



APPT Election Results

At the Association of Private Practice Therapists' Spring Conference on Friday, April 30, the following individuals were elected to a term on the APPT Board:

Secretary Terry Moore
Member-at-Large Jasmine Hermanek
NAMFT Liaison Seanne Emerton
NPA Liaison Josh Friedman

All terms are two years in length.

Kathy Dombrowski was re-elected to the position of Regional Relations on the APPT Board.

APPT also wishes to thank Steve Brownrigg (member-at-large), Sherry Hubbard (NAMFT liaison), Kevin McKenzie (secretary), and Stephanie Peterson (NPA liaison) for their service to the organization. Your contributions have been invaluable, and we will miss you!



Photo by Shari Conner

APPT Spring Conference Photos

Therapists gathered at the Riverview Lodge at Mahoney State Park on Friday, April 30 for the Association of Private Practice Therapists' Spring Conference. For more photos from the Spring Conference, see page 10.

Innovation in Clinical Hypnosis

By Terry Moore, LICSW

I attended the 52nd Annual Scientific Meeting & Workshops, sponsored by the American Society of Clinical Hypnosis. The Society's annual meeting is held each year in March, and typically held in a comfortable setting with a palette of workshop offerings that will appeal to both the beginner as well as the seasoned practitioner of hypnosis.

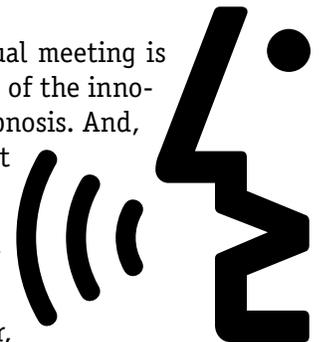
Meetings are open to persons holding masters and doctoral degrees in a healthcare profession, as well as graduate students in these disciplines. This year's meeting was held at the Sheraton Music City Hotel — located in Nashville, Tenn. The venue was spacious, and easily accommodated our group. I would estimate the total attendance at about 650 people — but that's not an official number.

The terrific thing about ASCH's annual meeting is that it brings together, in one spot, most of the innovative thinkers in the field of clinical hypnosis. And, of course, I get to attend, too! Concurrent with the scientific meetings, newcomers to the field can take a beginner's track 20-hour training, and those with a bit of training and experience can take the society's intermediate training. Together, those trainings establish a foundation of knowledge that opens the door to working on certification and attending advanced courses in the future.

You can get a full rundown of the trainings that the Society has planned for remainder of 2010 here: <http://bit.ly/aschworkshops>

Attending the full program is time-intensive: this year's activities began on a Friday evening, and wrapped up the following Tuesday afternoon. In the spirit of fiscal restraint, I only attended Friday

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From the President's Desk: Thoughts for the 'Meta-Collective'

Shari Conner, Ph.D.

I am honored to assume the role of President of APPT for the coming year, though I must confess that our board members actually deserve the majority of the credit for keeping this organization going. I'd therefore like to extend a sincere "thank you" to each current and past board member who has volunteered his or her time and energy toward the betterment of this important organization.

I've been giving some thought to my vision for APPT and my goals for the coming year; I would like to share some ideas I've had, and invite your feedback on them. As you know, our organization is unique and complex.

Unlike our respective professional groups, we in APPT strive to be a "meta-collective" of therapists, psychologists, medical professionals, social workers, and others who function within the mental health field and who bring the unique perspective of working in private practice.

I know of few organizations that can match the kind of networking, continuing education, and information-sharing that APPT provides to so many of us who have no "upper management" to disseminate news on insurance changes, bureaucratic obstacles, community resources, and other tidbits of generally helpful information.

Still, there are many areas that may need fine-tuning in order for us to continue growing and improving as an organization. For starters, I'd like to see APPT make a concerted effort to expand into the rural parts of the state. I have heard from many people that the benefits we offer to our members are sorely in need in Central and Western Nebraska. We currently have two dedicated board members who drive in for meetings from Lincoln (Kathy Dombrowski) and Grand Island (Seanne Emerton), and they tell me that many providers in rural Nebraska have voiced strong interest in an organization such as ours. Like the rest of us, they need this resource to help them stay abreast of needed information and to provide them with sympathetic and informed support as fellow private-practice professionals. I'd therefore like to put more effort into outreach and recruitment within nearby towns and beyond.

Second, it seems to me that APPT has grown a LOT in the past few years, and one of the major "growing pains" we have experienced centers on electronic communication. We have heard many comments on the use of the E-List as a helpful but sometimes overwhelming vehicle of communication among our members. It is the board's plan to completely re-structure this forum so that members can log-in to a bulletin-board-formatted

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Editor Bridget Brooks
 Publisher/Newsletter Advisor Shari Conner, Ph.D.
www.PrivatePractice.org

From the President's Desk (continued)

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page and read only the entries that are of most interest to them. More will be coming on this change soon.

This issue, however, leads to one of my most important goals for this year: To raise the awareness among all APPT members of the various needs within our organization, in hopes that many of you will be interested in becoming more involved.

We, of course, welcome anyone to attend our board meetings, which are generally held on the second Friday morning of each month. Moreover, we genuinely want to hear the suggestions and feedback that you may have on any aspect of the organization or upcoming programming. Yet, even beyond these important forms of input, the coming months will bring critical new leadership opportunities within this organization.

Please, as you read of these opportunities, consider sharing your talents with APPT. Our growing membership roster will soon eclipse what our current small (volunteer)

board can reasonably manage. And we know that all of us share in the goal of keeping APPT running smoothly!

With increased leadership and participation from our many gifted members, broader recruitment across the state, and updated and streamlined electronic communications, I believe APPT is poised to become one of the most relevant, active, and influential professional mental health groups in the area.

And with all of the changes coming to the provision of healthcare, it is certainly important that we in private practice work to maintain the highest possible quality of care in order to avoid becoming an "after-thought" compared to the larger clinics and hospitals that may be first in many people's minds.

Still, given the quality of services I have seen during my seven years of interaction with the private practice community, I feel confident that we have nothing to fear as long as we continue to work together as colleagues and friends.

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Clinical Hypnosis Conference Highlights

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through Sunday this year. There are price breaks for early registration, and discounts for those, like myself, who only attended part of the full program.

Here are some highlights:

Friday evening kicked off with a tour-bus ride across town to Vanderbilt University. ASCH had arranged for members to visit the Moll Hypnosis Collection at the Eskind Biomedical Library in the Vanderbilt University Medical Center. Albert Moll, MD, studied hypnosis in the late 19th century, and was both a practitioner and writer in the field. Over the course of his career, he accumulated a vast collection of books, pamphlets, and articles on hypnosis and psychotherapy.

Shortly before his death in 1939, he sold his collection to Vanderbilt — fearing that, if not moved, the collection would be destroyed by the Nazis. It was a genuine treat to see, and handle, these unique books — some of them are hundreds of years old. They are available to scholars for research purposes. The facility was gorgeous, and the curator was welcoming and informative.

Saturday began with a plenary session devoted to healthcare reform and the changes that are afoot for us all. The first two speakers were a little sleep-inducing, but the third fellow, Aaron Carroll, MD, was a breath of fresh air. Lively enough to keep up with the likes of

Steven Colbert. Check this out: <http://bit.ly/aaroncarroll>

After a quick break, everyone fanned out to the workshops they preregistered for. On the schedule for me: a full-day workshop, “The Hypnosis Toolbox: Advanced Strategy and Techniques.” Co-taught by three members of the faculty, the workshop kept about 60 of us moving around the breakout room throughout the day — going from full-group classroom style to small group discussions over the course of the day.

The emphasis was on tailoring interventions in a manner that incorporates your clinical assessment of the client and her/his developmental stage — not just using one-size-fits-all solutions. The lead clinician for the day was Elgan Baker, Ph.D., ASCH president. I had originally heard Dr. Baker when he taught a workshop in hypnosis at Menninger’s [back when they were still in Kansas]. At the time, I reckon I understood about 5 percent of what he said. This year, perhaps 10 percent. At this rate, when I’m about 75, I’ll get everything he’s saying. Dr. Baker thinks through a psychodynamic schema, and does so without any time latency. This is what happens when you do something well for a lifetime. Thought-provoking stuff — but it will not be easy for me to implement.

From my perspective, the most accessible speaker of the day was Moshe Torem, MD. This guy knows a lot, but is able to seamlessly communicate it in a manner I could understand. The most valuable nugget was from a one-hour session the following day — his instruction in the area of using Ego State Therapy and hypnosis in the service of helping unresolved grief. A very respectful and powerful approach. I know I can use this.

Sunday began with another plenary session, but this one was different. Mary Jo Peebles, Ph.D., is a psychologist in private practice in Bethesda, MD. She, too, used

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– MEMBER NEWS –

Here is an e-mail address correction from the Winter 2010 newsletter. The correct e-mail address for **Stefanie Armstrong** is stefanie.atnebraska@gmail.com

The mailing address for Summit-Edge (**Kim French**) has changed. Send correspondence to: 17503 Walnut Street, Omaha, NE 68130-1258. The phone number, (402) 861-0728, remains the same.

Elaine Blickenstaff's address has also changed. She can be reached at 5644 Frances Street, Omaha, NE 68106.

Terry Moore attended American Society of Clinical Hypnosis 52nd Annual Scientific Meeting and Workshops from March 12-16 at Sheraton Music City in Nashville, Tenn.

He attended sessions that addressed a range of core issues and advanced technical concerns for applying hypnosis in psychotherapy and symptom-focused intervention. The workshop was designed for clinicians with at least intermediate level skill, and featured an applied "how-to"

learning experience and that emphasized clinical description, demonstration, supervised practice and personalized feedback. You can read Terry's article on this conference in this issue of *The Compass*, beginning on page 1.

The Center for Counseling & Psychotherapy and the newly founded non-profit 2BFertile and RESOLVE: The National Infertility Association celebrated the 20th Annual National Infertility Awareness Week, from April 24 to May 2, joining millions of infertile women and men, healthcare professionals, psychologists, and other thought leaders to promote greater awareness about infertility.

RESOLVE's National Infertility Awareness Week educates the general public and creates greater awareness and understanding about infertility in Nebraska, "to help women and men find the answers and get the support they need to make important medical decisions and address the medical, emotional, social and economic challenges infertility can present," said **Julie Luzarraga, LICSW, DCSW**.

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APPT Continuing Education Scholarship

The APPT scholarship program is a wonderful opportunity for you to learn and to share that knowledge with our membership.

The APPT Scholarship for Continuing Education is designed to help APPT members defray the cost of a workshop they attend (75 percent of the cost of the workshop, up to a maximum of \$100). Four scholarships are available annually.

Complete the form (at right) and submit it, along with a copy of the workshop brochure (if available). Your application/request will be reviewed by the APPT Scholarship Committee.

If selected, you will be reimbursed for the awarded amount after attending the workshop and sharing the information with APPT members, either through a presentation or by writing an article for *The Compass*.

Application for APPT Scholarship For Continuing Education

The APPT Scholarship for Continuing Education is designed to help members defray the cost of a workshop they attend. Submit this form with a copy of the workshop brochure.

Name _____

Practice Location _____

City/State/Zip _____

Phone _____

Conference Title and Location (please attach a copy of brochure, if available)

Date: _____ Cost: _____

I am willing to:

- Present a brief summary of the workshop at a mini-practice workshop
 Write an article for *The Compass* summarizing the content of the workshop.

Please note: The maximum amount awarded is 75 percent of the cost of the workshop, up to \$100. If selected, you will be reimbursed the awarded amount after attending the workshop and sharing the information with APPT members through a presentation or article.

**Submit completed application to: Pam Feldman, LPC
2255 S. 132 St., Ste. 200, Omaha, NE 68144 or fax to (402) 334-8171.**

Applications will be considered and a decision reached within 14 days of receiving your application.

Welcome New Members

March 2010

Patti Jareo / Omaha Psychiatric Associates

Work: (402) 558-1858 x 116 / kraftykitn@cox.net

Jodi McQuillen (Student) • djmcquillen@cox.net

Referred by John Atherton

Tricia Monzon, MA, LMHP • Origins Behavioral Health

(Lincoln) Work: (402) 489-9990 / triciamonzon1@aol.com

April 2010

Kim Arter / Arter Counseling Services

Work: (402) 330-1633 • artercounselingservices@yahoo.com

Bill Hehner (Associate) / Healing Tree Counseling

Work: (402) 614-4871 / billhehner@hotmail.com

Candida Miramontes-Laney • (402) 658-7107

Riverway Counseling & Consulting • candidak@msn.com

Megan Smith • Megan Smith Psychotherapy P.C.

(402) 398-9852 • megsmith23@hotmail.com

Nancy Marshall, PLMHP • Marshall Counseling Services

Work: (402) 730-3068 • marshallnancy1@gmail.com

May 2010

Stephanie L. Knobbe / Insight Counseling Center Inc.

Work: (402) 720-8784 • sknobbe@qwestoffice.net

Karen Marasco-Prest, LIMHP, LCSW

Therapy Resources & DBT Center of Omaha

Work: (402) 330-6060 • kmprest@hotmail.com

Gail M. Plasek / Insight Counseling Center Inc.

Work: (402) 719-4987 • gplasek@qwestoffice.net

Lisa Lorene Sharp / Horizon Therapy Group LLC

Work: (712) 256-7511 • lilisharp@hotmail.com

Elizabeth Shefter

Catholic Charities (Omaha Campus for Hope)

Work: (402) 829-3525 • ershefter@yahoo.com

Kristi Tackett-Newburg / Counseling Connections

Work: (402) 932-2296 • kristitackett@gmail.com

If you have questions about your APPT membership, call Bridget at (402) 393-4600 or e-mail appt@ibc.omhcoxmail.com

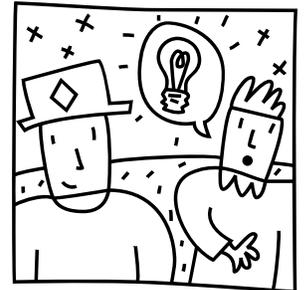
Clinical Hypnosis Conference

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to be affiliated with Menninger's. She gave a passionate, insightful, and inspiring talk that brought everyone to their feet with applause. She spoke about how we can learn about our clients, and learn about ourselves, in the process of our work. How we inevitably have blind spots that we must strive to identify and overcome. Dr. Peebles spoke with clarity as she described her triumphs and setbacks with her most challenging clients. I might buy the audio recording of that session — it was that good.

The remainder of Sunday [after the short session with Dr. Torem] was with Carol Low, Ph.D. and David Fleming, M.D.: "Complex Trauma, Dissociation, Autonomic Dysregulation, and Physical Disease: A Solution-Focused Approach to Puzzling Medical Disorders." Just the title is a little overwhelming!

I had gotten interested in Dr. Low's work a few years ago while getting my ducks in a row for a consultation. Another therapist in Omaha had asked me to potentially help



out with one of their clients who was suffering with RSD — now known as Complex Regional Pain Syndrome. I had seen others with this presentation in the past, but felt like I didn't help very much. I hate that.

The client never did show up to see me, but I had listened to about 10 hours of less-than-stellar audio recordings from Dr. Low's ASCH presentations from years past. [ASCH has recently switched conference recording companies — so I would bet that this year's recordings will be improved over past offerings. The new company provides for downloadable mp3 files — no wait for a CD to be mailed to you.]

As a result, I knew that Dr. Low had all this knowledge trapped in her noggin. I wanted to find out if I could understand a bit more about her method by hearing about her work 'live.' What's clear to me is that Drs. Low and Fleming know a lot about pain management and helping with mystery cases. Dr. Fleming is an anesthesiologist who offered Dr. Low a training opportunity early in her career. He handled parts of the presentation that involved the anatomy and physiology of complex pain. Dr. Low handled the psychotherapy and hypnosis interventions.

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Clinical Hypnosis Conference

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Like many advanced classes I've attended in recent years, this workshop was dense with information and ideas. A lot to digest. Fortunately, they provided attendees with download links to handouts, reading lists, and the PowerPoint files they used during the day. Plenty of material to absorb over a period of time.

You can learn more about Dr. Low's practice at: <http://www.centerforconsciousliving.com/>

While the schedule is packed with meetings and seminar sessions, there are opportunities to meet fellow attendees. Breakfast and coffee/beverage service is part of the registration. Some social events and an awards banquet are optional. If you are thinking of adding hypnosis to your armamentarium of therapy tools, please consider ASCH's trainings. Contact me if you have questions.

Next year's annual meeting will be held in Las Vegas, NV: March 4-8, 2011 at the Rio Hotel and Casino. Details on the ASCH website: <http://asch.net>

My thanks to APPT — which generously provided a scholarship that made my attendance a bit more affordable. I am happy to respond to your questions about the use of hypnosis in clinical practice and about ASCH training and certification programs. (See page 5 for the APPT scholarship application.)

— Terry Moore is a clinical social worker in practice at Associated Counseling Professionals in Omaha. He is an ASCH Certified & Approved Consultant in Clinical Hypnosis. He is about 10 percent down the road to understanding everything he hopes to know. E-mail him at terrance.moore@gmail.com or visit www.terrymooreomahahypnosis.com

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— MEMBER NEWS —

Steve Brownrigg, NCC, LADC, LMHP, has recently received certification from EMDRIA in Eye Movement Desensitization & Reprocessing (EMDR). He specializes in co-occurring disorders of adults and has found treatment of sexual and childhood trauma with EMDR to be a growing area of his practice.

Steve has a unique approach to the treatment of substance use disorders, combining EMDR and REBT as a core treatment approach with many clients. He has also authored over 12 unique assessment/exploration tools for use in his practice.

Steve is in his fifth year of private practice as Addiction and Recovery Services. He is moving into a newly-renovated office suite at the John Wear Building, 7602 Pacific St., and is looking for a suite-mate/renter for a 270 sq. ft. office (see ad on page 8).

You can reach him at (402) 510-1754 or e-mail steve@addictionandrecoveryservices.net.

Ellie Hites, M.S., has joined Alliance Counseling, 11920 Burt Street, Suite 190.

You can reach her at 965-4004 or e-mail her at elmoreineomaha@netzero.net.

Bette Tarrant's e-mail address has changed. You can now e-mail her at BLTarrant@gmail.com.

Lisa Terwilliger has opened a new practice, Alternative Counseling Center, at 7909 L Street. She is looking for therapists to join her as suite-mates. Lisa's phone number is 934-4977. You can also e-mail her at accomaha@cox.net.

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Aug. 31, 2010 – Nov. 16, 2010
- 12-week Winter Cycle:
Nov. 30, 2010 – Feb. 15, 2011

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- There is no charge to attend this group.
- Wednesday evenings
5:45 p.m. to 7:15 p.m.
- 12-week Fall Cycle:
Sept. 1, 2010 – Nov. 17, 2010
- 12-week Winter Cycle:
Dec. 1, 2010 – Feb. 16, 2011

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Seanne Larson Emerton
is a new APPT board member and serves as the liaison representative for the Nebraska Association for Marriage and Family Therapy board.

Seanne is owner and clinical director of Family Resources of Greater Nebraska, P.C. in Grand Island. She has been a marriage and family therapist for over 25 years and is a clinical member of the American Association for Marriage and Family Therapy.

Seanne received postgraduate training in family systems through Philadelphia Child Guidance Center. She enjoys applying her systems training as she works not only with couples and families, but also with business and corporate systems to create healthy workplace environments.

She is Level II certified in EMDR to treat post traumatic stress disorder, depression, anxiety, and eating disorders. She is also certified to administer and interpret the Baron EQi instrument assessing emotional intelligence.

Seanne enjoys coaching clients using a solution-focused and strength-based approach. Seanne has a special interest in spirituality and health and is a Certified Life-Cycle Celebrant, dedicated to helping individuals, couples, families, and businesses personalize celebrations that mark life's milestones with meaning.

Seanne serves as a board member of Consultants Consortium, Inc, a national organizational and health-care consulting group. She is past board president of Goodwill Industries of Greater Nebraska and the Stuhr Museum. She is a current board member of the Grand Island Area Chamber of Commerce.

Seanne and her husband of 34 years, Tom, have a son, daughter-in-law, and grandson in Boston and a son in Denver. Seanne enjoys time with her family, travel, music, and nature. She also enjoys living on the land her great-great-grandfather homesteaded over 100 years ago.

Do you have Member News to share with other therapists? E-mail appt@ibc.omhcoxmail.com.



Black-White Dialogues: *A Lifeboat For All*

By Elaine Wells, M.S., LMHP

My spacious middle-class home is in a beautiful quiet neighborhood north of Sorenson Parkway at 50th Street — but just blocks away, gunfire is not uncommon. My new friend from Black-White Dialogues lives on North 42nd Street, and told me this story about two months ago.

She was sleeping downstairs when she heard a crashing noise in the living room. She rushed up to investigate, and realized that her television had been destroyed by bullets fired through her front window in a drive-by shooting. Had she not recently moved her sofa away from the wall where the TV just shattered, one of her family members might have been killed by those bullets. This young woman has a degree in journalism and her head on straight — but she fears that her 14-year-old son (a good student and nice kid) is being drawn into a gang, even though he does not want to be. She has sent him away to live with his father.

While this item may not seem to be specifically related to therapy, I believe we all need to get out of our beautiful, quiet professional offices sometimes and contribute our caring and expertise to this community. North Omaha is literally under fire — and many smart, caring people and organizations are already working together to solve the problems that racism has created in our city. We need to join them.

A cartoon I saw recently shows four men in a boat out at sea. Two are almost submerged in water that is pouring in through a hole in their end of the boat. They are bailing water frantically. The other two men are riding high in their end of the boat, and one says with a smile, “No worries. Our end of the boat is not even in the water.”

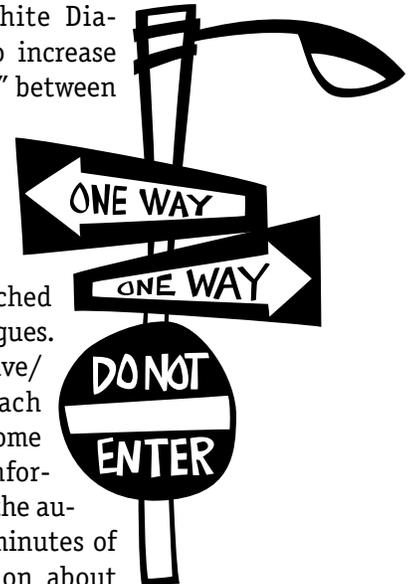
Well, dear colleagues, we are all in the same boat. We shouldn’t assume that we won’t sink just because the hole is in the other end of the boat.

My contribution is Black-White Dialogues. The original goal was “to increase mutual understanding and respect” between 25 black and 25 white individuals, by facilitating open and diplomatic conversation, using the communication skills which I teach to couples.

In September 2009, we launched the first series of Black-White Dialogues. It was founded (loosely) on Cognitive/Emotive/Behavioral Therapy. Each week, for six weeks, an expert on some aspect of racism shared factual information (the cognitive part). Then the audience divided into dyads for 30 minutes of up-close and personal conversation about their real-life experience, which was often emotional. The evening ended with the large group discussing how they could take action to help programs that are working to remedy the current situation.

The 78 participants in our second series of BWD are generating quite a buzz, and the most frequent evaluation comment is some variation on the theme: “We need more time to talk among ourselves.” The planning team knows that, but there is only so much we can cram into each 12-hour series, so we hope to offer BWD in a different neighborhood each quarter until we fulfill our new mission: “To eradicate racism in Omaha from the grassroots up.”

You can see more details and register to participate at www.progressiveomaha.com/Black-WhiteDialogues or feel free to call me at (402) 573-1702.



Free Legal Consultation For APPT Members.

Each Traditional APPT member is entitled to a free legal consultation with an attorney from Erickson & Sederstrom, P.C. (up to one hour) per year.

Contact Bridget at the APPT Office at (402) 393-4600 for access information.
If you use this service, please give us feedback.

Spring Conference 2010 – In Photos



The conference was a great networking opportunity.



Louisa Foster (left) role-played the client in the case study in an interaction with Bob Kraft.



Connie Logan (above) outlined the case study.



Ann Potter (left) interacted with the model client (played by Louisa Foster).



Therapist Vicki Holoubeck thanked the crowd for their support of her fight against breast cancer.



Sherry Hubbard (above) sold raffle tickets to raise money to offset Vicki Holoubeck's medical expenses.

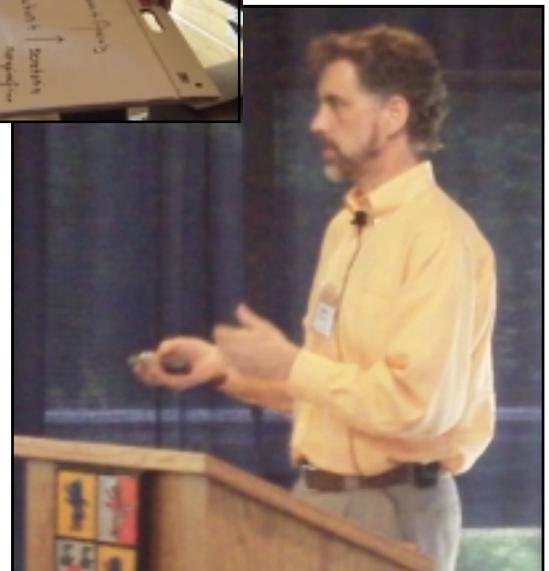


Nurse practitioner Joyce Sasse (above) prepares for her presentation.

PHOTOS BY SHARI CONNER



Layne Prest (right) explained how the principles of EFT could be used to treat the model client.





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Psychology Liaison *Josh Friedman, Ph.D.*

Social Work Liaison *Julie Luzarraga, LICSW*

Counseling Liaison *(open)*

Marriage & Family Liaison *Seanne Emerton, MS*

Address Service Requested

Meeting the New HIPAA Requirements

Although HIPAA (the Health Insurance Portability & Accountability Act) has been around since 1996, many therapists are still not fully in compliance with the legislation's requirements, which went into full effect in April 2003.

Beginning February 2010, the HIPAA rules are enhanced by the American Recovery and Reinvestment Act (ARRA or the "Obama Stimulus Act"). The HITECH (Health Information Technology for Economic and Clinical Health) section of the ARRA implements significant penalties for HIPAA breaches. For covered entities:

- HITECH adds explicit fines of up to \$1.5 million dollars a year for disclosures of protected health information (PHI) that violate the HIPAA Privacy Rules.
- There is a new mandatory reporting requirement on unauthorized disclosures of PHI.

Therapists who instituted HIPAA compliance principles into their practice several years ago may find that they are no longer in compliance, in particular because of the increase in the integration of electronic devices (computers, laptops, smart phones, tablet PCs, etc.) into their practice and the increasing use of e-mail and the Internet to file insurance claims, verify insurance coverage, and obtain authorizations. You may not have been a covered entity in 2003, but you might be now.

There are multiple areas where HIPAA compliance is required: electing a privacy officer, ensuring security of protected health information, and developing policies and procedures.

If you are a covered entity, you may need to review your policies, procedures, forms, and systems. HIPAA security applies specifically to protected health information — not just personal information.

If you are a covered entity:

- Do you have a "Notice of Privacy Practices"?
- How about a statement of client's rights?
- Do you ever e-mail your clients? Is your e-mail secure? Does it meet HIPAA standards?
- Do you e-mail client information to any third parties (i.e., billing services, insurance companies)?
- Have you reviewed your business contracts recently, specifically as they relate to protected health information (PHI)?
- Does your current HIPAA information include the client's right to request (or deny) permission to contact them by cell phone and/or e-mail?

HIPAA standards and laws are constantly evolving, so be sure to get a legal opinion on your practice documents and update them periodically.