

October 2017

# Maine Psychologist Today



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

## President's Column



As we enter the fall, MePA has a lot of exciting things going on. We have a fantastic workshop on November 10 – Mood Assessment 2.0. Bring your LCSW, LCPC, and LMFT friends (and anyone else who would be interested in the topic).

MePA is alive and active on Twitter. Follow us @MainePsychology!! There have been tweets about Practice Management Tips, new research coming out, CE opportunities and other interesting topics. Keep up with MePA on twitter!!

I'd like to give a shout out to Fred White. He has done a tremendous job keeping everyone informed about the opportunities to help with disaster relief, and unfortunately, there has been a tremendous need for this work. Thank you Fred, for all the great work you do serving the public and MePA!!!

Elise Magnuson, Psy.D. LCSW  
President, Maine Psychological Association

# Vote for MePA Leadership

The MePA slate of officers for the 2018-2019 term are up now for your vote on Survey Monkey. Log on to the web address below to register your ballot. Voting is open until November 9, 2017. It's easy!

<https://www.surveymonkey.com/r/JTCDYWF>

## New MePA Membership Opportunity for Graduate Students in Maine

MePA Policy Council voted at the September 2017 meeting to allow all graduate students in Maine to join MePA in 2018 at no charge. President Elise Magnuson, Psy.D. stated that MePA's governing body made the change to encourage more student involvement in the organization.

"If we show students the value of being part of their professional organization while they are still in school, they will be more likely to continue the affiliation after they graduate and start a practice."

A big thank you to Tom Collins who met with a room full of doctoral students at UMO, made the pitch to join MePA and got ELEVEN applications!

## Welcome New Members!

**Norm Worgull, PhD** | Bangor | Member

**Emily Haigh, PhD** | Orono | Member

**Clare E. Mundell, Ph.D.** | Bangor | Member

**Victoria Libby PsyD** | Portland | Affiliate

**Carol Lynn Israel, PhD** | Harpswell | Retired



# New Publications and Encouragement for Practitioner's Interested in Doing Research

Dr. Geoffrey L. Thorpe, Ph.D.

Dr. Slap-Shelton asked members for comments on research and scholarship by practicing clinicians. Earlier in my career it was easier to conduct clinical research in practice settings. This was explicitly encouraged in the United Kingdom's National Health Service. Currently, there are a couple of viable possibilities for research and scholarship by practitioners. One is to conduct archival research on, for example, de-identified test scores accumulated by groups of colleagues. Finding an appropriate institutional review board (IRB) can be difficult, but several universities in Maine have protection of human subjects review boards that can be consulted when one of the researchers has an affiliation with the university. The University of Maine's board has approved such studies in recent years. Other possibilities for contributing to the literature include writing review articles in one's field of interest and providing test reviews for the Buros Mental Measurements Yearbook – the editors are always looking for new reviewers.



My recent publications are listed below together with some open-access articles that may be of interest.

Thorpe, G. L. (2017). Review of the MacArthur Competency Assessment Tool – Criminal Adjudication. In J. F. Carlson, K. F. Geisinger, & J. L. Jonson (Eds.), *The twentieth mental measurements yearbook* (pp. 463-466). Lincoln, NE: Buros Institute of Mental Measurements.

Thorpe, G. L. (2017). Review of the Minnesota Multiphasic Personality Inventory – 2 – Restructured Form. In J. F. Carlson, K. F. Geisinger, & J. L. Jonson (Eds.), *The twentieth mental measurements yearbook* (pp. 497-501). Lincoln, NE: Buros Institute of Mental Measurements.

Thorpe, G. L. (2017). Treatment, therapeutic approaches, and relevant constructs: Overview. In A. Wenzel (Ed.), *The SAGE encyclopedia of abnormal and clinical psychology* (Vol. 7, pp. 3636-3643). Thousand Oaks, CA: SAGE Publications, Inc.

DOI: <http://dx.doi.org/10.4135/9781483365817.n1447>

Thorpe, G. L., Sigmon, S. T., & Yoon, K. L. (2017). Agoraphobia and panic disorder. In *Reference Module in Neuroscience and Biobehavioral Psychology*. Oxford: Elsevier. ISBN 9780128093245

Open-access:

Owings, L. R., Thorpe, G. L., McMillan, E. S., Burrows, R. D., Sigmon, S. T., & Alley, D. C. (2013). Scaling irrational beliefs in the General Attitude and Belief Scale: An analysis using item response theory methodology. *SAGE Open*, April-June 2013 vol. 3 no. 2

<http://dx.doi.org/10.1177/2158244013484156>

Thorpe, G. L., & Favia, A. (2012). *Data analysis using item response theory methodology: An introduction to selected programs and applications*.

[http://digitalcommons.library.umaine.edu/psy\\_facpub/20](http://digitalcommons.library.umaine.edu/psy_facpub/20)

Favia, A., Comins, N. F., & Thorpe, G. L. (2015). A direct examination of college student misconceptions in astronomy: II. Validity of the Astronomy Beliefs Inventory. *Journal and Review of Astronomy Education and Outreach*, 1(3), A3-30.

[http://jraeo.com/?page\\_id=282](http://jraeo.com/?page_id=282)

Geoffrey L. Thorpe, Ph.D., ABPP  
Professor Emeritus  
Psychology Department  
University of Maine

*About Dr. Geoffrey L. Thorpe:*

*Dr. Thorpe received his honours degree in psychology from Bangor University in Wales in 1968. This was followed with a two-year graduate degree (B.Phil.) in clinical psychology from Liverpool University in 1970. In 1973 Dr. Thorpe earned his Ph.D. from Rutgers University. After six years as a full-time clinician in inpatient and outpatient settings in the UK and Maine he joined the Psychology Department at the University of Maine in 1979. His research interests have included agoraphobia and panic disorder, cognitive-behavior therapy, and modern test theory as applied to inventories of "irrational beliefs," brief tests of basic legal knowledge, and surveys of misconceptions about astronomy. At the University of Maine he was Director of Clinical Training from 1990 to 1999. In addition to clinical supervision and serving on dissertation committees he taught undergraduate and graduate courses in abnormal psychology, behavior therapy, ethics, forensic psychology, tests and measurements, and others before retiring in 2012. He is now in part-time practice in Ellsworth and maintains some research involvement at University of Maine Orono.*

## Here's What Members Are Saying About the Fall Conference

**"Mood Assessment 2.0: Improved Accuracy, Treatment Selection and Outcomes" (6 CE)  
with featured presenter Eric Youngstrom, PhD University of North Carolina at Chapel Hill  
Friday November 10, 2017 Keeley's Banquet Center Portland ME**

Here's what a few of our members are saying about the speaker-Eric Youngstrom, PhD:

"I am very excited to hear someone of Dr. Youngstrom's reputation and stature presenting in Maine-his research on receiver operating characteristic (ROC) analyses and pediatric bipolar is really compelling." Rachael Huff, M.A.

"Dr. Youngstrom is an excellent researcher who makes significant contributions to the fields of psychology and psychiatry. He is a generous speaker who shares his tools for diagnosis with his audience and also takes the time to answer questions". Laura Slap-Shelton Psy.D.

**Register now at [mepa.org](http://mepa.org)!**

# Introducing Thomas Collins, Ed.D. Next President of MePA

Laura Slap-Shelton, Psy.D.

Thomas Collins Ed.D. will be the next president of MePA and the Maine Psychologist Today thought that it is a good time to share a little information about Dr. Collins who is a licensed specializing in addictions, clinical, counseling, school, and child and adolescent psychology.



Dr. Collins writes, "My interest in addictions derives from my early childhood in a working class Irish community in Hoboken N.J. My father was a heavy drinker which triggered inevitable stress / aggression and marital /family issues. His Sunday tradition since my age 5 was to bring me to 12:00 Sunday Catholic Mass and then we would visit a series of local pubs on the way home, arriving about 6:00 p.m. One Sunday (my age of 8 years approximately) we did not "do the usual". Rather we went to a local park. He then asked me to listen very attentively to the following poem.

Well do I remember it was back late last September  
As I staggered down the street in drunken pride.  
My heart was all a-flutter, as I lay down in the gutter,  
And a PIG came along and lay down by my side.  
A Lady passing by was heard to say:  
You can tell a man who boozes, by the company he chooses."  
And Mr. PIG got up and walked away...

Lesson learned ? Cognitive Dissonance ? Huh ??? I remember the poem to this day..."

Dr. Collins inspiration and concern have led him to a full and rich career in psychology. He earned a Bachelor's Degree in Psychology at Rutgers University in 1972, an Ed.M. in Special Education at Rutgers University in 1974. He then traveled to Maine where he earned his Ed.D. in Counselor Education at the University of Maine, Orono in 1982. Not being content to stop there Dr. Collins then attended the Massachusetts School of Professional Psychology graduating with a Master's Degree in Clinical Psychopharmacology. He has been a licensed psychologist since 1988 and holds a State of Maine Education Certification in Special Services and an APA certification in the Treatment and Assessment of Additions. He holds Fellow Status in the Association of State and Provincial Psychology Boards (ASPPB).

Dr. Collins has served on the Maine Board of Examiners of Psychologists for approximately 15 years over the past 23 Member: Board of Examiners of Psychologists for approximately 15 years over last 23 years; served as Certification Officer, Ethics Complaint Officer and Board Chairman, and Board Chairman.

Dr. Collins noted that in order to avoid potential conflicts of interest he waited to join MePA until his service on the Board of Examiners had concluded. Once he joined MePA he became actively involved

participating with the Peace & Social Justice, Psychopharmacology, Membership and Legislative Committees.

As President of MePA Dr. Collins hopes to maintain and strengthen MePA's relationship with the APA and other New England State associations for the benefit of psychology and the people we serve as psychologists. Dr. Collins believes that continuing the development of MePA's 13 committees, and increasing involvement with the committees will serve as the nexus for advancing psychology and benefitting our citizenry. He appreciates the power of MePA members to contribute as we can, given our time commitments, understanding that any and all actions by individuals are cumulative, and enhance our profession.

On a personal note, Dr. Collins is married to his childhood sweetheart and has four children, one a social worker, one an independent film maker, one a software developer, and one a first-year doctoral student in Clinical Psychology. His practice is wide ranging, including being a school consultant to three school districts, serving as a State of Maine Provider to State Forensic Service, Aging & Disability, Department of Human Services, with plans to re-enter the field of addictions.



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From Author  
**Samuel O. Ortiz,**  
Ph.D.

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