, and socioeconomic status (SES). Self-control was defined as skills related to self-discipline, conscientiousness, and perseverance. A child’s self-control at the age of three, regardless of their IQ and SES, was significantly associated with the following areas at age thirty-two: physical health, substance dependence, socioeconomic status, wealth, single- vs. two- parent rearing, financial planfulness/difficulties, and likelihood of criminal conviction. Even more amazing, it wasn’t just that those with the least self-control had poor outcomes. No matter where on the curve you were, your self-control predicted just how good or bad things could be. Siblings with similar IQ’s in the same household could show very different outcomes. The apparent reason: their ability to delay gratification. The authors tested the argument that self-control was inherited like IQ or other factors. They looked to see whether improvement in self control during childhood made any difference. The results were no surprise. The more improvement a child showed, the less they were at risk for negative outcomes as an adult.

By the time our children have crossed the threshold into adulthood, we hope to have provided them with an ability to apply the knowledge of self-control. We hope they understand how learning to delay gratification not only is necessary for themselves, but for their family and their nation. We hope this provides a critical piece to becoming hard-working, compassionate, and conscientious human-beings. We hope they have an ability to sustain the vision for their children. The world is full of false promises. It seems that we would want the promises we make to be true.

IPA member

Jim Schroeder is the father of five young children, a pediatric psychologist on staff at St. Mary’s Hospital in Evansville, and a valued contributor to the work of IPA’s Continuing Education Committee. This article and the other four parts of the series comes from his new blog, “Just Thinking…”

Jim Schroeder, PhD
Continuing Education Committee
Evansville

Read parts 2-5 of the “Having it All…” series on the IPA website, or go to www.stmarys.org/articles to check out Jim’s blog, “Just Thinking…”
Indiana Psychological Association (IPA) awarded the 2012 Psychological-Healthy Workplace Award to Broad Ripple Animal Clinic (BRAC) at the Fall Conference in October. Founded in 1981, BRAC is a progressive, high-quality, companion animal veterinary hospital located in Indianapolis with 6 veterinarians and 47 highly trained and enthusiastic support staff. They are accredited by the American Animal Hospital Association and, in a survey commissioned by a leading veterinary company, the BRAC was selected as one of the top 52 veterinary hospitals in the United States.

BRAC is an impressive site where all employees embody a genuine appreciation for one another as well as their commitment towards facilitating an environment of personal growth and development. For example, all employees take part in setting work and financial goals for the company which truly allows for a sense of family and loyalty. Additionally, they were recognized for its comprehensive and innovative approach to employee engagement and health through the company’s policies and procedures including:

- An intranet communication system regularly used to promote two-way communication at all levels of staff
- Establishment of Principles of Mutual Respect which embodies the core approach to interacting with coworkers
- Full coverage of a Fitness membership for employees and their families
- Paid professional development up to $1000/year
- On-site company owned and operated daycare

Brenda Tassava, Practice Manager of BRAC, said, “At Broad Ripple Animal Clinic and Wellness Center, we come to work everyday to improve the quality of people’s lives. We do this by practicing veterinary medicine with complete respect for the relationship that exists between our clients and our pets, as well as the relationships we develop between one another in our workplace. We are honored to have been recognized as an outstanding workplace by the Indiana Psychological Association.”

The Psychologically Healthy Workplace Award was established by the American Psychological Association (APA) and is designed to recognize organizations that understand the link between employee health and well-being and organizational performance through implementation of workplace practices that create a positive work environment. Each applicant in the evaluation process is judged on criteria including: employee involvement; health and safety; employee growth and development; work-life balance; and employee recognition. Statewide winners are eligible for a national award through APA.
Congratulations, 2012 IPA Award Winners!

IPA is proud to present this year’s award winners selected by the Executive Committee through colleague nominations. Congratulations to all deserving recipients!

**Distinguished Contribution by an Early Career Psychologist Award**

*Presented to a psychologist who has made a distinguished contribution to the science and/or practice of Psychology in Indiana during the first seven years post doctorate degree.*

Daniel S. DeBrule, PhD  
Indiana University South Bend, Assistant Professor  
Feathergill & Associates, South Bend

**Outstanding Contribution to IPA Award**

*Presented to an individual who has made an outstanding contribution to IPA and its mission to promote and serve psychologists in Indiana.*

Polly H. Shepard, PsyD  
Professional Psychological Services, Indianapolis  
John T. Heroldt, EdD  
Private Practice, Merrillville

**Charles E. Heineman Allied Professional Award**

*Presented to a non-psychologist professional for outstanding contribution to the furtherance of the aims and purposes of Psychology as a science and/or profession.*

Christopher D. Bojrab, MD  
Indiana Health Group, Carmel

**Outstanding Mentoring in Indiana Psychology**

*Presented to a psychologist who has served as an outstanding mentor to other psychologists while practicing in Indiana.*

Scott B. Hamilton, PsyD  
The Howard School, Atlanta, Georgia

**Theodore H. Barrett Media Coverage Award**

*Presented to a member of the media who has contributed accurate and compelling coverage of Psychology and mental health topics.*

Virginia Black  
South Bend Tribune, South Bend  
Mary Kate Malone  
South Bend Tribune / Law Bulletin Publishing  
South Bend, Indiana / Chicago, Illinois

**Legislator of the Year**

*Awarded to a legislator who has been an outstanding mental health leader in the Indiana legislature.*

Charlie Brown  
Indiana State Representative  
Indiana House District 3

**Special Recognition**

*In recognition of 28 years of outstanding service to IPA.*

Pat McGuffey  
Lobbyist, Indianapolis

Awards presented by Dr. Kathleen Vogler, President, and Dr. Dave Bucur, Past-president
For All Life’s Occasions

- Replacing your income
- Transferring wealth to heirs
- Paying mortgages and loans
- Covering funeral expenses
- Paying education expenses
- Supporting aging parents
- Paying credit card debt
- Covering family living expenses
- Bestowing to a charity

Life insurance can play a key role in supporting the life events of your loved ones should you die prematurely. Trust Group Term Life Insurance can give you the assurance that once you’re gone, your loved ones won’t be left wondering how to pay the bills.

Every life has its own story, and The Trust can help you choose the right coverage to meet your needs throughout your journey.

Great Coverage at Affordable Premiums Including:

- Inflation Safeguard — designed to prevent changes in the cost of living from eroding your death protection.
- Living Benefits — allows early payment of death benefits if you become terminally ill.
- Disability Waiver of Premium — pays the premium if you become totally disabled.

THE TRUST

www.apait.org • 1-800-477-1200

1 Available in amounts up to $1,000,000. Coverage is individually medically underwritten. Policies issued by Liberty Life Assurance Company of Boston. A member of the Liberty Mutual Group. Plans have limitations and exclusions, and rates are based upon attained age at issue and increase in 5-year age brackets.

2 Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.
Once again we had excellent submissions for the student poster session. Participants included both undergraduate and graduate students. In addition to the traditional abstract judging, we added a second award this year for the best poster and presentation of the material. Thanks to all of our volunteer judges, faculty sponsors, and members of the SE Committee for supporting these up and coming psychologists. Thanks to the students themselves for making an investment in their professional future by participating in IPA!

FIRST place in the abstract competition went to Laura White and Matthew Aalsma from Indiana University-Purdue University Indianapolis for their project entitled Mental Health Screenings in Juvenile Detention Centers: Predictors of Mental Healthcare Utilizations and Recidivism.

The SECOND place abstract was submitted by Misty Hawkins, J.C. Stewart, and D. K. Miller, also from Indiana University-Purdue University Indianapolis, for their project entitled Positive Affect Predicts Future Body Mass Index: A 2-year Prospective Analysis of the African American Health Study. Misty also won the DIVERSITY RESEARCH AWARD and she was one of the three students to tie for the PRESENTATION AWARD. Well done, Misty!

THIRD place in the abstract competition went to Jennifer Duckworth, Nicole Sapharas, Kelly Doran, and Mary Waldron from Indiana University for their project entitled Early Substance Use and Risk of High School Dropout: Differences by Urban versus Rural Residence.

Two other students tied with Misty for FIRST place for the PRESENTATION AWARD. Congratulations go to Sarah Brown, Christine Raches, and Steven Koch from the University of Indianapolis for their project entitled A Comparison of the Child Behavior Checklist-Pervasive Developmental Problems Scale to an Interdisciplinary Evaluation Diagnosis for Autism and Kelli Scott, Cara Lewis, and D. Ayer from Indiana University for their project entitled An Analysis of Therapist Practice Patterns from the Clinical Pathways for Depression Project.

If you’re interested in reading more about these projects and those of the other students, log on to the IPA webpage and check out the student site.

Student posters – Misty Hawkins between Dr. Kathleen Vogler and Dr. Elizabeth Akey

Second Annual Public Education Workshops

On Saturday, October 27, IPA hosted the second annual Public Education Workshops in conjunction with the IPA Annual Fall Conference. These workshops were offered as part of the ongoing campaign to raise public awareness regarding the relationship between mind and body and the role that psychologists play in addressing public health needs. The four workshops available to the public were:

- Understanding Obsessive-Compulsive Disorder: Strategies for Successful Treatment presented by Megan O’Bryan, PhD
- This Is Your Brain on Math presented by Scott Hamilton, PsyD
- Underdiagnosed and Misunderstood: Girls with ADHD presented by Julie Steck, PhD
- Relationships and Depression: Men in Therapy presented by Patrick Murphy, PhD

The workshops were all well-received by those who attended and generated lively discussions. Attendees included teachers, parents, and other mental health and medical professionals. The range of topics which were offered highlighted the broad areas of expertise that is found among the IPA membership. The public interest in what psychologists have to offer was very apparent at these sessions.

If you have an interest in giving presentations to the public on mind-body health issues, please contact Julie Steck at jsteck@childrensresourcegroup.com.

Julie Steck, PhD
Public Education Coordinator
Indianapolis
LOOKING AHEAD

Renew Your Membership Online NOW!
April 12 - “Mindfulness, Vitality, and Function: Fitting ACT into Your Clinical Work”
April 27 - “Adventures on the Electronic Frontier: Ethics and Risk Management”

Meet Your 2013 Elected Members!
President
Misty Spitler (Indianapolis)

President Elect
John Heroldt (Merrillville)

Secretary
Theresa Krucezk (Muncie)

Membership
Elizabeth Kalb (Evansville)

Science and Education
Heather Servaty-Seib (West Lafayette)

2012 IPA BOARD MEMBERS
Kathleen Vogler, PhD
President
Misty Spitler, PsyD
President Elect
David R. Bucur, PhD
Past-president
Christopher Sullivan, PhD
Government Advocacy
Greg Hale, PhD
Treasurer
John Heroldt, EdD
Membership
Fiona Kress, PhD
Practice
Theresa Krucezk, PhD
Science and Education
Interim Secretary
Thomas Barbera, PhD
APA Council Representative
Emily Dubosh
April Krowel
Student Representatives

IPA Leadership

Frederick W. Unverzagt, PhD
Communications

Sean Samuels, PsyD
Federal Advocacy Coordinator

Sharon Bowman, PhD
Disaster Response Network

Julie T. Steck, PhD
Public Education Coordinator

Polly Shepard, PsyD
PWN Representative

Tasha Williams, PhD
Diversity Representative

Sarah Landsberger, PhD, Editor
Frederick W. Unverzagt, PhD, Co-editor
Lyndsi Moser, CCRP, Managing Editor

Lobbyist
Patricia McGuffey, JD

Listserv Moderator
Rodney Timbrook, PhD

Central Office
Susan McMahon
IPA Executive Director

IPA is proud to present two workshops in April 2013. Mark your calendars for these events and visit www.indianapsychology.org for full details and registration.

Coming to Carmel on Friday, April 12, is “Mindfulness, Vitality, and Function: Fitting ACT into Your Clinical Work.” Daniel J Moran, PhD, BCBA-D will provide direct training in Acceptance and Commitment Therapy (ACT). Ideal for novices or intermediate ACT therapists, this workshop offers didactic training through case conceptualization. This workshop will be held at the beautiful Renaissance Indianapolis North Hotel, site of the 2012 IPA Fall Conference & Anniversary Gala. Special room rates are again available thru March 21. Workshop attendees will earn 5.0 Category 1 CE credits!

Dr. Moran is the director of the MidAmerican Psychological Institute in Joliet, IL. He is a Board Certified Behavior Analyst and a recognized ACT trainer in the Association for Contextual Behavioral Sciences. Dr. Moran has trained professionals across the U.S., in Africa, the Middle East, and Europe.

IPA will host The Trust’s new risk management workshop, “Adventures on the Electronic Frontier: Ethics and Risk Management” to be presented by Jeffrey Younggren, PhD, ABPP, at the Avalon Manor in Merrillville on Saturday, April 27th. The workshop sold out in Indianapolis this year, so register early! Dr. Younggren will discuss the current status of digital psychology, ethical rules, relevant government policies, and standards and underlying principles dealing with telepsychology and online services. Attendees will earn 6.0 Category 1 CE credits towards Ethics! Attendees will also receive a 15% premium discount on professional liability insurance through the Trust Sponsored Professional Liability Program for the next two policy years.

Dr. Younggren is a Fellow of the American Psychological Association and a Distinguished Member of the National Academy of Practice. He is a clinical and forensic psychologist who practices in Rolling Hills Estates, CA. He also is a clinical professor at the University of California, Los Angeles, School of Medicine. Dr. Younggren served as a member and chair of the Ethics Committees of the California Psychological Association and the American Psychological Association.

www.indianapsychology.org