

Maine Psychologist Today

OCTOBER 2016



Welcome to the Maine Psychologist Today, MePA's new online newsletter!

New Practice Opens

Marshall Robinson PhD announces the opening of his new practice, Bayside Psychology and Consulting at 1 Union St. in Portland, specializing in psychotherapy services for individuals and couples with a particular focus on those grappling with medical issues, depression, anxiety, trauma recovery and grief. Some evening and weekend sessions will be available. You can contact him at 618-9744 or visit www.baysidepsychology.me

New Members

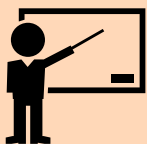
A circular badge with a red gear-like border and the word "NEW" in white capital letters on a red background.

Kathleen Long PhD
Cumberland Foreside
Member

Kate White PhD
Portland
Member

Marshall Robinson PhD
Cumberland
Member

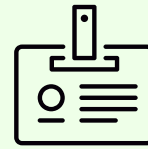
Courtney Hutchinson
Brunswick
Affiliate



MePA Assists Louisiana Psychological Association with Disaster Workshops

In response to widespread flooding in Louisiana and the displacement of over 100,000 residents (including many psychologists), the LPA has been convening "Community Resiliency Workshops" to assist affected Louisiana residents deal with trauma. These workshops, which include materials and refreshments for participants are being held free of charge. To help defray costs, MePA has provided a donation to LPA. If you would like to assist, contact the MePA office at mepaug@aol.com or contact the Louisiana Psychological Association at 225- 326-3180.

Committees Need Your Participation!



We are looking for members to pitch in on MePA Committees. Currently we have openings on Public Education, Reimbursement Oversight, Early Career Psychologists, Peace and Social Justice, Continuing Education and Membership Committees. For more information contact the MePA office at mepaaug@aol.com

Continuing Education Opportunities!



Treating Chronic Pain: Evolving Models of Care (6 CEs)

Presenters: Joel Guarna, PhD and Stephen Hull, MD

November 18, 2016

University of Southern Maine's University Events Room

7th floor Glickman Library

BOOK REVIEW:

Shocks No More! From Surviving to Thriving

by Maine Psychologist, Dr. Kim R. Tousignant.



All Right Reserved 2016 Published in the United States of America by Author, Dr. Kim Tousignant Bucksport, Maine"

ISBN: 978-0-9976882-0-7 34 pages

Reviewed by: Caroline Thompson, Psy.D.

I recently had the opportunity to read *Shocks No More! From Surviving to Thriving* by Maine Psychologist Dr. Kim R. Tousignant. The book is geared toward individuals who, because of trauma and adverse childhood experiences, have become entwined in routine behaviors and patterns that seem far beyond their control. This book presents to the reader an easy-to-understand model of Learned Helplessness using memorable metaphors and straightforward diagrams. Dr. Tousignant also includes information about Seligman's research as well as MRI imaging included in Van der Kolk's **The Body Keeps the Score** to further explain the impact that trauma can have on the brain and human behavior.

Dr. Tousignant explains for the reader that the process of repeating thoughts and behaviors is an attempt for those who feel helpless to gain a sense of mastery. She provides several examples, including, "Immersion in violent video games is another form of building illusory mastery." Most importantly, the information provided in this short 34-page book, aims to help its readers understand that it is possible to loosen the mysterious grip of trauma that has, for however long, been pulling the individual in the wrong direction. While not a substitute for trauma-focused treatment, this book aims to empower the reader to begin to make decisions that lead to the behaviors and habits that support them instead of those that take them further off course. This book could also be useful for clinicians and clients who are already engaged in treatment by providing a shared language and set of metaphors that they can refer to throughout their work together.

Shocks No More! From Surviving to Thriving is approved by the Maine Psychological Licensing Board for 3 Continuing Education Credits. Dr. Tousignant can be contacted at dockimt@gmail.com or 207-944-8881.

Caroline Thompson, Psy.D. is a Maine psychologist who practices at Spurwink and at the group practice of Laura Slap-Shelton, Psy.D.

Executive Function Scores You Can Trust!

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New ICD-10-CM Codes

The Centers for Medicare and Medicaid Services are planning to change thousands of new ICD-10-CM codes, including 14 codes related to mental health, on Oct. 1, 2016. While fiscal year code changes are not uncommon due to a continued need for new or revised codes, this year's significant update is due in large part to a code freeze that has been in effect for several years.

Most of the changes to the mental health codes relate to new or additional specifiers, which occur after the decimal point of the parent code. For example, obsessive-compulsive disorder is changing from F42 to F42.3. This new specification allows for more accurate diagnostic recording, which is of interest to third-party payers and will be important for psychologists to include in order to receive reimbursement. Other codes, such as binge-eating disorder, include additional specifications as they go from including one decimal point (i.e., F50.8) to two (F50.81).

Two codes – excoriation (skin-picking) disorder and premenstrual dysphoric disorder – are changing from L and N codes respectively to F codes. This is good news for psychologists, as billing under L or N codes (physical health disorders chapters in ICD-10-CM) could lead to denials – something much less likely to happen when billing with an F code (mental health chapter).

The chart below lists the original and new codes for the mental health disorders affected. Users of DSM-5 may wish to download the September 2016 coding update from the American Psychiatric Association (PDF, 4.22MB). Chrome or Firefox are recommended for this download.

Disorder	Original Code (Valid until Sept. 30, 2016)	New Code (Effective Oct. 1, 2016)
Avoidant/restrictive food intake disorder	F50.8	F50.89
Binge-eating disorder	F50.8	F50.81
Disruptive mood dysregulation disorder	F34.8	F34.81
Excoriation (skin-picking) disorder	L98.1	F42.4
Gender dysphoria in adolescents and adults	F64.1	F64.0
Hoarding disorder	F42	F42.3
Obsessive-compulsive disorder	F42	F42.2
Other specified depressive disorder	F32.8	F32.89
Other specified feeding or eating disorder	F50.8	F50.89
Other specified obsessive-compulsive/related disorder	F42	F42.8
Pica, in adults	F50.8	F50.89
Premenstrual dysphoric disorder	N94.3	F32.81
Social (pragmatic) communication disorder	F80.89	F80.82
Unspecified obsessive-compulsive/related disorder	F42	F42.9

Thanks to American Psychological Association for overview and chart.