

The Compass

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Ethical Pitfalls: Avoiding Professional Hazards

APPT member Gail Olson, PhD, LIMHP, LADC, attended a workshop on professional ethics sponsored by [Cross Country Education](#) in Dec. 2010. She graciously provided our readers these highlights.

Practitioners face ethical questions and dilemmas not only daily in their practices but also outside their practices. Ethics follow us everywhere! Steve Polovick, MS, LSW (workshop presenter) provided questions and case examples that are sure to bring forth a lot of discussion and feedback. I've included some of the questions and answers provided in the workshop:

✓ If my license is as a drug and alcohol counselor, is it ethical to advertise myself in a marketing letter that I do marriage and family counseling, mental

health counseling, anger management, etc.? No, because your license says your scope of practice is mainly as a drug and alcohol counselor. It may be that dealing with some of these issues are part/parcel in dealing with addiction, but to advertise oneself outside one's scope of practice is unethical.

✓ Is it okay to use whiteout when writing progress notes? No, it is not okay to do so; it can imply trying to hide original wording on a legal document (all charting is legal document).

[Read the full text of Dr. Olson's report here](#)



Jack Wineman, PhD, honored at Dec. gathering

From Jack Wineman via email:

"I very much appreciated the Open House at Sherry Hubbard's home last month. A sincere thank you to the organizers of the event,

and, thanks to those of you who were able to attend. It was great to visit with friends I don't get to see on a regular basis.

Never, in the beginning, would we have predicted

that APPT would sustain itself as a such a vibrant association. WOW!

Keep up the good work; stay actively involved; value interdisciplinary collaboration; and have a Happy New Year."

President's Message – Shari Conner, PhD

"Kristan is doing a great job in getting up to speed on all things APPT."

Hello to all you hard-working private practitioners in the snowy state of Nebraska! If you are reading this column, it means you have survived the most recent blizzard and are at least more successful than the Donner party. Private Practice = Rugged Individualism At Its Best!

We on the board have been busy and have a lot of things to tell you about. First, many of you have now received our letter regarding APPT's new administrative assistant, Kristan Kiger. She is doing a great job in getting up to speed on all things APPT. Some of

you may be wondering why you haven't yet received your renewal letter, but rest assured that Kristan will be sending them out this month. She has been catching up on the past 3 months of renewals.

Second, we have a new location for the Omaha mini-series talks! With the work of Adrian Martin, Glen Fineman, and others, we have selected Arbor Hall at 144th and Center. This facility can seat 45 people in a "classroom" style on long tables or about 75 on round tables. Schedule: the **2nd Friday of every month**. Check in at 11:00am

– program over by 12:45pm

There will be a varied menu each time, and we are considering several options to make it great! This would allow participants more selection and will also minimize server disruption once the program has started. Plus, the room has its own projector and sound system! We will be kicking off the Omaha Mini-Series talks on March 11th, when the topic will be "Neuropsychologists: What Do They Do, and How Do They Do It?"

Watch your [email](#) for updates.

NAMFT – Liaison Report from Seanne Emerton, LIMHP

NAMFT is pleased to announce that Jerome Price, M.A. will be the featured presenter at our **Spring Conference** in Omaha on May 6, 2011. The conference will be at Countryside Community Church, 87th & Pacific. Mr. Price will be presenting on strategies to work with parents and teens who are caught in difficult divorces. Price will offer step-by-step methods for therapists who wish to intervene with these families and teenagers.

He will also offer specific strategies for motivating teens and pre-teens to let go of the struggle and troubled positions with which they have attached.

To register or for more information:

www.nebraskamft.org.

NAMFT continues to be active legislatively. We asked Senator Mike Gloor, vice chair of Health and Human Services

Committee, to introduce [LB 111](#) for us. This is our bill that, when passed, allows LIMHP's to become members of the Mental Health Commitment Boards in Nebraska.

NASW – Liaison Report from Julie Luzarraga, LICSW

NASW Nebraska Chapter hosts statewide luncheon workshops on the third Thursday of each month. The presentations are available for viewing across the state at over a dozen sites. The February presentation will be hosted in Omaha with Dr.

Josh Friedman presenting on alternatives to Seasonal Affective Disorder. The March presentation will be a legislative update.

[Full details here](#)

Other upcoming events:

April 14th Legislative Day for Social Work Students

License Prep Training on April 16 & 17th & Ethics Workshop on April 18th

Annual Conference with [Dr. Ronald Siegel](#) presenting on September 14th

Member news



From Susan Meyerle: Dr. Meyerle's first book "Exploring Strengths in Protestant-Catholic Marriages" was released late last year. Her second book, "The Power of Expectations: How to create the life you desire" will be out the first of March. Both are available on Amazon.com. *Expectations* is a great resource for people to identify their hopes and learn how they impact their satisfaction in life. 2liferesources.com



Crystal Anzalone, PLMHP, offers a 6-week closed membership group for women with **codependency & self-esteem issues**. She has co-authored and published two volumes in support of this. More information [here](#).



[Aspire Counseling Services](#) has added two new therapists to the practice: Chris Gill, MS, NCC, PLMHP and Heather Hruby, MS,

PLMHP, NCC, PLADC

Chris sees adults and adolescents and has a keen interest in multicultural counseling after living abroad for many years. **Heather** will specialize in chemical dependency evaluations for adults, in addition to mental health counseling.



[Family Resources of Greater Nebraska](#) has added a new location in Ord, and recently expanded its staff.

Lincoln Unit: On the Move NABHO News

As you undoubtedly know by now, the **Lincoln Mini-Series** talks are up and running for 2011 as well. As usual, they are expertly coordinated by Kathy Dombrowski and occur on the **last Friday of every month** at [The Lighthouse](#). Kathy has arranged for great speakers this year and the topics for the next few months

will focus on legislative issues affecting private practice. The list of topics for the Lincoln presentations is also available on the [website](#).

There is also a monthly **Peer Support Group** starting in March. Held every 2nd Thursday – beginning March 10 to be held at [4535 Normal Blvd](#), STE 232,

Lincoln. Time 9:30am. Watch for your Socializr invitation.

Legislatively, our advocacy group (the Nebraska Association of Behavioral Health Organizations, or NABHO) is working to reverse some of the planned cuts in behavioral health provider rates. We will keep you posted as the situation develops.

Book Review – Functional Analytic Psychotherapy

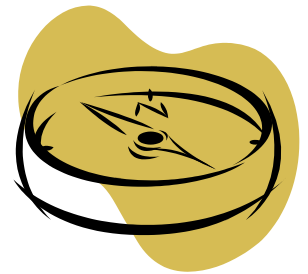
Kirk Newring, PhD, of Forensic Behavioral Health forwarded his thoughts on a publication he also had a hand in writing.

The Practice of Functional Analytic Psychotherapy – Springer [2010] contains

14 chapters crafted by several practitioners. According to Dr. Newring: "FAP calls for behavior analytic precision; open-hearted generosity, vulnerability, expressiveness, and humility; and the continued pursuit of

intellectual and emotional growth from its practitioners. If this sounds like your vision of therapy, this book will be of value."

[This link will take you to the full review.](#)



Joe Rizzo, PhD, says "If you want a book to take you back to school, get [The Clinician's Thesaurus](#)"



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We're on the Web!

www.privatepractice.org

The Association of Private Practice Therapists (APPT) is a multi-disciplinary group of mental health professionals in Nebraska. The organization provides a forum for the exchange of practice management information and the development of advocacy plans for mental health practitioners and consumers.

APPT is the result of grassroots meetings of private practice professionals who were interested in impacting the regulation and legislation of mental health services. At the time the meetings were held in the fall of 1993, 45 participants established the initial organizational structure of APPT. The organization now has more than 185 members. It would also be useful to include a contact name for readers who want more information about the organization.

Administrative support for APPT is from Kristan Kiger, LMHP. Contact her, using the information at left, with question, ideas, She can also help you with your membership renewals. Details at www.privatepractice.org

Spring Conference: Friday, May 13 @ Mahoney



The programming committee has been working feverishly to pull together the details for our spring conference. As we went to press – our speaker made other plans, and we are working on an alternative.

**Watch for
upcoming details!**