



The Medical Psychotherapist

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Twenty-twenty-two healthcare marks the 40th Anniversary of the creation of the American Board of Medical Psychotherapists and Psychodiagnosticians (ABMPP). Establishing a multidisciplinary credentialing and continuing education organization for all mental health occupations was groundbreaking at that time. The intent was to create a tent large enough to embrace all disciplines whether involved in service delivery, research, or administration. The 40-year mark is a significant one as our organization continues to develop and grow. We are now getting ready for the third generation of new members to become involved in taking our organization to the next level. We thank all of you who joined and became loyal supporters throughout the decades. Many have contributed to our membership, our continuing education events, the establishment of the American College of Medical Psychotherapists and Psychodiagnosticians (ACMPP) and growth for our journal which published 14 scholarly issues, *Advances in Medical Psychotherapy*, and to this newsletter. We pride ourselves on being membership driven and membership friendly.

Membership Driven

Extraordinary Loyalty

High Retention

ABMPP

Supports Diversity

Happy 40th

Remarkable Support

Membership Friendly

Congratulations!

Award Winning

Annual Pro Bono

Publications

Activity

Prominent Emeriti

Members

Pioneered Multidisciplinary Credentialing

**Faculty for American College of Medical
Psychotherapists and Psychodiagnosticians**

Congratulations to our newest members:

Kathleen Acer	New York, NY.
Scott Kaper	McMinnville, OR.
Abdelsalam Mogasbe	San Jose, CA.

The following member has achieved **Emeritus status**:

Karl A. Floyd Stafford, TX.

Thank you to the following Sustaining Lifetime Members

James M. Cianciulli	Eagleville, PA.
Karl A. Floyd	Stafford, TX.
Phillip L. Kent	Bettendorf, IA.
Karen G. Langer	New York, NY.
Kenneth L. Miller	North Lima, OH.
Paul K. Switzer III	Spartanburg, SC.
David Wong	Richmond, BC. Canada
Jonathan Zayas	Murfreesboro, TN.

Dr. Ahmed Rady, our newest Emeritus designate will launch our new mini-research grant distribution to junior researchers in medical psychotherapy and psychodiagnostics by selecting two recipients for the first awards in 2023. The mission of this new program is to help defray start-up costs for new groundbreaking research in mental health particularly by young researchers who may reside outside the US. Members and sponsors who may wish to help underwrite this program as it grows in the future should contact Central Office.

988 is the new suicide prevention hotline. The lifeline is administered by Vibrant Emotional Health. Every caller should be connected to a trained mental health professional. Calls are projected to double to 7.6 million this year.

(Source: Reuters)

RE-CREDENTIALING

Those current practitioners currently board certified by ABMPP as Clinical Associates who have now completed **at least nine years of professional experience** in mental health are eligible to apply for Diplomate status. If you wish to apply, please fax to 615-296-9980 or Email: office@eventsm3.com a current CV and processing fee of \$284 US to ABMPP Credentials and Certification Committee. For current ABMPP members no additional examination will be required at this time.

EMERITUS STATUS

We are pleased to announce that qualified ABMPP members with **20 years or more of professional experience** as a Medical Psychotherapist and who have been board certified for no less than eight years are eligible to apply to upgrade their credential to Emeritus status. This designation may be used on all correspondence, business cards, letterhead, etc., as appropriate. If interested, please forward a request in writing, current vita and \$324 US processing fee issued to ABMPP. Please send items to ABMPP Credentialing and Certification Committee, 1483 N. Mt. Juliet Road #175, Mt. Juliet, TN 37122, Tel: 629-255-0870, Fax: 615-296-9980 Email: office@eventsm3.com.



PASSAGES AND MILESTONES

New Contact Information

The American Board, 1483 N. Mt. Juliet Rd, #175, Mt. Juliet, TN 37122, Tel 629 255-0870,
Fax: 615 296-9980, Email: office@eventsm3.com

We are always on the lookout for members who wish to provide submissions to The Medical Psychotherapist. We are open to case studies, research articles, training articles, applied theoretical articles, new assessment methodologies and independent practice innovations. Simply submit such items to Central Office at office@eventsm3.com.

Remember! This is your newsletter please feel free to use it for any appropriate aide to your practice

and to your career. For individuals who have never published an article before, please take advantage of our membership driven organization to support individuals who would like to have a first publication.

Congratulations to **Dr. Ahmed Rady** for achieving the status of Emeritus. This accomplishment is well deserved because Dr. Rady is a prolific researcher, writer, trainer of psychiatric residents and leadership role model for colleagues, residents, interns, and students alike.

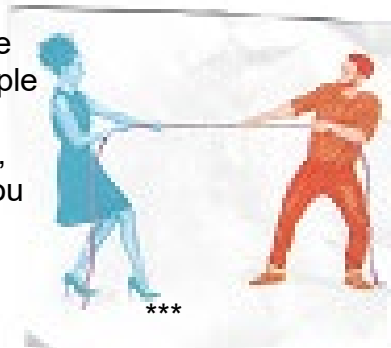
It is with considerable sadness that we report one of our founding consultants, **Dr. Aaron Beck** passed at age 100 in November 2021. Dr. Beck is one of the most important and influential behavioral scientists and psychotherapists of the past 100 years.

There continues to be a marked increase in inquiries from attorney offices, government agencies, hospitals, rehabilitation networks and courts regarding the status of our members. Some of their concerns are that there may be individuals who claim to be current and in good standing with their board certification. In the vast majority of cases, that proves to be the case, however, occasionally, there is an individual who for whatever reason has claimed or continued to claim to be board certified when that is not the case. Such misrepresentations can, of course, have serious consequences including perjury. Please be sure that you keep your numbered, registered credential current and in good standing.

Attention: Please help us to celebrate and honor contributors to our field both living and posthumously by submitting deserving nominations to Central Office.

Need Contributors for National Examination Revision

We invite current members to contribute updated next year. Items may be multiple Please submit by March 31, 2023, to Juliet Road, #175, Mt. Juliet, TN 37122, 9980). You may add to your CV that you important project.



up to 6 items for the exam to be choice, true/false or short essay. The American Board (1483 N. Mt. Tel: 629 255-0870, Fax: 615 296- were a contributor to this

Dr. Kenneth Anchor was given the President's Award by the American Board of Vocational Experts (ABVE) in March 2022 for having been the Founder of the organization 40 years earlier. The award was given at the annual meeting of ABVE in Tampa, Florida.

ABMPP is seeking to find a **new editor or team of editors** for the E-newsletter, The Medical Psychotherapist. Any interested member(s) should contact Central Office with an expression of interest. Previous publishing and editing experience are desirable.

Sight Tech Global is a virtual event dedicated to applications of AI and related tech to accessibility for people who are blind. The virtual event is scheduled for December 1-2, 2022, and is free. One of the programs will be on the Seeing AI mobile app which embeds a remarkable number of services beneficial to people who are blind, from reading documents and signs, to recognizing friends, grocery items, currency notes and even exploring photos by touch.

Facial Recognition Disorder

Prosopagnosia may be on the rise. Lack of facial remembrance is not well understood and can cause social misunderstandings and tensions. Recently actor Brad Pitt acknowledged experiencing this condition and finds others disparaging him when it occurs which is a common reaction. Two types exist: developmental and acquired. Acquired usually results from brain damage while developmental does not. It is a frustrating and confusing condition with no straightforward cure presently. The Cambridge Face Memory Test is a helpful diagnostic tool.

(Source: Prosopagnosia Research Center, Duke University)



2023 ABMPP BOARD CERTIFICATION RENEWAL NOTICE

Optional Gold seal can be obtained by sending a self-addressed stamped envelope

Please respond immediately to help us avoid the unnecessary time and expense of reminder mailings.

Your listing in The National Directory.....No cost

Newsletter, The Medical Psychotherapist.....No cost

Renewal Fee (one year).....\$100.00
(\$120 after February 1, 2023)

Renewal Fee (three years).....\$250.00
(\$275 after February 1, 2023)

Renewal Fee (five years).....\$400.00
(\$425 after February 1, 2023)

Lifetime Renewal Fee.....\$1200.00
(Lifetime members also receive a discount to all ABMPP and ABDA events)

PLEASE ISSUE PAYMENT TO ABMPP AND RETURN BY NO LATER THAN FEB. 1, 2023 TO AVOID A LATE CHARGE.

The national written examination is required of persons seeking board certification for the first time and will also be required of those who allow their board certification to lapse. By maintaining your current status, you are exempt from the examination.

TO REMIT 2023 RENEWAL FEE AND INFORMATION, SEND TO ADDRESS BELOW, OR FAX TO (615) 296-9980. Payments now may also be paid on-line: For your convenience remittance by Visa, MasterCard or Discover is acceptable. Please type or print information below as you wish it to appear in the next Directory. **Post Office Box addresses are not acceptable.**

Check here if address has changed or new information.

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City: _____ State/Zip: _____

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*E-MAIL(required): _____

MasterCard/VISA/Discover (Please type or print information)

Credit Card# _____ 3-digit code _____ Exp. Date _____

Signature _____ Date _____

Check One: 1 Year 3 Years 5 Years Lifetime

*Extremely important for future timely communication

*****Please consider a multiple year renewal as it provides savings to you and helps ABMPP to reduce costly mailing/printing expenses. *****

For 2023 due to coronavirus guidelines, it is optional for you to list continuing education experiences (from workshops, conferences, etc.) and/or self-study you have completed since **Feb. 1, 2022** (minimum fourteen hours) but only if you choose to do so.

Optional: During 2022 I have performed 16 hours annual pro bono work (charitable professional efforts not compensated): Yes ____ No ____

Return to: The American Board
1483 N. Mt. Juliet Road #175,
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Fax: 615 -296-9980 Email: office@eventsm3.com.

Mental Health Headlines



For the first time, U.S. Regulators have officially authorized a **condom** to be used for anal sex, not just vaginal sex. The Food and Drug Administration said it could encourage more people who engage in anal sex to use condoms to protect themselves against other sexually Transmitted infections.

(Source: National Institutes of Health)

The Centers for Disease Control report that **fentanyl** has become the predominant killer for Americans ages 18-45. In the past two years, deaths from fentanyl have significantly exceeded deaths from COVID-19 for this age group. The overdoses cut across gender, race, socioeconomic status, and geography.

Autism appears to develop differently in girls and boys. Autism spectrum disorder is four times more common in boys which may help explain why there is less research about autism in girls.

(Source: NIH)

Robots can assist children with Autism. There are robots being developed that help teach social skills to children with Autism. Translation software that provides deaf students with a more fluid and interactive experience are being used now. Data analysis to determine effective methods to identify those with dyslexia are in use too. Such tools which all incorporate artificial intelligence aim to find better ways to detect, teach and assist those with learning disabilities. Social robots, which are made to interact with humans, can help teach social and educational skills to students of all abilities, including those with attention deficit hyperactivity disorder, hearing impairment, Downs Syndrome and Autism. Robots seem human like but are gentler which reduces their threat value to the children. The robots come in a variety of designs, including a small boy, a classic sci-fi machine and a furry snowman and they go by peppy names such as Kaspar, Naon and Zeno.

(Source: CDC)

The share of Americans who said they were **very happy** declined from 31% to 19% from 2018 to 2021. (Source: Chicago Tribune)

According to research at Brown University, **depression** increased threefold during COVID. Worldwide the rate of suicide surpassed one million annually.

Oregon will no longer require people to be residents of the state to use its law allowing terminally ill people to receive lethal medication. Eight other states and Washington, DC with medically assisted suicides is considering dropping their residency requirements as well.

(Source: Oregon Health Authority)

New research reports that the use of **E-cigarettes** was not more effective than other methods at helping cigarette smokers.

(Source: University of California, San Diego, and Tobacco Control)

According to researchers at New York University, the use of **E-cigarettes** doubled the risk of erectile dysfunction in men aged 20 and older. More than two million middle and high school students are E-cigarette users. Unfortunately, the explosive growth of these products has out paced their regulation and oversight, which leaves most of their ingredients a mystery.

(Source: American Journal of Preventive Medicine)

The **PEW Research Center** reports that 74% of survey respondents said they had a “mostly positive” view of medical doctors. However, trusting physicians has been declining. In a 2017, survey, 80% of doctors said patients trust them less than a decade earlier. The figures by generation are as follows The share of American adults who trust the healthcare system “ a lot” by age demographics: baby boomers – 74%; generation X – 59%; millennia’s – 59%; generation Z – 44%.

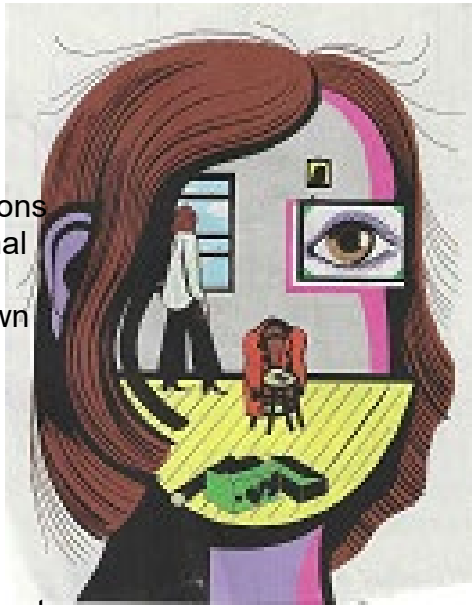
(Source: Morning Consult)

Recent research suggests **anti-depressants** are over prescribed and that efficacy of these agents is questionable, leading researchers to recommend that when physicians prescribe these medications it should be for shorter periods.

(Source Internal Medicine)

Rollin Kuhn, the Swiss first anti-depressants, many doctors would be properly “because they own experiences.”

doctors prescribe medications mask the patient’s emotional in 2020 issued a warning prescribed for anxiety known showing that physical for only several weeks as



psychiatrist who discovered one of the imipramine in 1956, later warned that incapable of using anti-depressants largely or entirely neglect the patient’s Practitioners who agree contend that as a quick fix but often those pills merely pain. The Food and Drug Administration about a class of drug frequently as benzodiazepines. Research is dependence can occur even when taken prescribed.

The US Surgeon General report of **depression and** room visits for suicide attempts compared to the same period in 2019. The figure rose 4% for boys.

reported significant increases in self-**anxiety** among adolescents. Emergency rose 51% for adolescent girls in 2021 as

The American Academy of Pediatrics is declaring a national emergency in **youth mental health**. Young people are bombarded with messages through the media and popular culture that erode their sense of self-worth – telling them they are not good looking enough, popular enough, smart enough or rich enough. Even before the pandemic, trends in **mental health** of our nation’s youth showed that from 2009 to 2019 the share of high school students who reported persistent feelings of sadness or hopelessness increased by 40% to more than one in three students.

(Source: NIH)

States that are allowing students to take up to five mental health days off are: AZ, CA, CO, CT, ME, NV, OR, UT and VA.

(Source: Kaiser Health News)



An American Psychological Association Survey in 2021 found that 42% of US adults reported **undesired weight gain** since the start of the pandemic with an average gain of 29 pounds. However, the use of tele-health/video conferencing for intervention is producing favorable results compared to in person treatment methods.

Recent research indicates **obesity** interventions would be more effective at preventing premature mortality if they focused less on weight loss and more on increased physical activity and improved cardio-respiratory fitness. They support a weight neutral approach to treating obesity as more effective than a weight loss centered approach.
(Source: *National Center for Weight and Wellness*)

The **Allurion Intra gastric Balloon** (formerly the elipse), a novel balloon that is swallowed, requiring no surgery for endoscopic placement, shows high efficiency in achieving weight loss and an improved metabolic profile, with fewer adverse events than reported with other available gastric balloons.
(Source: *Internal Medicine News*)

Ketamine is a rapid and effective treatment for suicidal ideation and has a significant moderating effect based on the primary mental health diagnosis, according to the British Medical Journal. A somewhat less favorable impact occurs in patients with bi-polar disorder.

Many Americans are not aware that **alcohol consumption causes a variety of cancers** and especially do not consider wine and beer to have a link with cancer.
(Source: *American Journal of Preventive Medicine*)

Seventy million Americans use **melatonin** to help address sleep issues. Children with medical conditions such as ADHD, autism spectrum disorder and asthma are more susceptible to sleep problems. Melatonin was better at helping them than placebos for improving time to fall asleep and total sleep. However, much more needs to be known about melatonin as interactions with birth control and other medications are not established.
(Source: *Sleep*)

The **BRAIN** Initiative is a registered trademark of the US Department of Health and Human Services. It is managed by ten institutes whose missions and current research portfolios compliment the goals of the BRAIN Initiative: National Center for Complimentary and Integrative Health, National Eye Institute, National Institute on Aging, National Institute on Alcohol Abuse and Alcoholism, National Institute of Biomedical Imaging and Bioengineering, Shriver National Institute of Child Health and Human Development, National Institute on Drug Abuse, National Institute on Deafness and other

communication disorders, National Institute of Mental Health and National Institute of Neurological Disorders and Stroke.

The Kaiser Family Foundation found that people ages 65 and older represent nearly 80% of all Covid-19 deaths. Isolation among elderly patients led to a worrisome worsening of symptoms among clients with memory loss and other forms of cognitive impairment.



Canadian researcher finds that music is therapeutic for people living with **Alzheimer's disease**. Due to the unique way this type of dementia progresses, the areas of the brain that are linked to musical memory remain mostly free from damage. Patients tend to respond to music that is familiar to them.

(Source: *Journal of Alzheimer's Disease*)

An influential independent panel unanimously voted that aducanumab (aduhelm) offers no benefits for patients with **Alzheimer's disease** adding to growing opposition from medical experts to the Food and Drug Administrations approval of this controversial drug.

(Source: *Internal Medicine News*)

The erectile dysfunction medication Viagra could potentially be used as a treatment for **Alzheimer's disease**. Patients using Viagra were 69% less likely to develop the disease than were non-users.

(Source: *Nature Aging*)

Biogen's controversial Alzheimer's drug Aduhelm produced brain swelling in 35% of patients who took the approved dose, although most didn't experience symptoms.

(Source: *JAMA*)

There is a small body of research suggesting **psychedelic drugs** can help people manage mental health conditions like depression, anxiety, chronic pain or even smoking or a eating disorder. Psilocybin the active ingredient in psychedelic mushrooms, has shown the most promise not only in alcohol and harder drugs but also in nicotine, all of which resist conventional treatment. Although the drug remains illegal under federal drug laws, some cities, including Denver and Santa Cruz, California decriminalized it. Oregon, in November 2020, voted to become the first state to legalize it for medical use. It is considered safer than Ketamine and is not habit forming but there are down sides and risks which continue to be studied. Users often experience vomiting or loss of coordination.

(Source: *NIH*)

Typically, the highest number of **suicides** are in the summer and the lowest rates are in the late fall and winter. The Covid-19 pandemic triggered a mental health crisis that experts say that the US might have to battle for years to come. There has been a steady rise in anxiety, depression, and substance disorders. Suicide deaths and suicide rate among people of color increased more than for other groups.

(Source: *Centers for Disease Control and Prevention*)

Lawmakers in Washington are companies to limit the visibility website that provides detailed Such sites draw six million page all of traffic is driven by
(Source : *National Suicide Prevention Lifeline*)



prodding technology and reduce the risk of a instructions about **suicide**. views a month and nearly on-line searches.

According to research from Being and Exercise Laboratory, associated with higher rates pandemic people have been contributing to worsening sitting with light physical activity, like walking around during a phone call or standing while cooking was associated with short and long term psychological benefits.

Iowa State University's Well-extra sedentary time is of **depression**. During the sitting longer which is mental health. Substituting

In 2018, nearly a quarter of Americans-the highest number ever recorded-reported having **no sex** in the previous year.

(Source: *The New Yorker*)

We may be in the midst of a **sex drought**. For several years before the virus appeared on our shores, we had already been showing distinct signs of sluggishness in the attraction and affiliation departments. Only 39% reported having intercourse once or more a week, a drop of 12 percentage points since 1996. The chief driver of this so-called sex drought is not, as one might expect the aging of the American population but the ever more abstemious habits of the young.

(Source: *The New Yorker*)

At least 690,000 people worldwide suffer a traumatic injury annually. More than 4.8 million people go to the emergency room for brain injuries in the US each year. The number of people who actually sustain concussions is likely much higher as many as half of concussions go unreported. This is due

in part because people tend not to recognize the symptoms of a concussion, which include blurred vision, headaches, dizziness, and nausea. Only 3% of concussions are sports related. The two most common causes of traumatic brain injury are slip and fall accidents, which account for more than half of all incidents, and motor vehicle accidents.

(Source: WSJ)

On March 4, 2022, The New York Times published the following letter: To the Editors: Beginning this World Obesity Day we're asking you to eliminate the word "obese" from the news. Why? because obesity is a chronic disease not a lifestyle choice. But the languages we use suggest most people don't see it that way. When we label someone as obese, their identity is defined by a condition, reinforcing the perception that the person suffering with obesity is at fault. We join the American Medical Association in encouraging person-first language and urge you to use the phrase "with obesity" rather than the word "obese." While society has shifted to person first language for other chronic illnesses, many still view obesity as the result of the will power of the person living with the disease. Changing language won't solve the whole problem but by shifting to **person first language** we can begin to eliminate weight bias against the nearly 200 million Americans living with overweight and obesity. The news media shape public opinion and influence the language people use and we therefore urge you to issue an update to your editorial guidelines to reflect person first language. This letter was signed by leaders from various medical and university centers.

In July 2022, dialing 988 will connect callers in the US to the National Suicide Prevention Lifeline. According to the Centers for Disease Control and Prevention, over 47,000 individuals died by suicide in the US in 2019, which ranked as the tenth leading cause of death in America that year. It is essential to increase the awareness of 988's rollout to the public in order to reach those not already engaged with a mental health provider. There are many intrinsic strengths to 988. It is short and easy to remember, a necessary quality of a resource meant for instances of distress. It will allow those in need to connect to an established prevention hotline with greater ease than ever before.

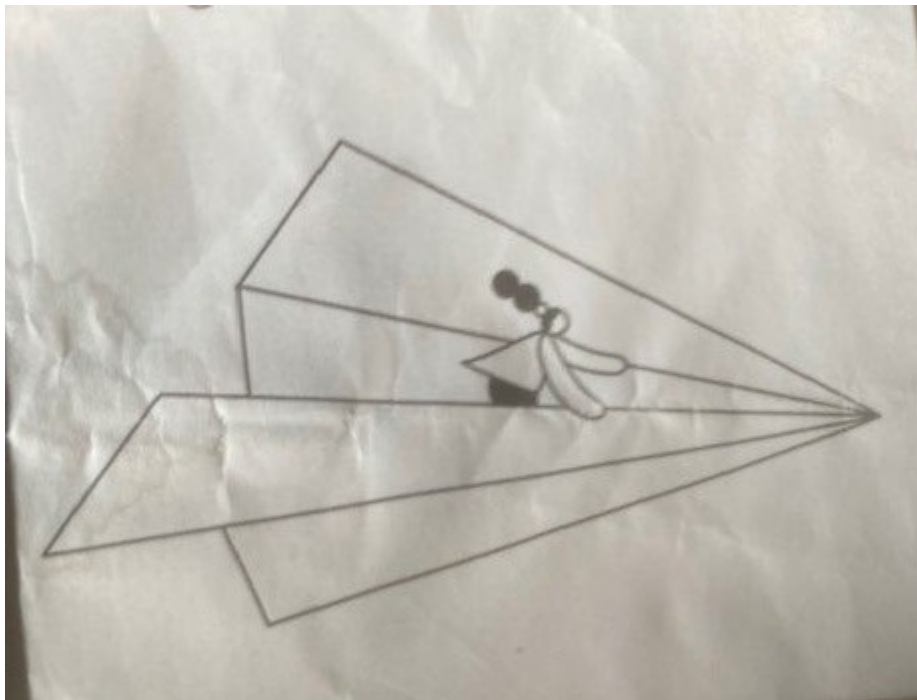
Researchers from three universities surveyed nearly 33,000 college students around the US and found two-thirds were **struggling with loneliness** in the fall of 2020.

(Source: NIH)

Talk is becoming a lost art on campus. After pandemic isolation, heads remain stuck in phones, prompting efforts to stoke conversation. College instructors worry that if they don't do something to facilitate conversation in class, their students will be unprepared to enter the workforce. Parents and psychologists were already concerned that phone usage was negatively affecting social skill development among young people even before the pandemic. A new web app called AskClass was developed that has two different games geared to getting students to pay attention and learn something about each other. This free app is beginning to generate favorable results in promoting face to face discourse.

Two Arizona college students started a website, **persevereproject.org** to help teens struggling with **mental health**. The app seeks to initiate up front conversations on mental health, emotional struggles and physical changes among adolescents. The founders argue that “together, we aim to move past the discomfort of talking about the teenage experience and to normalize open discussions on feelings and insecurities.” It is striking how this program was developed by teens and for teens.

Marijuana’s effect on brain health research from the American Heart Association found that marijuana use had effects on human cognition. Prenatal THC affect neuroanatomic areas associated with cognition and emotional regulation, including the prefrontal cortex, limbic system, and ventral tegmentum of the mid-brain. A panel also found that acute marijuana use affects impulsivity, memory, and behavioral disinhibition. It can affect performance in real world activities such as driving. Some data suggest a relation between cannabis use and increased risk of stroke.



Assessing Mental Illness by Voice

Psychologists have long known that certain mental issues can be detected by listening not only to what a person says but how they say it, with depressed patients’ speech is generally more monotone, flatter, and softer. They also have a reduced pitch range and lower volume. They take more pauses. They stop more often. Patients with anxiety feel more tension in their bodies, which can also change the way their voice sounds. They tend to speak faster and have more difficulty breathing. Such vocal features are useful and helpful for machine learning researchers to predict depression and anxiety as well as other mental illnesses such as schizophrenia and posttraumatic disorder. The technology for artificial intelligence is becoming more sophisticated and more advanced.

(Source: National Alliance on Mental Illness)

Children Coping with Stress

Children experience stress around social issues including gun violence and school shootings, rising suicide rates, climate change, treatment of immigrants, and sexual harassment. Moreover, these sources of stress can affect both mental and physical health. Of course, stress can manifest differently from child to child. But there are signs that indicate stress has become severe among children with the following symptoms: hesitation to go to school, complaints about stomach aches, headaches, muscle tension, feeling sick, difficulty or inability to initiate or complete tasks, irritability, and difficulty managing emotions, sleep disturbances, forgetfulness, inability to relax, clinging behavior or seeking constant reassurance and avoidance behavior such as being distant from peers and less talkative, taking longer than usual with homework or engaging less in school related task.

Parents should be informed of these signs that can serve as a red flag for promoting a treatment intervention. Drawing upon the rich literature in the behavioral sciences, we know that techniques such as re-framing situations (decatastrophizing the problem by adding something positive to the situation), labeling feelings which introduces a level of control for the child, using problem solving skills, engaging in relaxing activities, practicing mindfulness, and promoting quality sleep are all steps in the right direction.

Brain Activity Patterns after Trauma May Predict Long-term Mental Health

The NIMH has found evidence that it is common for people to show a wide range of responses after a traumatic experience, such as a natural disaster or serious accident. Analysis of brain activity data revealed four distinct profiles: 1) reactive/disinhibited: high activity related to both threat and reward; little activity related to response inhibition 2) low reward/high threat: high activity related to threat; low activity related to reward 3) high reward: no activity related to threat; little activity to related to response inhibition; high activity related to reward 4) inhibited: deactivation related to threat. Some activity related to inhibition; low activity related to reward. Though the findings so far are preliminary, they do suggest that the profiles could provide meaningful information about a person's vulnerability to stress after experiencing a traumatic event. Establishing reliable, predictive profiles of stress response could improve clinical care, helping providers deliver effective interventions that are tailored to trauma survivors' individual needs and circumstances.

TEENS CREATE SUPER-HERO TO BOOST PEERS' MENTAL HEALTH

Two youths in Columbia, Tennessee with a unified passion for comic books, video games and fantasy have developed mysterious characters with superhuman abilities. After years of forming their vision, the teenagers have planted the seeds of an ambitious plan to create their very own expansive universe of characters, interweaving narrative much like the major multimedia projects that they grew up enjoying. Their first work is a self-published graphic novel, Night Man. The book is to be a part of a larger series titled Magic Elf with many teens facing social and emotional challenges in the wake of the pandemic, these two youths want to share their creation in an effort to inspire their peers and help boost self-confidence creating a brighter future for all. They commented that so many think they are not good enough that they can handle some things, but they try to hide it with a mask. Night man is this young man who is going through trauma and wants to help people. He shows that you can bring light to a gray world. They said they wanted a hero that people, not just kids can read and get inspiration from and through his own personal battle



give them hope. Now in high school, the two authors said they see their peers struggling with anxiety, depression, and suicidal thoughts amid mounting pressures to succeed. The writing project helped the boys overcome their own mental health issues in expanding their imagination and helping them to communicate with people. It is an escape, something fun to read and will make readers want to continue reading. One author said, "I feel that I am controlling it now" referring to the dominant stuttering he previously exhibited. He acknowledged It can still sometime go off the rail" but I know how to handle it now. The first installment of a three-book trilogy is now completed and ready for publication.

LEGACY GIFTS

In recent years there have been an increasing number of inquiries to Central Office regarding the establishment of various programs to honor members including some who have passed away. Several have already been established and the organization stands ready to establish more for interested persons. Proceeds may be designated for training programs, research, technology, organizational needs, conferences, traineeships, etc. Please direct inquiries to Central Office at office@eventsm3.com.

INVITATION TO HOST CONFERENCE

As a membership driven association, interested members are invited to host a future conference. Proposals approved will be able to offer CEU certificates to attendees. Central Office will help provide publicity to members. Proposals should be e-mailed (office@eventsm3.com or faxed 615-296-9980 at least 8 months prior to proposed conference date. Proposals should include:

- 1) Date and location
- 2) Meeting host(s) and sponsor(s) if any
- 3) Speakers (with biographical sketch and titles) and lengths of presentations
- 4) Projected attendance approximation
- 5) Optional: Theme of conferences (e.g., Forensic Practice Issues; Life Care Planning, Disability Evaluations)

Contact Central Office for further information at office@eventsm3.com

E-MAIL ADDRESS

So far, we have received e-mail addresses and fax numbers from about three-quarters of the membership. The sooner we receive the remaining e-mail addresses and fax numbers, the more efficient we will be in alerting members to vital information they need to have before the publication of the forthcoming issues of the e-newsletter. E-mail addresses may be sent to our e-mail address at

office@eventsm3.com or faxed to us at 615-296-9980. In the near future as we move toward becoming “greener” and continuing our longstanding commitment to being fiscally responsible, **we will continue shifting steadily toward communicating exclusively by e-mail.**

AMERICAN BOARD OF MEDICAL PSYCHOTHERAPISTS AND PSYCHODIAGNOSTICIANS

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URGENT

2023 ANNUAL RENEWAL

Form on page 7

Due February 1, 2023