



Maine Psychologist Today

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

President's Message



Dear Members:

For those who didn't make it to the 2018 Fall Conference and Annual Meeting here is the Annual President's Report I gave to the members in attendance.

Thank you to all who helped make it a productive year!

Fall Meeting 2018

My first year as President has been a busy one. One of my very first duties as President was to convene a Strategic Planning Session to determine MePA goals and action steps for the next two years.

Goals:

1. To maintain our current membership and attract new members by making sure that we give our members what they need and want from their professional organization. To focus on attracting student members.
2. To ensure strong, consistent leaders for MePA by establishing a leadership pipeline.

3. To increase member involvement in committees and policy-making at MePA.
4. Strengthen the Continuing Education program to ensure we continue to provide high quality affordable CE to our members.

The MePA Executive Committee is now mapping action steps and timelines to meet the goals. One of the action steps is to determine what members want for continuing education. Members received copies of the questionnaire by listserv and at the Fall Meeting. If you have not yet completed a questionnaire, please contact the MePA office to get a copy.

. We are also working on a survey to determine how MePA is doing giving members what they want and need to be a successful practitioner in Maine today.

We have also been looking at how to better communicate with our members. The website is always a work in progress and we have a Twitter account! And of course the listserv provides a wonderful

forum for us to talk to each other. We you have ideas on how to better reach you, please let us know.

On a different front we have been working with the Governor's Office and the Board of Examiners to increase the number of members on the Board. The Board is comprised of 9 slots for psychologists, psychological examiners and public members. At this writing 6 out of the 9 slots are open, which severely comprises the work of the Board. We recently sent a request to every psychologist and PE in the state asking them to consider applying to be on the Board. Please consider!

MePA Committees have also been busy: Here are just a few of the highlights:

The Legislative Committee monitored every bill that might affect psychology this past session and testified at four hearings. We anticipate putting in legislation this upcoming session on increasing MaineCare reimbursement for psychological services.

We also will be discussing the possibility of submitting duty to warn legislation.

The Reimbursement Oversight Committee has done excellent work clarifying with Anthem CPT code 90837 and providing guidance to members on how to deal with audits.

Thank you to the Ethics Committee which continues to provide Ethics consultations to members. This is time-consuming and important work.

Thank you all to David Lilly and the members of the workgroup that monitor MePA investments.

Peace and Social Justice Committee is currently working with the ACLU of Maine on the Long Creek facility situation and worked closely with the Legislative Committee on the Conversion Therapy bill.

Please check out the Committee reports for more information!

Happy holidays!

Welcome New Members!

Members

Gregory Caron, PsyD ABPP Bath, ME
Tracy Townsend, PsyD Portland, ME
Anna Mayo, PsyD Newburgh, ME
Eilon Shomron-Atar, PhD Belfast, ME

Affiliates

Alex Adler, PsyD Arlington, MA

Students

Kathleen Collins, MA Somerville, ME



Machias Savings Bank 2018 Recipient of MePA's Psychologically Healthy Workplace Award



Machias Savings Bank employees Danielle Caricofe, Karen Coffin and Traci Sanborn receive the PHWA plaque from MePA Public Education Committee's Ron Breazeale, PhD at MePA Annual Meeting.

Profile on Ultramarathoner Philip Pierce, Ph.D., ABPP (Clinical)

By Jeff Matranga, Ph.D., ABPP (Health)

It is my pleasure to offer a profile on Philip Pierce, Ph.D., ABPP (Clinical), a member of MePA who has been at it for the long haul on several levels, as an ultramarathoner, as a psychologist serving veterans, and serving professional psychology in leadership roles in both MePA and the APA. Phil is now 77, still working, and still doing long endurance runs.



Overview of Phil's Professional Career

Phil Joined the Maine Psychological Association in 1965 and was President from 1975 to 1977. In 1995, he was elected a Fellow of the Association.

Phil joined the American Psychological Association in 1967, belongs to seven divisions of APA, and was elected a Fellow of APA in 1987. He is a Fellow of Divisions 31, 12, and 42. He represented Maine, New Hampshire, Rhode Island, and Vermont on Council during the periods of 1977-79, 1995-97, and 1998-02. He was a member of the APA Ethics Committee from 1975 through 1989 and participated in the writing of the 1992 APA Ethics Code. He also was a member of the APA Membership Committee from 1996 through 2001.

Phil earned his ABPP in Clinical Psychology in 1977, and went on to serve as the Northeastern Regional Examination Coordinator from 1993-95, as well as the National Credential Review Officer. He was elected a Fellow of the Academy of Clinical Psychology in 1993. He worked for the Board of Examiners of Psychologists of Maine for about ten years in the 1980's as its Credential Review Consultant. He may be the only Psychologist in Maine who is both a Fellow of APA and an ABPP.

Phil worked at the Pineland Hospital from 1965-77, and at the Togus VAMC from 1977-16, serving as Chief Psychologist at both facilities. He currently works at Logistics Health Inc., in Augusta one to three days a week doing compensation and pension examinations for Veterans, very meaningful work in his opinion.

Overview of Phil's Running Life So Far

Phil started running in 1983 at age 42 because he was overweight and could no longer comfortably get into his clothes. It was either a new wardrobe or exercise. He chose running which in retrospect was a good choice for him. He began by running and walking between telephone poles on his street. He did this for three months before being able to run one mile nonstop. He injured himself (acute tendonitis/knees) because he had not learned to stretch properly. After his first race in April 1983, a 2-miler at the Togus VA, he had to see a knee specialist and the specialist told him to take the summer off and buy Anderson's 1948 book titled Stretching.

Phil joined the Central Maine Striders and the Maine Track Club in 1983. After a couple of years running, Phil discovered that the longer the race, the more competitive he was. He ran his first marathon in 1984, his first 50 miler in 1985, and his first 100 mile endurance run in New York's Shea Stadium in 1987. He won his first and only open race on 10/19/2000 at age 59, the Maine Track Club 50 Miler in Brunswick, Maine in 7:24:05, at an 8:52 pace. Did that sink in? 50 miles average 8:52 per mile! When Phil turned 75 years old he entered two USA Track and Field National Championships. He ran the Tussey Mountain 50 Miler in Rothrock State Forrest near Penn State in Pennsylvania, winning his age group in 11:56:48 on October 30, 2016. On March 5, 2017, he ran the 50K USAT&F National Championship at Caumsett Park, New York, winning both the 70-74 and 75-79 age groups in 6:01:09.

Phil's involvement in the running community extended to taking on leadership roles there as well. He was an officer in the Maine Track Club from 1985 through 1990, a race director from 1984 through 2004, and member of the Maine Running Hall of Fame Board of Directors from 1994 through 2004. Phil was inducted into the Maine Running Hall of Fame on November 13, 2016 at the Governor Hill Mansion in Augusta. He also was a member of the Maine Sports Hall of Fame Board of Directors from 1991 through 2004, in an effort to get recognition for outstanding Maine runners. He joined the New England 65 Plus Running Club in 2006 and continues to be active, having been on the Board of Directors since that time. He was inducted into the New England 65 Plus Runners Hall of Fame on September 29, 2014 at Spinelli's Function Facility in Lynnfield, Massachusetts.

How many ultras have you done? 100-milers? 50-milers?

Phil has run 24 100-mile trail races, 4 100K (62.1 miles) road and trail races, 35 50-mile races, 1 50K (31.1 miles), and 67 marathons, including 30 Boston Marathons. He has now run for more than 35 years and enjoys the camaraderie and friendship of runners from all over New England. He ran his first team race with the New England 65 Plus Runners' Club at the James Joyce Ramble 10K in 2013, with the team winning the USA Track and Field National Championship. He currently enjoys running in race "series," and has run in the New England PUB Series, the Winners Circle Speed Series, the Mills Cities Relay, the Sub5 Series in Bangor, and the New England USA Track and Field Grand Prix Series. With 5-year age groups defining these races, he cannot wait to turn 80 years old!

What life lessons have you gleaned from distance running?

Running and work have provided a balance to my life. Running relaxes me and prevents depression in my opinion. However, there is a downside to running in my case as I have not been a "great family man" so to speak, attending to my children, grandchildren, and wife. I never took vacations and only planned races all over the country. The closest thing to a vacation was going to the APA Conventions with my family. Running can be a selfish, if not narcissistic, behavior. Think how much time running 120 miles a week takes. I now run 50 miles a week.

My four children have been very successful, though. The oldest is an Occupational Therapist with a Master's Degree in Psychology. My second daughter has a Ph.D. in School Psychology and works in Gig Harbor, Washington because the pay there is so much higher there than in Maine. My son has a Master's Degree in Environmental Biology and works in New Hampshire in environmental biological engineering (formerly at Vermont Yankee and Seabrook, now a liquid natural gas facility). My youngest daughter is an RN. Each have three children, thus we have twelve grandchildren. Running has only helped me cope.

Input from Phil's wife, Rae. Phil and Rae have been married for 51 years. She notes that she did her best to be supportive of Phil's running, even though it took him away from the home and the children. However, "He always showed our children how important education and doing well was; he always set a good example and they all respect him. We see all of them often."

Life lessons from running?

Running and working have provided balance to my life. When I retired in 2016, I soon found that I was not happy being retired. Fortunately, I found a job identical to what I had been doing since 2011 at the Togus VA. When I cannot run due to injury or other reasons, I soon become (non-clinically) depressed. Running is a very mindful, spiritual activity for me. I get a "runner's high" frequently, particularly when I run well. A runner's high consists of a feeling of euphoria which may continue for days but not weeks. For example, when I ran the Western States 100-Mile Endurance Run in 1989, I did not sleep from Friday night before the race, Saturday night during the race, and Sunday through Wednesday, effectively going five days with little or no sleep. I was not tired during this time and felt elated at my success, probably my greatest run ever. This race started at 6:00 AM on Saturday, June 24 and went through Sunday, June 25, 1989, taking me from Squaw Valley, California to Placer High School in Auburn, California. I was 47 years old, and completed the race in 22 hours, 55 minutes, and 21 seconds, coming in 52nd out of 350 starters. When you run one of these 100 mile trail races in under 24 hours, you earn a highly coveted silver buckle. Runner's highs continue to the present time, but less frequently for some reason (no more 100 mile trail races or silver buckles), though I am continuing to run well and win my age group in shorter races (two just this week of Thanksgiving).

Process vs. outcome; journey vs destination?

Running is a process activity, with outcome determined by training. Running is a process whereby there is no end to learning. For example, this summer, as I ran three trail races at Bradbury Mountain (winning age group in two of the three races). I learned that I should quit running trail races because I am no longer able to lift my feet high enough to avoid roots and rocks, thus falling, something which had never been a problem before. In these three races, I fell more than a dozen times. In one fall on a rainy morning training run going around Mackworth Island at 5:00 AM, I fell hard onto a wooden bridge, seriously injuring my left shoulder. X-rays and an MRI indicated no permanent injury, but it will be more than a year before I recover completely from this fall, and whether I ever fully recover remains to be seen.

In my training, I use periodization. Endurance and speed are two things that are not exactly complementary but necessary, so one goes through different periods of training. In the late fall, I am ending the racing period. I continue to race, but do not train hard and get plenty of rest. Starting in January, I enter a serious training period focusing on endurance. This runs through April. In May, I focus purely on speed, having already established a good running base. At the end of May I run a mile race in Ellsworth, and then continue through the summer running 5Ks and other short races. Marathons and ultras are done in the spring and fall. This year I will run the Sub5 Trade Winds Series of races and add the new Maine Track Club's Grand Prix Series. When I turn 80 years old, my focus will switch to the New England USA Track and Field Championships and National USAT&F Championships (I hope). I organize my racing into 5-year periods, with some years much more important than other years. Right now I am in the middle of such a period, and simply enjoy running and racing.

How many years did you work at the VA, serving our veterans?

I worked forty years at the Togus VAMC, and continue to evaluate Veterans for the VA through a contract that Logistics Health Incorporated has with the VA nationwide. This work is identical to the work I had done with the V.A. since 2011. My current work situation is much better than working at Togus V.A. Very few, if any professionals, survive forty years in the V.A.

Challenges facing psychology at this time?

I personally feel that APA really let us down in the mid-2000s with the Bush Administration and the torture issues. The then Director of APA Ethics, Stanley Behnke, as well as the CEO and APA President, covered for the psychologists developing torture programs, e.g., water boarding, and complaints from psychologists like Ken Pope and Jean Maria Arrigo went unanswered for years. Although I did not resign from APA at that time, Ken Pope did. Since that time, I have not really followed issues and been involved in challenges facing psychology and the APA.

Biggest challenges facing psychology when I was President 1975-1977.

The biggest challenges facing psychology from my perspective was licensure in Maine and ethics at the national level. I worked hand in glove with Charles Rothstein to pass a rewrite of our psychology licensure law, with significant opposition from the Maine Psychiatric Association. On the national level, I worked with the APA Ethics Committee Chair, Patricia Keith-Spiegel, on the APA Ethics Code, rewriting Principle 4, to allow for advertising (but not bartering, as Dave Mills and Ruth Ocrock may recall). That came later.

From your perspective, what pearls would you like to pass on to the younger and mid-career psychologists?

Psychology is a field that you can stay in for many years. If you enjoy the meaningful work as I do, there is no need to retire. As you age, you become much wiser, and with a wealth of experience, you should become more and more competent.

Is it worth it to pursue an ABPP?

Absolutely! I earned mine in clinical psychology in 1976-1977. It adds to your credibility, your confidence, and your knowledge base. Earning an ABPP was a major highlight of my career.

Thank you, Phil, for your service and for your inspiration.

Committee Reports

Legislative Committee: Diane Tennies, PhD Chair

Provided testimony on three bills (LD 912, An Act To Clarify the Scope of Practice of Certain Licensed Professionals Regarding Conversion Therapy; LD 1032, An Act to Ensure Protection and Health Insurance of Patients and LD 1184 An Act To Create a Community Protection Order To Allow Courts To Prevent High-risk Individuals from Possessing Firearms).

We also submitted feedback in opposition to LD1919, An Act to Criminalize the Failure to Report Abuse or Neglect as Required by Statute. This bill came out of committee as ought not to pass. The committee also monitored many other bills and provided input as well as responded to legislator's questions. We anticipate submitting legislation on behalf of psychologists next session to increase MaineCare rates for psychological services.



Ethics Committee: Farhana Shah, PhD Chair

The Committee provided a consult this fall on the topic of filing an ethics complaint.

We continue to await a response from the Maine Attorney General's office, to help us clarify the Duty to Protect obligation that clinicians face here in Maine, especially as it applies to individual practitioners versus employees of the state or agencies. The Maine Board of Examiners of Psychologists rules refer to Maine law (22MRSA subsection 1711-C), which allows a psychologist to disclose confidential information when there's a threat of harm. Title 34-B subsection 1207, which applies to Maine Health and Human Services institutions and agencies, refers to confidentiality but doesn't seem to apply to practitioners in private practice. On behalf of the Maine Psychological Association, Diane Tennes requested clarification regarding these two laws and how they apply to psychologists in private practice versus those working for state agencies.

Early Career Psychologist Committee: Tom Cooper, PsyD Chair

The Early Career Psychologist Committee continues to emphasize opportunities for networking for new providers. Over the past year the committee has met with newly licensed psychologists, psychologists who are new to Maine, and both undergraduate and graduate students who are preparing for careers in psychology.

Reimbursement Oversight Committee (ROC): Tom Cooper, PsyD Chair

The Reimbursement Oversight Committee has active worked with MePA members in response to insurance-related concerns. Over the past year ROC members have met with the State Consumer Protection Bureau, coordinated with APA PO about response to billing code oversight, consulted members with response to audit and record requests, and provided to resources about HIPAA and record keeping compliance.

Public Education Committee: Carly Rodgers, PsyD

PEC continues to participate in the APA's Psychologically Healthy Workplace Awards, with Maine being one of the final states to recognize businesses/organizations at the state level. This year, we have one award recipient, Machias Savings Bank, who will be recognized for their outstanding organization at MePA's fall conference on November 9. In addition, both Machias Savings Bank and Maine Community Health Options (past recipient of Psychological Healthy Workplace Award at the state level) were recognized at the national level and they, along with Portland Symphony Orchestra (another state level award recipient) will be vying for an award at the national level! This marks the last year that APA will be supporting the state-level award as they are focusing solely on the national level.

Peace & Social Justice Committee: Doug Kimmel, PhD, Chair

Our major issue this year was on the Maine State Legislature consideration of a ban on sexual orientation "Conversion Therapy"; after considerable work over several months, the bill failed to pass after the governor's veto.

In addition, we have recruited volunteer professional consultation to the ACLU of Maine regarding treatment of adolescents at the Long Creek Correctional Facility.



**Don't forget to Renew Your MePA
Membership at members.mepa.org.**

There are three easy ways you can choose from:

Online at members.mepa.org

Call the office at 1-800-287-5065

Return the renewal form you received via email