

February 2009

Dear Maine Psychologist:

The Maine Psychological Association is now offering a new, easy way for Maine psychologists to get continuing education credits. **MePA Home Study** will provide you with the convenience and affordability of getting CE credits by mail without leaving home.

This is how it works: You choose a book or article from the MePA listing. Books can be purchased at the local bookstore or on-line through amazon.com through the MePA website. Fill in the MePA CE form, and we will send you a test, which you complete and return. If you earn a 75% or above, we will send to you a CE certificate in the mail. It's as easy as that.

Attached is a list of our current offerings. As you can see, the home study program offers you a convenient and cost-effective way to earn CE credits.

If you have any questions or wish to learn more about the program, please call the MePA office (1-800-287-5065). By the way, we are always looking for psychologists to read and develop new material for the program. As a special incentive, if you read:

- 6 books and create 6 exams, or submit 6 academic papers and create exams, you get free CE credits for each, plus free MePA dues.
- 3 books and create 3 exams or submit 3 academic papers and create exams, you get free CE credits plus \$100 credit toward MePA dues.
- 2 books and create 2 exams or submit 2 academic papers and exams during the year, you get free CE credits plus \$50 credit toward MePA dues.
- 1 book and create 1 exam or academic paper and exam, you receive free CE's.

Contact MePA at mepaaug@aol.com for more information about this opportunity.

MePA Home Study Offerings

Anger Management: The Complete Treatment Guidebook for Practitioners

Howard Kassinove, PhD, ABPP, and Raymond Chip Tafrate, PhD; Foreword by Albert Ellis, PhD, 2002. Atascadero, California: Impact Publishers. 296 pages.

An empirically based, comprehensive guidebook for practitioners who work with angry clients. The exercises, case examples, and handouts provide excellent tools to help clients prevent and control unhealthy anger. This is a step-by-step model which can be applied to both individual and group therapy.

Objectives: At the conclusion of the training the reader will be able to:

1. Clarify the reinforcement cycle of anger,
2. Identify the specific tools needed for behavior change,
3. Understand the cognitive changes involved in effective maintenance.

CE Hours: 6

Cost: MePA Member: \$78

Nonmembers: \$120

The Behavioral Neurology of White Matter

C.M. Filley, 2001.

New York: Oxford University Press, Inc. 279 pages.

This book is a **must read** for certainly all neuropsychologists, other psychologists, and students interested in brain structure and function relationships. Dr. Filley clearly and concisely outlines all the common and rare disorders of white matter affecting adults and children. He also provides new insights into the here-to-for underappreciated role of white matter in influencing the distributed neural networks involved in higher cortical function.

Objectives: At the conclusion of the training the reader will be able to:

1. Understand the structure and function of white matter in the brain.
2. Understand the role of white matter in the various genetic disorders, demyelinating disorders, infectious and inflammatory diseases, and leukoencephalopathies, metabolic disorders, vascular diseases, neoplasms, and hydrocephalus.
3. Understand the role of white matter in the neuropsychiatric syndromes, dementias, and traumatic disorders.
4. Understand Filley's integrative model of behavioral neurology of white matter.

CE Hours: 6

Cost: MePA Members: \$78

Nonmembers: \$120

Psychological Perspectives on Lesbian, Gay, and Bisexual Experiences (Second Edition)

Linda D. Garnets and Douglas C. Kimmel (Eds.), 2003.

New York: Columbia University Press. 795 + xiv pages.

The latest and best psychological knowledge about sexual orientation and the impact it has on individuals, social attitudes, society, and public policy is presented in an accessible format. Introductions to the book and to each section, including contemporary issues of public debate, frame the topics and guide the reader. Garnets and Kimmel selected the best and most useful articles in the second edition of this anthology. They represent some of the best work from the most noted experts, including Blackwood, Badgett, Bailey, D'Augelli, Diamond, Fox, Greene, Grossman, Haldeman, Herek, Meyer, Peplau, Paeterson, Sang, Rothblum, Rust, Savin-Williams, Spalding, Tafoya, Wieringa, as well as the editors' own work. Thirty-two selections are divided among eight sections: The Meaning of Sexual Orientation; Psychological Dimensions of Prejudice, Discrimination, and Violence; Identity Development and Stigma Management; Diversity Among Gay Men, Lesbians, and Bisexuals; Relationships and Families; Adolescence, Midlife, and Aging; Mental Health; Status of Practice, Research, and Public Policy Issues in American Psychology.

Objectives: At the end of this book, readers should be able to:

1. Understand the shift in thinking about antigay attitudes to the broader perspective of sexual prejudice.
2. Conceptualize bisexual issues as different from and similar to lesbian and gay issues.
3. Recognize the shift from an simple gay-affirmative perspective to a focus on resilience in the face of minority stress.
4. Appreciate the necessity of avoiding heterosexist bias in psychological research.
5. Incorporate the professional skills for ethical practice of psychotherapy with lesbians, gay men, and bisexuals.

15 CE Hours

Cost: MePA Members \$195

Nonmembers: \$300

***Combined Treatments for Mental Disorders:
A Guide to Psychological and Pharmacological Interventions***

M.T. Sammons and N.B. Schmidt (Eds.), 2001.

Washington, DC: American Psychological Association Press. 346 pages.

This text offers the reader discussions of combined treatments (psychotherapy and pharmacotherapy) for a number of specific disorders, including depression, anxiety, obsessive-compulsive disorder, insomnia, schizophrenia, substance abuse, and nicotine dependence. Each chapter is written by an expert in the disorder being discussed, and reviews the research literature on psychotherapy, pharmacotherapy, and the use of combined treatments. In addition, a chapter on issues related to prescription privileges for psychologists is also included.

Objectives: After reading this text, the reader should be able to:

1. Understand the issues related to the treatment of each specific mental disorder.
2. Obtain a clear understanding of the benefits of psychotherapy and pharmacotherapy, as well as combined treatment, for each disorder.
3. Understand the limitations of research into combined treatment of mental disorders.

CE Hours: 7

Cost: MePA Members: \$91

Nonmembers: \$140

Ethics: Case Examples and the 2002 APA Ethics Code

This MePA Homestudy Exam focuses on the 2002 APA Ethics Code using case examples in a variety of contexts. This exam was developed by MePA's Ethics committee. Before taking the exam the committee recommends that you read the entire "2002 Ethical Principles of Psychologists and Code of Conduct," available in the December 2002 *American Psychologist* (Vol. 57, Number 12) or online at www.apa.org/ethics/code2002.html.

Objectives: After reading the Ethics Code and taking the exam, the reader should be:

1. Familiar with the 2002 APA Ethics Code,
2. Able to conceptualize a variety of ethical situations,

CE Hours: 2

Cost: MePA Members: \$26

Nonmembers: \$40

Lesbian, Gay, and Bisexual Aging

Douglas Kimmel, Tara Rose, and Steven David (Eds.), 2006.

New York: Columbia University Press, 320 pages.

Written by experts in the field this book brings together cutting-edge research, practical information, and innovative thinking. Contributors address topics such as sexuality, relationships, legal issues, retirement planning, physical and mental health, substance abuse, community needs, lesbian grandparents, and a model agency dedicated to delivering services to the senior LGBT population. Their writing takes a gay-affirmative approach that focuses on resilience, coping, and successful adaptation to aging and is sensitive to the importance of historical oppression in the lives of older members of sexual minorities. The authors also pay close attention to ethnic and cultural issues and identify where further research is needed.

Objectives: At the end of this book, readers should be able to:

1. Understand the historical context in which today's generation of LGBT elders lived and the effects of this context on their present lives.
2. Recognize the special concerns of older transgender and intersex persons.
3. Identify legal, health, and end of life issues that require special resources and advance planning for LGBT persons.
4. Be more aware of special needs, concerns, and issues facing LGBT persons in their middle and later years and how these are relevant to a clinical practice.

CE Hours: 7

Cost: MePA Members: \$91

Nonmembers: \$140

MEPA HOME STUDY

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