My First Patient

By Samuel Roll, PhD

My first patient was a young man, but not much younger than myself. He came from a medium-sized town to a large university. He arrived at The Psychology Department Clinic because he was suffering from a moderately severe depression. He was my first patient and I was a second year graduate student. He was depressed and I was anxious about what I could possibly do to help him.

On the surface, it seemed as if this young man had no reason to be depressed. He came from a prosperous, intact family. He was a middle son born to a loving mother and father. He was clearly his mother’s favorite and also favored with good looks, athletic skill, and a high IQ. His charm and good looks made him also a favorite of many of his teachers.

He learned very quickly to take it for granted that he would be the first boy to be selected on any team. He also learned that he could pass written tests very easily. On all of the many exams that were given in his high school, he easily achieved scores which placed him in the top 1% in the national norms.

It was in his first university class, in which they were over 300 students, that he realized that there were a number of other students who were in the top 1% of the national norms. His first university class had over 12 students who were of an equal ranking to his.

Rather than be comforted by the fact that he was now in a group of intellectual companions, he became sorely depressed. He began to doubt his intellectual abilities, his athletic prowess and even his good looks and charm.

What had happened to our gifted intelligent young man can be understood in light of how we build expectations for ourselves from our early experiences.

It was his experience that he was not only an exceptional young man but he was the most exceptional young man. These experiences solidified into an expectation. The ex-

(Continued on page 5)

Looking for a Lost Receipt?

Look in your NMPA profile

Did you know that a receipt for any event you’ve paid for on the NMPA website is kept in your member profile page? Simply log in to the NMPA website; click “manage profile” in the box on the right side of the screen and go to the section titled “Invoicing, Payment & History.” Click it and filter by “any” status to see them all. This will make it easier for you at tax time or if you get reimbursed by an employer.

Important Tax News for NMPA Members

For those of you that paid your dues after January 1, 2016, please note that 70% of your dues payment is allowed as a tax deduction (not the entire amount you paid) when you file your 2016 taxes next year. This is because the NMPA is a 501(c)6 organization and roughly 30% of your dues revenue is used for lobbying expenses. Please consult your tax advisor for additional details.
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Newsletter Editor: Julie Lockwood, PhD
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Discover suspense, drama, laughter, intrigue, politics, heated exchanges, intellectual stimulation, friendship, daunting challenges, debates, and feelings of accomplishment. Where? The NMPA Board of Directors, of course.

I’ve been a board member for about 10 years now. First as Friday Forum co-chair, then treasurer, president elect, and now president. So, that means I’ve attended quite a few meetings with my NMPA colleagues. And during my career, I’ve also attended quite a few other meetings—probably thousands (well that might be an exaggeration but it seems like that many). Some of those meetings were dreadfully boring, others, tense, some painfully tedious, still others fascinating.

But, I must say, that throughout my years with NMPA, for the most part, the meetings have been interesting, congenial, and entertaining. I recall only a few meetings without laughter; only a few meetings without meaningful content. And at the end of the vast majority of NMPA meetings, I leave feeling that my time has been well spent.

That said, I am worried about the future of NMPA. Why? Because the average age (now I did say average here) of the NMPA board is currently about 72. Okay, so I do like to exaggerate when I write. But seriously, we are a pretty old group. In fact, our early career psychologist recently retired (well, from her position, that is).

So, we need your help (especially if you are under the age of 90). Please consider volunteering for NMPA. Many of the jobs require a commitment of 4 meetings a year, or even less. Some require monthly meetings. However, despite our age, we are focusing on using technology to make meeting easier.

For example, the executive board will be holding several meetings this year using “Go to Meeting.” That way we can meet at more convenient times from anywhere with an internet connection. In addition, we have updated policy so that electronic meetings and votes can be easily called at any time issues come up between regularly scheduled meetings.

We know you are incredibly busy. Your schedule is full. However, these next few years will likely be quite important for the practice of psychology. We are grappling with controversial issues like expanding or not the scope of practice for prescribing psychologists, dealing with the loss of $500,000 of psychologist’s dues to the state’s general fund, reacting to a non-APA accredited school that wants its psychology graduates to become licensed in this state, looking at how to deal with barriers to practice in underserved areas of New Mexico and many more.

You certainly have opinions on these issues. Get involved. Express them. You wouldn’t think of not voting this year, would you? Not participating in some small way with NMPA is like not voting. Have a say in the directions your field of study and practice are going.

If you desire to contribute in any way big or small, please get in touch with our wonderful executive director Kevin Kinzie at: nmpaoffice@gmail.com or 505-883-7376. You’re all in the helping profession. Please help your profession.
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The Trust is offering NMPA a way to benefit from the online sale of its Ethics and Risk Management Webinar Sequences.

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Save the Date!

NMPA Fall Conference
Friday, October 7, 2016
Indian Pueblo Cultural Center

“Attachment, Grief, Loss and Separation Through the Lifespan”
expectation was that in whatever group he was in, he would stand out clearly as the most talented and capable.

While this expectation served him well it also came with a price. The benefits included a poise and confidence of voice which is rare in a young man. He seemed to go through life with a gentle ease that made him a source of admiration and envy.

The price was that excellence at the highest level became not only an expectation but an injunction, a command and a self-imposed law. Just as the sainted Mother Theresa had to devote herself not only to the poor but to the poorest of the poor, our young man felt that it was his destiny to be the most spectacular, talented and gifted young man no matter where he was.

Now that he was among a number of people, maybe hundreds in the university, in the top 1%, he felt deflated. He felt that he had failed. Instead of the most gifted and talented and blessed he felt like the most abject and cursed. He said it’s not worth very much to get to the Olympics only to find out that you are simply one of the contestants.

Certainly, being sent to the Olympics means that you are spectacular and outstanding. However, my patient explained to me, in each category, only one athlete gets a gold, only one a silver, only one a bronze. The rest only "also ran." The top 1% did not mean so much anymore, even if the silver and the bronze were also in the top 1%

The other metaphor which this young man used to express his disappointment was his following admonition to me, "You don't understand, I was not only the best, I was at the pinnacle, I had no competition and there was no comparison. I relished in the knowledge that whether it was in advanced algebra or advanced literature or in football, I was destined to come out ahead of everybody else. Until I came to this university I thought it was Marx, Einstein, Freud and me, and I was the only gentile."

What a burden. My young patient had imposed on himself the expectation that he had to join the most stellar ranks of the intellectual world. It was not enough to be among the best, he had to be best.

He took it not only as his entitlement but as his self-imposed demand that he should shine in spectacular ways and leave his name etched not just on the century, but on all intellectual history. Compared to that expectation, the mere achievement of a high, even perfect, grade point average was paltry.

However, even if he had the intellectual skills and discipline, of Marx, Einstein and Freud, fate and chance would also have to converge in a perfect pattern so that he could be recorded among the intellectual giants of all time.

WHAT HE TAUGHT HIS THERAPIST

All of us learn certain self-appraisals. We learn them from the advice, admonition and recognition of our parents, teachers and friends that we possess certain qualities, attributes and skills. We also learn that we can count on them for relative degrees of success.

An attractive child soon learns that other people consider the child attractive. This becomes a part of the child’s self-image and the child learns to use that information consciously and unconsciously to maneuver through the personal and social challenges of the world.

We learn about ourselves by using the people around us as mirrors. The mirrors may be accurate, slightly distorted, or almost completely inaccurate. However, the impact that the mirrors leave on us be-
come part of our personality. The child who is treated as if he is good in sports has a great likelihood of actually becoming good in sports.

However, the mirrored image slowly takes on the attributes of a demand. "You are good in sports," solidifies into the injunction "you must be good in sports."

For my young patient, his parents, his teachers, and everyone around him mirrored to him not only that he was an outstanding young man but that he was most outstanding and that he was destined for greatness. That reified into the injunction, "It is your obligation to be the most outstanding and it is your obligation to be destined for greatness."

To find out at the age of 19 that, while outstanding, he was not necessarily the most outstanding of young men and that while he may have an opportunity to do something worthwhile, there was no assurance of greatness, no assurance of genius and no assurance that he would be the in the stellar constellation along with Marx, Einstein and Freud.

Most of us suffer unnecessarily from accepting endorsements from the world around us and turning those endorsements into commands. We all make the commands into a definition of what we have to live up to in order to be worthwhile and loveable human beings.

When each of us fails to live up to the introjected demands which become part of our personalities, which we all do, we are susceptible to sadness, self-criticism and depression.

Therapy for my disillusioned young man consisted of two major components. First of all, he had to grieve his loss. Human beings are built that way. When we lose either someone we love, the love of someone we love, the sense of our own lovability, or own self-love, we must grieve.

We are also built so that we cannot grieve alone. All peoples recognize this and that is why it is required in all cultures that those who are in grief must be accompanied. It is often the task of the therapist to be a human being who accompanies those with less visible losses. In some ways, psychotherapy is a form of assisted grieving. No one can grieve alone.

In addition to using psychotherapy to complete the grieving process for his lost eminence, he had to use his therapist to qualify, to modify and humanize the stringent demands that had been inadvertently introjected by the loving adoration and paternal ambition of his family.

My young patient had to develop a special kind of loving relationship with me, his therapist, a psychotherapeutic love. In its simplest terms, when my young patient could accept my concern and tenderness and my psychotherapeutic love as his therapist, he could also create a new set of injunctions, that evolved from our relationship.

In order to be loved, it is not essential to be the most outstanding person in the world. In order to love yourself, it is not a requirement that you join the esteemed company of Marx and Einstein and Freud. If I lovingly accept you just as you are, you can love yourself just as you are. You can then let others love you just as you are.

At the end of his year in therapy he was no longer depressed. He also lost his sense of entitlement, and his uneasy place on the precarious perch at the very top of the intellectual world. To be sure, there were times when he nostalgically yearned for the days in which he had been at the very top of the world, at

(Continued on page 7)
Welcome new NMPA members!

**Members:**
Chris Blazina, PhD
Gary Harmon, PsyD
Emily King, PsyD
Robert Mayfield, PhD
Stephanie McIver, PhD
Neila Sackett, PhD
Brady Samuel, PhD

**Early Career Members:**
Erin Etzel, PhD

Thank you all for joining NMPA!

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**Steven Chiulli, Ph.D. is pleased to announce his retirement.**

Requests for records (2010 to present) can be submitted via:

chiulli.napc@gmail.com

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**Are you a member of NMPA?**

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Contact Kevin at the NMPA office to be added to the listserv.

nmpaoffice@gmail.com or (505) 883-7376

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My First Patient

*(Continued from page 6)*

least in his own eyes. Most often, however, he was pleased that he had descended from the peaks of the intellectual pinnacle.

My young patient was, by all accounts, still a very remarkable young man with a very remarkable future. However, now he could proceed in life without the very heavy mantles of Marx, Einstein and Freud.

**NOTE:** Some of you may have seen this article on the NMPA listserv. We felt it worthy of reprinting here for a larger audience and thank Dr. Roll for sharing this moving story.

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Say Goodbye to PQRS!

by Deborah Okon, PhD, APAPO Federal Advocacy Coordinator for New Mexico

If you are a Medicare provider who bills Novitas-Solutions, you will be pleased to know that PQRS is ending on December 31st! If you have not yet filed PQRS for 2016, you can access [my tutorial](#) on the NMPA website to try to make it a little easier. If you don't file in 2016, you will have your Medicare fees penalized by 2% in 2018.

CMS is planning a replacement "quality" program, Merit-Based Incentive Payment System (MIPS), that is likely going to start in 2017. However, this was just announced in April, and there are no details at the moment. Stay tuned for more information as it is released.

If you have been incorrectly penalized for not meeting PQRS standards, you may find this article from the [National Psychologist](#) of interest:
2016 Fall Friday Forum Series Update

Fall 2016 Schedule

Registration opens July 1

September 16—Albuquerque—"Supporting our Troops: Culturally Congruent Psychological Practice" by Deborah Okon, PhD, Tim Strongin, PhD, ABPP, and Paul Wilson, PhD. 4 Cultural Diversity CEU

September 23—Albuquerque—"The Impact of Dementia on the Criminal Justice System" by Sharon Kernen, PhD. 4 CEU

September 30—Santa Fe—"Dementia in the 21st Century" by Sharon Kernen, PhD. (NOTE: this will be a different presentation than the one on Sep. 23 in Albuquerque). 4 CEU

October 21—Albuquerque—"Being Fed and Clothed is Not Enough: The Long-Term Impact of Working with Children From Birth to Three" by Dara Zafran, PsyD and Seema Jacob, PsyD. 4 CEU

October 28—Santa Fe—"Being Fed and Clothed is Not Enough: The Long-Term Impact of Working with Children From Birth to Three" by Dara Zafran, PsyD and Seema Jacob, PsyD. 4 CEU

December 9—Albuquerque—Working with LGBT patients by Kathryn Lenberg, PhD. (details coming soon—registration for this forum will open at a later date)

NMPA Friday Forum Policies

- NMPA does not accept reservations without payment.
- All cancellations are subject to a $15 processing fee.
- Registration payments are event-specific and are not transferrable.
- You must attend the entire session to receive credit. No partial credits will be given.
- We cannot award CEU certificates if you are more than 15 minutes late or leave 15 minutes before the conclusion of the forum.

Albuquerque Friday Forums are from 1-5 PM, Children’s Treatment Center, 6611 Gulton Ct. NE

Santa Fe Friday Forums are from 1-5 PM, Second Floor, Medical Dental Building, 465 St. Michael's Drive (on the corner of Hospital Drive and St. Michael's and adjacent to St. Vincent Medical Center)

*NMPA Forums are approved as continuing education for New Mexico psychologists and are accepted by the New Mexico Board of Psychologist Examiners. Historically the New Mexico Counseling and Therapy Practice Board and the New Mexico Board of Social Work Examiners have accepted continuing education approved for psychologists. Please check with your respective boards for details.

NMPA is looking to offer Friday Forums in the Las Cruces area!

We are actively looking to offer CEU opportunities to in the southern part of the state. If you are interested in helping to organize, host, or present a Friday Forum in the Las Cruces area please contact Kevin at nmpaoffice@gmail.com or call him weekday mornings at (505) 883-7376.
Good News for Prescribing Psychologists and their Patients
By Christina Vento, PsyD, ABMP

In early May I received official confirmation that an advocacy project the New Mexico Prescribing/Medical Psychologists' professional association, (SPA-NM), has been working on for the last two years has finally come to fruition. The SPA Board (Drs. Renee Wilkins, Earl Sutherland, Marie Greenspan and Robert Chang) and I persuaded one of New Mexico's four Medicaid managed care organizations to find a way for prescribing psychologists to be compensated for services provided to high need, high risk patients we formerly had been uncompensated for providing.

As a bit of background, due to federal Medicare rules prescribing psychologists in New Mexico have not been paid for insurance claims for medication-related services for patients with Medicare. This situation is the result of Medicare rules and national-level politics, (i.e., physician definition), not recognizing us as legitimate prescribers, even though psychologists began legally prescribing in New Mexico back in 2002. It has been a very frustrating situation. For example, I have expertise with both geriatrics and intellectual disabilities, but have been unable to accept any of these hugely underserved populations since almost all of these patients have Medicare. Once, a patient rolling soon onto Medicare tearfully offered me a family heirloom if I just would keep treating her.

In New Mexico, many patients with Medicare also qualify for Medicaid benefits. These are low income seniors and people with chronic severe mental illness or intellectual disabilities. Medicaid, run by the state, pays us just fine, always has. But until recently, once Medicare rejected our claim for medication services, Medicaid also would reject each claim, simply because Medicare had deemed it an invalid service—and Medicare trumps everything.

The effect of this situation is that prescribing psychologists in New Mexico have been senselessly barred from serving patients in great need. They were saving pennies on our outpatient services only to spend many dollars in acute/inpatient care for those without access to routine care. As few psychiatrists are taking Medicare, this has left many desperate patients calling dozens of providers only to be turned away.

But recently our long negotiations with state officials and the Presbyterian managed care plan were successful. Hopefully we can get the other three Medicaid managed care organizations to follow Presbyterian Healthcare Plan's lead. Now we are able to bill Medicare for the therapy code and Presbyterian Medicaid for the 90863 add-on for the medication services. It doesn't change the national Medicare problem, but it can help many at-risk patients across the state.

Thank you to the New Mexico Psychological Association and Dr. Stephen Cheshire for their support and assistance in this important effort.
Early Career Psychologist Representative Update
By Nicole Duranceaux, PhD and Liza Mermelstein, PhD

It is with a twinge of sadness and much excitement that I'd like to announce my stepping down as the Early Career Psychologist (ECP) representative. It is a position I've had the privilege of holding for a number of years, and I cannot overstate how wonderful it has been.

I have met, worked, with and gotten to know so many members of our New Mexico psychology community. I would like to thank the presidents and other board members over the years, executive directors, and NMPA members who formally and informally offered their mentorship, expertise, and guidance. Without exception, you have welcomed myself and other ECP's and shown genuine interest in our ideas and perspectives. I’ve found that not only is NMPA chock full of exceptional psychologists, but you are also some really cool people to boot. There was never a shortage of folks offering a kind word, a smile, or other encouragement at our functions. Anytime I have a question, concern, idea, or whatever, there is someone in our NMPA community who knows the topic front to back or can get me in touch with someone who does. Also, when I had my daughter (who is now four-and-a-half!), I had a gaggle of honorary grandmas, grandpas, aunts, uncles, and cousins who offered support and welcomed her to meetings!

A shout out to our ECP group: with the support of our more experienced psychologists, we've seen the ECP program grow, and the influence of ECPs expand and flourish. We’ve also had a really good time doing it! I’m definitely looking forward to many more dinners, ethics discussions, conferences, etc. Anyone who knows you has no worries about the future of psychology in New Mexico.

It is difficult to acknowledge specific people among this amazing group. That being said, I would like to say thank you to Dr. Ken Gilman; you have been so giving of your time and experience and I’m glad you will continue as the chair of the ECP committee. Mellie Myer, you are simply the best; end of story. Dr. Rex Swanda, thank you for encouraging me to throw my hat in the ring for ECP representative all those years ago, and for being a shining example that I hope I can someday come close to emulating.

For this experience, I am blessed and truly grateful. I am proud to call you my colleagues and many of you my friends. So yes, I have some sadness, but I also am very excited about the psychologist who will be our new Rep. I'd like to introduce Dr. Liza Mermelstein, who wrote a few lines below to introduce herself. I have every confidence in the world that she is a good fit, and will continue to grow the ECP program moving forward. I do not see my time with NMPA ending, and I’ll be around to assist with the transition as Liza takes the helm.

Again, thank you to everyone in our NMPA community and well wishes to all!

Nicole

And a few words from the incoming ECP:
As Nicole indicated, my name is Liza Mermelstein and I am going to be transitioning into the role of early career psychology representative on the NMPA board. I moved to Albuquerque about a year and a half ago with my husband from Providence, RI and am currently in private practice at Behavior Therapy Associates. The events organized by Nicole were a great way for me to connect with other early career psychologists in the area and were an entryway to involvement in NMPA events. I hope that I can offer that same bridge for new psychologists.

As the new ECP representative, I look forward to continuing to provide a place for early career psychologists to discuss current professional issues, meet with others and connect with the greater community of psychologists in New Mexico. I plan to continue many of the traditions established by Nicole and am appreciative of feedback as to other activities or roles that the early career psychologists would like to be involved in. I am very grateful and excited for this opportunity and look forward to getting to know and working with many of you.

Liza
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SCHOOL/WORK  SOCIAL  MOBILITY
DOMESTIC  FAMILY  SELF-CARE

RSI RATING SCALE OF IMPAIRMENT Now Available!

- Determine if DSM-5/ICD-10 impairment criteria for a diagnosis are met by identifying specific areas where functioning is impacted
- Develop targeted treatment plans and monitor progress by focusing on areas with the greatest impairment
- Determine if service eligibility requirements are met with IDEA/ADA compatibility
- Assess impairment more clearly by separating functional limitations from symptoms

Learn more at MHS.com/RSI
**Upcoming 2016**

**July 23**  
Board Meeting  
10am—noon  
NMPA Office

**August 22**  
Executive Committee Meeting  
11:30am

**September 16**  
Friday Forum  
Albuquerque  
1-5pm

**September 19**  
Executive Committee Meeting  
11:30am

**September 23**  
Friday Forum  
Albuquerque  
1-5pm

**September 30**  
Friday Forum  
Santa Fe  
1-5pm

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**Friday Forum Series Online**  
*NMPA website enhancements underway!*

Ever wanted to attend a Friday Forum but just couldn’t make it on that date?

NMPA is working to help you get the information you want in a manner that works for your schedule. Starting with the Fall 2016 series we will make the presentations available through the NMPA website.

Sound too good to be true? Try it now. If you were unable to attend Dr. Kass’ presentation on *Bariatric Surgery and the Psychologist* on April 8, you can still view the presentation and get CEU’s as well. Here’s how it works:

1. Go to the [NMPA website](http://nmpa.org)  
2. On the left hand panel select “Online Store”  
3. Click on the title, purchase the course and follow the instructions for completing and returning to NMPA the affidavit and evaluation.  
4. NMPA will then send you a certificate. It’s that easy!

Currently that is the only Friday Forum that is posted. As we move forward with the Fall Friday Forum series we will add more titles (*subject to permission of the presenter*). Thanks to Dr. Ken Gilman for recording the sessions so we can bring you this service!

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**Provider Payment and Credentialing Rule Proposed**  
**Public Comment Hearing in Santa Fe on July 15**

The Superintendent of Insurance is holding a public comment hearing at 10:00 am on July 15 in Santa Fe at the Old PERA Building, 1120 Paseo de Peralta, 4th Floor Hearing Room to hear comments on their proposed rule regarding provider payment and credentialing. The text of the proposed rule can be found by clicking here. The docket number is 16-00021-Rule-LH. Oral comments will be accepted at the hearing and written comments will be accepted until July 22 at 4:00 pm.

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**Seeking Coordinator for**  
**Santa Fe Friday Forums**

NMPA is looking for someone to help coordinate Friday Forums in the Santa Fe area after this year’s Fall series. If you are interested, please contact Kevin at nmpaoffice@gmail.com or call (505) 883-7376 weekday mornings.