

# ADPTC NEWSLETTER

www.adptc.org

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## New ADPTC Officers

### President:

Lee Cooper, Ph.D.  
Virginia Tech

### Past President :

Robert Hatcher, Ph.D.  
University of Michigan

### President Elect:

Phyllis Terry Friedman, Ph.D.  
Saint Louis University

### Sec/Treasurer:

Tony Cellucci, Ph.D.  
Idaho State University

## President's Column

Lee Cooper, Ph.D.

I am very pleased and honored to be starting as the new ADPTC President. In the past three years that I have associated with ADPTC, both Bob Hatcher and Brian Lewis have been exemplary in their commitment to building a quality and valuable organization as past presidents. As a result of their vision, leadership, and hard work, I am fortunate to be heading an organization that I feel is quite healthy and vibrant. As both a gesture of thanks to Bob and Brian, and to document the sources of our good health, I have listed below some important aspects of our organization that I hope to maintain and build upon:

(a) ADPTC has been reorganized and developed over the past couple years to be more active and effective in helping our own members and "politically" involved in other related national organizations. This reorganization has included such notable examples as updated By-Laws, an improved and expanded newsletter, newly developed Standards and Guidelines, a commitment to sponsoring regular meetings and workshops, and expanded resources available to all our members.

(b) Our Executive Committee is made up of active, creative, and committed colleagues. I am confident that this committee that includes Bob Hatcher, Phyllis Terry Friedman, Tony Cellucci, Rob Heffer, Mary Alice Conroy, Holiday Rondeau, Beth Cohen, Bobbi Volmer, John Flora-Tostada and Karen Downey will provide the necessary support, diligent work, and wise counsel during my tenure as President. I am looking forward to working with all of them and continuing the good friendships developed over the past few years.

(c) Our membership has remained stable over the past couple of years at around 120-130 members. Consequently, our revenue from yearly dues has allowed ADPTC to sponsor well-attended, professionally valuable workshops at APA and mid-year business/workshop meetings. Moreover, we were able to afford a computer program technician to develop and build our website.

(d) The ADPTC listserv is an ongoing and immediate resource for our members, as well as a source of important and interesting discussion, views, and comments regarding the many issues each of us face in our position.

(e) The Resource committee



has significantly expanded its services to include more documentation type resources (e.g., policy/procedure manuals), a mentoring service, discounts on treatment manuals and outcomes measures, and a website.

(f) The ADPTC website is up and running at www.adptc.org. It has been a work in progress for a year and looks great. Moreover, we are committed to improving and expanding its uses over the next year.

(g) We continue to be involved with the national leadership in psychology with our membership on the American Psychological Association's (APA) major training committee, the Council of Chairs of Training Councils (CTCC). Members of the Executive Committee have also attended CUDCUP and Education Directorate meetings in order for us to be involved and recognized as a valuable organization.

In the remainder of this column, I will briefly review highlights from our meetings at APA in San Francisco.



## PROFILE: Forensic Psychology at Sam Houston State University

The Psychological Services Center at SHSU is directed by Mary Alice Conroy, who established the clinic 2 years ago.

### What would you say is unique about your clinic?

Its principle unique feature is the forensic mission. Between 30% and 50% of the work done at the clinic is forensic. We provide treatment services for several county probation departments, as well as a group program for families of adolescents who have been perpetrators of family assault. We also provide assessment services for local courts. This has included competence, sanity, violence risk assessment, sentencing evaluations, and juvenile certification evaluations. Students participate in all phases of forensic assessments, including the collection of collateral data, discussing cases with attorneys, and the drafting of court reports. They have also had opportunities to accompany their supervisor to court and observe expert testimony. An additional opportunity that I think is unique to our program is that students can assist faculty annually in presenting forensic workshops for attorneys and for mental health professionals.

### What is the biggest challenge about working with a forensic population?

Supervision is extremely time intensive, as the supervisor must take full legal responsibility for the assessment and be prepared to testify. Courts frequently have short time frames in which evaluations must be completed and subpoenas can be unexpected. Students quickly learn that working with

offenders is not overly difficult, but working with attorneys and judges can be very challenging.

### How do you generate income for your clinic?

Over the last two years, less than 15% of clinic revenues came from client fees for direct services. We operate on a sliding scale and many of our individual clients pay as little as \$10/hour. An additional 10% came from an assessment contract with the Texas Rehabilitation Commission. The rest was generated by our forensic work, either as individual fees for service to courts or attorneys or through contracts with criminal justice agencies.

### What has been your biggest challenge as a new director?

Establishing a clinic from scratch at a university which had never done anything remotely like it. Marketing both clinical and forensic services in a relatively small, rural area. Finding experienced clinicians to provide the necessary range of supervision.

### What are you looking forward to developing in your program?

I would like to see the Psychological Services Center become the primary court clinic for this tri-county area. This would be a somewhat unique model for Texas, where the majority of forensic work is conducted by private practitioners. Second, I would like to expand our juvenile work, specifically to the area of prevention. I am hoping to collaborate with one of my newest colleagues on developing an approach which would integrate a juvenile research project with our clinical work.

### What types of services do you offer?

We provide both treatment and assessment services for both general clinical and forensic populations. One group treatment program is offered. Students at the clinic have also participated in attorney consultation and provided training for law enforcement agencies.

### Do you conduct research at your clinic?

We are currently contracted to collect and analyze program evaluation data for a large grant-funded program conducted by the Mental Health and Mental Retardation Authority to provide wrap-around services for families in the Tri-County area. However, the research mission of the clinic is still in its infancy.

### As someone new to directing a training clinic are there some advantages to being new to the job?

I find you can be much more creative if you really have no idea how academia has traditionally done things.

**As a new director I find you can be much more creative if you really have no idea how academia has traditionally done things.**

*Mary Alice Conroy*

## Midyear Meeting: Meet Me in St. Louis

Please join us in St. Louis March 15-17 for our midyear meeting. This is a great opportunity to get to know other directors in an informal setting, and to get active with ADPTC's agenda.

Plus, due to popular demand, we will plan in some fun. The meeting will be held at Union Station, a beautifully restored turn-of-the-century railroad

**MARCH 15-17  
HYATT HOTEL  
UNION STATION  
ST. LOUIS**

station with shops, restaurants and a fabulous food court. And there will be opportunities to visit the City Museum (bursting with imagination) and other St. Louis sites.

Agenda items include strategic planning, reviewing the proposed survey of directors, and discussing practicum standards.



## What We're Reading

### *Handbook of Psychotherapy Case Formulation*

Eells, T.D. (Ed.)  
New York: Guilford Press (1997).

The *Handbook of Psychotherapy Case Formulation* is an excellent resource, bringing experts in psychotherapy case formulation research and theory to clinicians and trainees in a readable format. The *Handbook* presents methods of case formulation, many originally developed for research purposes, from a variety of theoretical perspectives. The book brings together some of the most well-respected researchers and theorists from behavioral, cognitive-analytic, cognitive-behavioral, dialectical-



behavioral, interpersonal, process-experiential, and psychodynamic psychology. The chapters follow a standard organization, making it easy to compare and contrast methods and to apply the methods in clinical prac-

tice. Chapters follow this outline: historical background of the approach; conceptual framework; inclusion/exclusion criteria; steps in case formulation construction; application to psychotherapy technique; case example; training; and research support for the approach. Each chapter can function as a mini-manual for that formulation method—making teaching and learning the technique practical and enjoyable. The case examples are particularly good, engaging the reader and making the process of formulation real and applicable.

**Bernadette Walter, Ph.D.**  
*University of Louisville*  
[brwalter@louisville.edu](mailto:brwalter@louisville.edu)

## WHY WE HAVE GREAT CHARTS AT THE PSYCHOLOGICAL SERVICE CENTER

### Or how obsessiveness pays off

by **Amy D. Bertelson, Ph.D.**  
*Washington University in St. Louis*

*Editors note: Director's Toolbox is a new column featuring things different clinics are doing particularly well, so that we can all learn from best practices.*

When Phyllis Terry Friedman asked me to write a brief column on our success with maintaining clients charts I told her the key was simple: standardized forms that all the therapists are required to use and then frequent checks to make sure all the forms are in the chart.

Our standardized forms include an Application Form, a Consent Form, a Contact Sheet, Process Notes, an Intake Report and a Database Form.

The client completes the Application Form which includes demographic data needed for research and other clinical information. The Application Form also includes a Consent Form for treatment as well as permission to video/audio tape. The therapist verifies that the client has signed the Consent Form before beginning therapy. The Contact Sheet (or billing sheet) is stapled inside the chart. This is where the therapist records in the date and type of service after each session.

After each session, the therapist writes a brief Process Note which is signed by the therapist and countersigned by the supervisor. Supervisors are encouraged to ask for the Process Notes during supervision, a process that helps keep students stay current with charting.

One month from the intake date, our standard Database Form and a typed Intake Report (a standardized outline) must be in the chart. A graduate student assistant checks charts at the beginning of each month and makes sure the Intake Report is in the chart. If after two months the Intake Report is still not in the client's chart, the student gets a reminder note from me, with copies sent to the therapist's clinical supervisor and research mentor. We find that if we have enough people "riding" a student, the paper work tends to get completed.

I review all our Active client files once a month and pull the files on clients who have terminated or will not be back. Those files are given to my graduate assistant. She has a check

***The key good records is simple: standardized forms that all the therapists are required to use and then frequent checks to make sure all the forms are in the chart.***

list and goes through each file, noting anything that is missing from the file. The student is then given the check list so he/she knows what has yet to be done in the file before we can put it into our database and then move it to another file cabinet in the "Terminated Files" closet. Again, the student has a month to take care of any missing items. The chart does not go to the secretary until everything is in place. This keeps the secretary from tracking down missing pieces of data or filing an incomplete chart.



# ADPTC Minutes

*Tony Cellucci, Sec/Treasurer*

*Business Meeting (APA Conference)  
San Francisco August 25<sup>th</sup>, 2001*  
Attendance: Marianne Barton (Univ of Conn) Tony Cellucci (Idaho State), Mary Alice Conroy (Sam Houston), Lee Cooper (Virginia Tech), Karen Downey (Eastern Michigan), John Flora-Tostoda (Loma Linda), Phyllis Terry Friedman (St Louis Univ), Kim Fuller (Univ of Miami), Bob Hatcher (Univ of Michigan), Ray Hawkins (Univ of Texas), Rob Heffer (Texas A&M), Vic Pantesco (Antioch), Holiday Rondeau (Regent), Jeannie Sperry (West Virginia), Jean Spruill (Univ of Alabama), Bobbi Volmer (Univ of Denver), Erica Wise (Univ of North Carolina).

Bob Hatcher (Past President) reported that the revisions to the ADPTC by-laws were approved by the membership along with nominees for officers. He then turned the business meeting over to Lee Cooper (President).

The secretary/treasurer reported that we have approximately 133 members (112 paying last year's dues) with some recent members. Last year's income was \$6167.91 and expenditures (excluding APA conference) were \$7737.34, leaving us a balance of \$8711.77. Beth Cohen who could not make the conference is working with the secretary to update the listserv.

Phyllis Terry Friedman solicited feedback on the last newsletter. Folks liked featuring

clinics and best practices. Please send her your ideas and possible articles.

Lee Cooper updated us on the website (adptc.org) and resource committee. The structure is basically complete although it needs updating and maintenance. Executive committee is looking to hire a new webmaster. Karen Downey agreed to head up the resource committee and coordinate. Members gave suggestions for including materials (e.g. job descriptions, practice plans).

## Welcome New Members!

**Amy Janeck Univ of British Columbia**  
**Kim Lassiter Ohio University**  
**Ronald Levant Nova University**  
**Ann Loper Univ of Virginia**  
**Todd O'Hearn Yale University**  
**Suzanne Womack-Strisik Univ of Alaska-Anchorage**

Rob Heffer reported on the survey task force. A template has been designed from previous ADPTC surveys. The group has divided up sections and will produce a preliminary draft by October. The proposed survey and recommendations for format (e.g. mail, internet) will be reviewed and finalized at the midyear meeting.

Mary Alice and Vic Pantesco reported on their plan to edit a book on training clinics. It would address the scientist-practitioner model and include multiple perspectives (e.g. school, counseling and clinical). They have solicited contributors (many of whom

are ADPTC members) and hope to strike a balance between practical advice and scholarship (i.e. recent research literature). The idea of ADPTC formally sponsoring the book (e.g. publishing our guidelines) was raised. They will bring a proposal to the midwinter meeting as well.

Bob Hatcher reported on CCTC activities related to Education and Training. A major working conference is planned for September. At Bob's request, the group in attendance brainstormed the posed conference question "What are the goals of pre-internship supervised practice training for doctoral students in professional psychology? In what order should these goals be accomplished?"

Resources for members also were discussed including the listserv that is searchable and our mentoring list. The latter may need to be updated.

Several members are closely following Tom Borkovec's efforts to develop a practice research network and presentations at the conference were highlighted.

Finally, the plan for a midyear meeting was discussed. It will likely be held in St Louis in March (either weekend of the 22<sup>nd</sup> or 29<sup>th</sup>). The midyear meeting is designed for organizational work (e.g. designing a 3-year plan) formal learning presentations, and networking with other clinic directors. The program committee (Mary Alice and Holiday Rondeau) will assist Phyllis in planning the program. They were also thanked for designing an excellent pre-APA conference this year.

## www.adptc.org

ADPTC members can now enter a personalized username and password for accessing the members-only area of the ADPTC website. This will replace the temporary login username/password of adptc.org/member. To register your

username and password, please follow the link to "sign me up!" on the left side of the homepage (www.adptc.org) and follow the instructions at the **bottom** of the next page

**You can now enter a personalized user name and password for accessing the members-only area of the adptc website.**

**AND PASSWORDS ARE CASE SENSITIVE.** After entering your information and clicking "submit", you will be forwarded to the members-area login prompt. Please enter your new

that opens. PLEASE REMEMBER THAT USER-NAMES

username and password here, and on future visits to the ADPTC website.

To go directly to the "sign me up!" page, please follow this link:

**[www.adptc.org/join.asp](http://www.adptc.org/join.asp)**

We are in the process of getting a new webmaster, so watch the listserv for a new name. (We won't be able to help with any difficulties until the new webmaster is readied.

Thanks for your patience!



# HIGHLIGHTS FROM OUR MEETINGS AT APA

## PRE-CONFERENCE WORKSHOP

Our pre-APA conference workshop in San Francisco was organized by Mary Alice Conroy and Holiday Rondeau and took place on Thursday, August 23. This year's workshop was excellent for several reasons. The workshop involved a series of presentations on diverse topics: assessing client satisfaction; bridging science, practice, and community; prevention and remediation of impaired trainees and, obtaining grants for your clinic. It was well attended and extremely well received. Everyone agreed that the opportunity to have regular and extended discussions on such topics should be a priority for our association. We were also fortunate to have a lunchtime visit by Tom Borkovec who discussed his efforts to develop a practice-research network, its latest developments, and his hope to include training clinics in such a network. I personally want to thank Mary Alice and Holiday for the outstanding job they did in organizing, promoting, and running this workshop.

## ANNUAL BUSINESS MEETING

The two-hour ADPTC annual business meeting took place on Saturday during the APA conference. About 17 members attended this meeting. It should be noted that the Executive Committee had a meeting the day before and all the topics discussed in that meeting were presented in this meeting. Bob Hatcher reported that the amendments to the ADPTC Bylaws were approved by the membership. Additionally, Bob reported the result of the elections for officers this year: President (Lee Cooper), President-Elect (Phyllis Terry Friedman), Secretary/Treasurer (Tony Cellucci), and two Members-At-Large (Karen Downey, Rob Heffer). Bob then turned over the business meeting to me.

Tony Cellucci reported on the membership and budget. Currently, our budget is in good shape, although we should be aware that our expenditures for this year were higher than the revenue garnered by membership dues. This "over spending" was not significantly detrimental since we had a surplus of funds. However, the revenue from membership dues has been fairly steady and predictable over the past couple years. Hence, if this trend were to continue ADPTC could financially be "in the hole" in a couple of years. It was noted that a significant portion of the higher expenditures was for the development of the website and that the initial "up front" costs were appropriate and justified.

Phyllis Terry Friedman talked about the newslet-

ter. It was suggested that each edition of the newsletter try to feature an article on a particular clinic demonstrating best practices and/or successful programming. Please contact Phyllis if you would like to feature your clinic in an upcoming newsletter and/or offer any suggestions for further improvement of the newsletter.

I discussed the development of the ADPTC website (adptc.org) and resource committee. The site looks good and the basic structure is in place. Given that my time and energy will now be devoted to the office of president, I recommended that the Executive Committee consider hiring a new Webmaster. Karen Downey has graciously agreed to head the Resource Committee and coordinate the location of a new Webmaster. Any ideas or suggestions concerning the website and/or resources should be directed to Karen Downey.

Rob Heffer reported on the survey task force. ADPTC has conducted surveys in 1987-88 and 1997 in an attempt to identify clinic characteristics and practices, and the nature of the director's position. The task force reviewed all past surveys and developed a template of questions. The task force agreed to produce a preliminary draft of a more concise and user-friendly survey by this coming October. The proposed survey will be reviewed at the midyear meeting.

One of the most exciting ideas to be presented at this meeting was publishing a book on training clinics. Mary Alice Conroy and Vic Pantesco are spearheading this project. It is their vision that this book would be a balance of practical ideas and scholarly work (e.g., recent research literature). Topics might include the scientist-practitioner model, specialty clinics, legal and ethical aspects, organizational structure, impaired trainees, utilizing empirically supported treatments, etc within the context of a training clinic. Mary Alice and Vic will explore various publishing sources and bring a proposal to the midyear meeting. Please feel free to contact either Mary Alice or Vic with any ideas, suggestions, proposed chapter, or just advice about this project.

The upcoming midyear meeting was discussed. (See article *Meet Me In St. Louis* in this news-

letter.) It was proposed this midyear meeting focus on developing a 3-5 year strategic plan, having a set of formal learning presentations, and having "flex" time for networking with other directors. Mary Alice Conroy and Holiday Rondeau will assist Phyllis Terry Friedman in planning the program.

Bob Hatcher reported on CTCC activities. CTCC has been interested in education and training in practicum including the development of standards for practicum training. We believe that ADPTC is, and should be recognized, as a primary source and contributor to this issue. Further discussion was raised about a clear articulation of our primary purpose, goal, and potential outcomes for engaging in such an endeavor. Although we came to realize that developing, issuing, and carrying out such standards on a national level may be complex and with an outcome less than ideal, the process of working on such standards and guidelines should at least benefit our own organization and its function. With Bob's guidance, the attendees discussed what major standards and objectives should be covered, in what sequence, and potential other sources. Bob agreed to continue on the further development of standards for practicum training and present them at the midyear meeting.

*Being part of, and active in, ADPTC has greatly improved my work as a director and, perhaps more importantly, brought me into contact with good people who care and are passionate about their work*

As hopefully can be seen from this report, much has happened and is happening in ADPTC. A variety of members are actively involved and contributing to the growth of our organization. It is an exciting time for us. Being part of, and active in, ADPTC has greatly improved my work as a director and, perhaps more importantly, brought me into contact with good people who care and are passionate about their work. I look forward to a productive year.

Best,

*Lee Cooper*, Ph.D. President,  
Virginia Tech  
Email: ldcooper@vt.edu



## ARE YOU ON THE ADPTC LISTSERV?

If you would like to be included in this great resource email Beth Cohen at

[cohenb@acsu.buffalo.edu](mailto:cohenb@acsu.buffalo.edu)

**"We're on the Web!"**  
**[www.adptc.org](http://www.adptc.org)**

## ADPTC

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