



THE GPPA Report

FALL 2015

THE OFFICIAL NEWSLETTER OF THE
GREATER PITTSBURGH PSYCHOLOGICAL ASSOCIATION

From the Editor...

PAVEL SOMOV, PhD

IT'S BEEN AN ETHICALLY turbulent summer for our field, hasn't it? But we'll survive. Psychology isn't going anywhere. I read the other day that one of the professional fields that is most susceptible to automation-computerization is law. Makes sense: wherever you find an algorithm, there is a robot knocking on the door. Our field is different: it is "more art than science," we say sometimes. And this artfulness

of what we do (or try to do) is not some sloppy approach to empiricism but a necessary fallout of the non-reducible artfulness of human consciousness. We are in the business of mirroring the idiosyncratic. And how do you automate/computerize a mirror?! At any rate, it's time for me to close my seasonally-random editorial tangent and get out of dodge. Enjoy the newsletter, GPPA-ers!

A Letter from the President

VICTOR BARBETTI, PhD, LICENSED PSYCHOLOGIST

Dear Colleagues,

WELCOME TO THE FALL edition of the GPPA newsletter!

I enjoyed meeting many of you at this year's Networking Fair at PNC Park. We received so many generous compliments regarding the quality of the presentations and the variety of exhibitors at this year's Fair. I again would like to personally thank Angie Phares, our GPPA Assistant, for her tireless efforts in helping to coordinate the Fair. She is so good at what she does that she even planned for the Pirates to win a game on the big screen during the happy hour! *Thanks, Angie!*

Mark your calendars: Our next event, the GPPA / PPA fall social, is set for November 20th from 6-8pm. More information about this event will be posted soon on our Listserv and on the website.

Soon after the Networking Fair, we received news of the tragic passing of one of our colleagues, Dr. Ryan Hunt. In the wake of his passing, several GPPA members emailed me with ideas for ways we can help support each other and create avenues for self-care. Out of these discussions came the idea for establishing a Peer Consultation Group. Lisa Osachy, Lisa Strauch Scott and myself have planned the first Peer Consultation Group for Friday, November 6th, from 11:30am – 1:00pm. Please join us for peer discussions, both clinical and non-clinical, and help shape the future of this new group. The GPPA Board has pledged its support for this group by offering space in the newsletter and use of the Listserv to help promote it. The Group will be held at: 68 Wabash Street, Pittsburgh, PA 15220. Please RSVP to me at Victor@VillageTherapy.org

It is good when a community comes together to support each other. With that in mind, if you wish to help Dr. Hunt's family, a donations page has been set up to alleviate funeral costs and start a fund for his son: <https://www.gofundme.com/mg9dlo>

Best wishes for a safe and peaceful fall and holiday season,

Victor Barbetti, PhD
President, GPPA



Choosing Passion Over Practicality

KEELY HIRSCH

WHEN ENTERING INTO A Psy.D. program, research was certainly not a top priority for me. I had my sights set on becoming a clinician and learning the "tricks of the trade" to develop a successful clinical practice for my future. However, when it was time to choose a dissertation topic, I had an opportunity to take stock of my priorities and goals for my professional training.

I was presented with two choices. On the one hand, I had the opportunity to continue the research I was doing prior to entering into the doctoral program. This was appealing because I already had made so much progress in gathering data to analyze. On the other hand, I had an opportunity to create an original study based on my own area of interest. It wasn't as clear how I'd advance an original study, but here was a chance to focus on a topic I was very passionate about and saw as the center of my future practice! So, after careful evaluation, I chose to do an original study, and I'm so thankful that I did.

My dissertation is a qualitative study examining the romantic relationship of parents that have a child with autism. Previously, I worked as a therapist implementing behavioral interventions to children on the autism spectrum in the home setting. During this experience, I noticed a common theme of marital discord between the parents and became curious about this phenomenon. After a literature review, I found an overwhelming number of studies concluding that parents of children with autism have the highest level of parental stress as compared to parents of children with and without disabilities. However, I was disheartened to find a dearth of literature examining the parental relationship in this context. For such a widely encountered situation, this lack of examination struck me as a meaningful gap. So, I decided to focus on it.

I've learned that choosing a topic that I was passionate about has made the dissertation process fun! Meetings with my research team shifted my attitude from "work" or "training" to something much more energizing. Class assignments related to my dissertation have become more meaningful, and my topic inspired discussions with clinicians working with families of autism in the local community. These experiences have allowed me to start envisioning my future practice. I'm now aspiring to achieve goals that I never considered such as writing books on the topic!

At the time, it was daunting to take on something so new and less practical for my dissertation. Already the bet has more than paid off. For other students facing similar decisions, I encourage you to follow your passions and wish you all the best in your own professional development.

Healthy Body, Healthy Mind: an Interview With a Guy in the Gym

PAVEL SOMOV, PhD

THERE IS A CURIOUS QUOTE by Arnold Schwarzenegger: “My body is like breakfast, lunch, and dinner. I don’t think about it, I just have it.” I am not sure in what context he said this. Was he shrugging off a compliment? Or alluding to the idea that a healthy body doesn’t get in the way, doesn’t ache, doesn’t complain but obediently and diligently serves the mind of its owner? As I said, I am not sure of the context but I do find this quote rich in interpretational possibilities. One such possibility of interpretation is almost a literal take on the quote: that body is, indeed, like food—food for thought. What is body? What is mind? Are two the same? If not, how are they different? How do they interact? These are fundamentally philosophical questions. We’ve come to expect that matters of philosophy are for academic symposia or coffee houses or the star-gazing types with a dooby in between lips. But there is another kind of philosopher that too delves deeply into the matters of body and mind. I am talking about an athlete.

Having grown up in the Soviet Union, at a time when the Cold War was fought vicariously through sports, I attended a “sport school.” The idea behind sport schools was to cultivate Olympic reserves. In addition these schools cultivated discipline of mind. I found it pretty telling that nearly my entire graduation class got into college on the first try unlike my cohort from the non-sport school that I had attended before. In those days of free college education in the Soviet Union, to get into college you had to pass highly competitive entrance exams (most of which were oral!). And we knew how to compete! We majored in competition.

Ever since those days, gym has been part of my life. In my experience, you will find three types of folks in the gym—those trying to get healthy for whatever reason, those trying to look good, and those for whom exercise is a form of meditation. This last group may look hardcore, may look like those stereotypical sportos in tricked-out Hondas on a bar prowling but they are anything but that. There is a lot to learn from these modern-day fakirs, from these Western yogis, if you wish. For them the body is a vehicle of self-exploration, a means to an endless psychological end, a food for mind to chew on.

The following is an interview with Mike Whiteman, a “method-man”—as I jokingly called him—that I met at Wright’s Fitness in Crafton area of Pittsburgh. On the outside, Mike is an impressive man—on my first day at Wright’s gym I heard major thumping in somewhere in the backroom. I followed the sound during my tour of the gym and saw Mike doing Olympic-style weight-lifting snatch with a bunch of weight on the bar. In the weeks to come I had many a chat with him and remain impressed with his balanced approach to life.

Recently I asked him ten questions, curious to explore what’s inside. Here’s a glimpse of Mike’s mind.

Pavel: Mike, what is the meaning of sports and physical activity in your life? What’s it all about for you? Why do you exercise and work out? What’s the big picture of exercise in your life?

Mike: Sports and training present that continuous challenge to me. It’s easy to quantify the results as well. Weight, time, speed are a great way to track progress. It is in my nature to always want to improve. I train to achieve goals and then I re-establish new ones. This is important to contrast from just working out which is just training with no goals. Clarity, focus, and the constant desire to overcome and achieve is what it’s about. I am least productive when I’m not challenged. It is very much a lifestyle. I am gluten-free and strict paleo in regards to diet. Recovering and preparing for what is next is equally as important to the physical act of training itself. Longevity, vitality and balance—that is the big picture.

Pavel: What makes for a good gym?

Mike: A good gym is simple. I’m a big functional movement guy, as you know, with snatch, clean-and-jerk, squats, presses and pulls. A weight-lifting platform, barbells, and a rack for squats and presses are all that is really necessary for the kind of exercise that I currently do. Dumbbells, kettle bells and sleds would provide variety but the simpler the better. Atmosphere of the place is not to be overlooked. You want to surround yourself with like-minded people who also want to improve. An “abundance mindset” is important: avoid scarcity and try to find inclusive communities.

Pavel: Having seen you work out, I noticed that you don’t seem to listen to music when you exercise... What’s your take on music in the gym?

Mike: Music helps particularly when training gets repetitive. Music actually is important to me it just so happens that Wright’s Gym plays my genre of rock/metal. The funny thing is that after I warm up and find my rhythm it might as well be silent as I get that focused.

Pavel: When we first met, I jokingly referred to you as a “method man” because of your very methodical approach to working out... Do you ever come to the gym without a plan, without an agenda and just “play around,” improvising a work out as you go?

Mike: Sunday-Funday! Sundays are unscripted and the purpose is to get some cardio and do mobility and recovery work. I usually do sprints and jumps, row, push sleds and mess with the bar. It’s very random.

Pavel: What are your fitness goals?

Mike: Snatch 330 lbs/150 kilos. Clean and Jerk 396 lbs/180 kilos. Back Squat 550 lbs/250 kilos. Stay very fit and balanced in this process as well.

Pavel: How did this all begin for you—who influenced you, how did end up placing an existential priority on exercise?

Mike: Good question. I’ve been an athlete my whole life and my fondest memories often include competition. So a large part I suppose is not being able to lose that competitive spirit. I also like the fact that the responsibility in achieving these personal goals falls solely on me. If I don’t achieve them I have no one to blame except myself. It’s about personal accountability.

Pavel: Do you have a “soap box” topic when it comes to the state of wellness in US? What are some of the systemic issues that you see in the national/cultural attitude towards fitness and wellness?

Mike: I could probably go on for days with this one! The biggest and perhaps the saddest issue is the decline of physical activity in the youth of America. There is no more mandated PE (phys.ed.) in schools. And our increasingly technologically-intensive society is creating a near widespread epidemic with obesity and diabetes. True, people are living longer because of the advances in medical science but the quality of life is decreasing rapidly. The shame here is I feel that most people don’t actually know how to take care of themselves. Perhaps the most important thing that an individual possess—his or her health—is the most devalued.

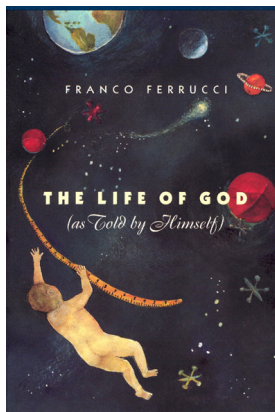
Pavel: I feel that anyone who is serious about cultivating body is also serious about cultivating mind. With this in mind, I want to also ask you the perennial philosophical questions: “What is mind? What is body? What is life?” An off-the-cuff response is best.

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The Life of God (As Told by Himself)

BY FRANCO FERRUCCI

I HAVE NOT HAD THIS much fun reading a work of fiction since I read (years ago) Bulgakov's "Master and Margarita." If bible is a story, this is yet another bible, another story of questions and answers. Ferrucci's biggest spiritual accomplishment in this "novel"—I think—is the insistence on the ineffability of the subject matter (which is "what is God"). Paradoxically, even God (if I follow Ferrucci's point) wouldn't have a clue and would need a mirror... And that's where humankind comes in, according to Ferrucci, as an imperfect mirror of an evolving cosmic reality. I laughed, I teared up, I had fun reading this... and I felt enlightened (even if I wasn't).

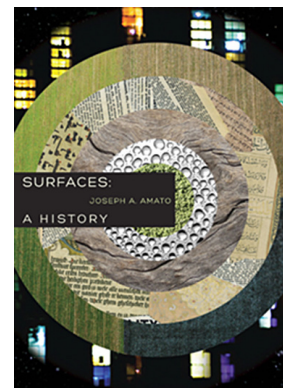


University of Chicago Press, 1997

Surfaces: A History

BY JOSEPH AMATO

SURFACES—RIGHTLY DESCRIBED by other reviewers as "scholarship"—is canonical in its importance. "Surfaces" is anything but superficial: it is history, it is epistemology, it is psychology, it is mysticism, it is prophecy. And, in my reading of it, "Surfaces" is an exposition of a subtle trinity of existence: to touch is to know; to be touched is to be known; to touch is to be touched (to know is to be known). This book will probably take several months out of your life and it will then "refund" you with an understanding that to be in touch with reality is to be in touch with yourself. "Surfaces" is anything but superficial!



University of California Press, 2013

Interview... *continued*

Mike: Cannot separate mind from body! The mind is the most important aspect. Having a strong disciplined mind is essential in this process of continuous development and growth. Believing in yourself and embracing the process starts with the mind. The most dangerous thing is NOT setting a lofty goal and failing to achieve it, but rather setting an easily obtainable goal and achieving it. This is why most people underachieve. Expectations are far too low. Again, these convictions begin with the mind.

Pavel: Tell me about your podcast.

Mike: The Fast and Jacked podcast is an inclusive information platform designed to stimulate thought and challenge people to live a healthier lifestyle. I have two co-hosts, Major Mason and Mitch Narbe, and we often have guests on as well from different types of movement disciplines. It's saved on iTunes and at our website is www.fastandjacked.com.

Pavel: Do you have a mission of sorts, a legacy you are working to leave behind?

Mike: Legacy would be to change the world of Strength and Conditioning and, specifically, soccer. Even at the highest levels of athletics glaring holes exist. Between myself and the community I'm trying to grow a unique way to start effecting change.

As you see, Mike isn't just lifting weights—he is a deep thinker. The "method-man" that he is, he can readily state his goals. At the same time, he understands the value of "going random" on funday-Sundays. There is no paradox here—just balance. He speaks of "embracing the process," of loving "getting so focused" when he hits the rhythm of the exercise. Zen-like, he values simplicity. And cautions us to not fear lofty goals. No, he is not a perfectionist—he is a skilled charioteer of his own body-mind. A modest change agent in our midst who "preaches" longevity, vitality and balance—a veritable trinity of health.

A Blast from the Past...

The following is an excerpt from the 1957 minutes of the Pittsburgh Psychological Association (now the GPPA)

FALL MEETING

The gala fall meeting of the Pittsburgh Psychological Association is perpetrated

on Friday, 25 October
7:30 P.M.

at the offices of the
American Institute for Research
410 Amberson Avenue

A diversified schedule of reinforcement has been programmed.

STIMULATION

Mr. George Swetnam of the Pittsburgh Press will speak on psychology and public relations as seen by a working newspaperman. We have all seen articles by Mr. Swetnam on psychological topics and admired his skill in presenting them well. Let's see what he thinks of us and our public relations.

DEPRIVATION

There will be a short, brief, cursory, swift, efficient, exciting business meeting. The primary business is to elect new members of the Board.

CONSUMMATION

Following the above (and perhaps during the above, for all we know) there will be a

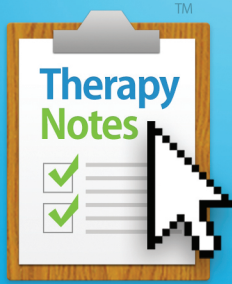
PARTY PARTY PARTY

Beverages will be served at nominal prices. Joy will reign supreme. There will be no control group.

Photo Highlights from the 2015 GPPA Networking Fair at PNC Park



Thank you to all of our attendees, exhibitors, and sponsors for making this a great event!



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My experience with TherapyNotes this past month has been fantastic!

Firstly, the system is easy to navigate, thorough, flexible, and extremely clinically intuitive. Secondly, technical and customer support has been efficient, fast, and very personal. I am leaving another EHR system for TherapyNotes... gladly. I'm very happy that you've created such a quality product. Thank you!

Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

Just want to say that I truly love the system!

It takes all the guesswork out of tracking paperwork. Being able to schedule appointments and then have the system take over and track what is due for each client is wonderful.

Kathleen Bremer, PCC-S

[Many more stories on TherapyNotes.com!](http://www.therapynotes.com)



View Features and Sign Up Today at www.TherapyNotes.com

GPPA Continuing Education Calendar

FRANCINE FETTMAN, PhD

PLEASE NOTE:

Unless otherwise noted, 6.25 CE Credits are offered for each seminar.

OCTOBER

Wednesday **Self-Regulation in Children: Autism, ADHD or Sensory Disorders**
 Oct. 28 Robbie Levy, MA, OTR/L
 7:30am-4pm Fee: \$219.99
 Information: 800-844-8260 or www.pesi.com
 Holiday Inn Monroeville
 2750 Mossdale Blvd. 15146, 412-372-1022

NOVEMBER

Monday **The Aging Brain**
 Nov. 6 Roy D. Steinberg, PhD
 7:30am-4pm Fee: \$219.99
 Information: 800-844-8260 or www.pesi.com
 Holiday Inn Monroeville
 2750 Mossdale Blvd. 15146, 412-372-1022

M / T / W **Alternatives for Families: A Cognitive Behavioral Therapy**
 Nov. 9 - 11 AF-CBT team. University Club of Pittsburgh
 CE Credits: 19.5. Fee: \$1,500
 Information: Barbara Baumann, PhD
 University of Pittsburgh Medical School
 540 Bellfield Towers, 412-246-5887 or www.afcbt.org

WPIC MENTAL HEALTH TRAINING SERIES

All courses provide 5 CE credits unless otherwise noted. For further information call 412-204-9086 or 412-204-9077 or visit www.wpic.pitt.edu/oerp

Thursday **Psychopharmacology Review**, (R844)
 Oct. 29 Rodef Shalom, Room ALC1, 4905 Fifth Ave, 15213
 9am-3pm Fee: \$89

Mon / Tue **Motivational Interviewing Assessment Supervisory Tool for Enhancing Proficiency** (MIA STEP), (R852)
 Nov. 9 - 10 14 CE Credits. Fee: \$150
 8:30am-4pm Re: solve Crisis Network, 333 North Braddock Ave., 15208

Th / F **Basic Case Management** (R851)*
 Nov. 11 - 12 Must attend both days. 10.05 CE Credits
 9am-3pm & Fee: \$150
 8:30am-3pm Pressley Ridge, 5500 Corporate Dr., Ste. 400, 15237

Wednesday **Children's Case Management** (R850)*
 Dec. 2 Fee: \$89
 9am-3pm Pressley Ridge, 5500 Corporate Dr., Ste. 400, 15237

Friday **Basic Motivational Interviewing** (R853)
 Dec. 4 Fee: \$89
 9am-3pm Rodef Shalom, Room ALC1, 4905 Fifth Ave, 15213

*General CEUs given. No other types will be available.

Interested in Advertising in the Newsletter?

Contact Angie at GPPAPittsburgh@Gmail.com

Notices & Announcements

GPPA Legacy Award and Special Recognition Nominations:

Winter, 2016

Nomination deadline: December 1, 2015

THE GREATER PITTSBURGH Psychological Association is requesting nominations for our **Annual Legacy Awards Ceremony**. GPPA Legacy Awards honor outstanding individuals who have made lasting contributions to the profession of psychology and to the community of psychologists in Western Pennsylvania. Note that you *do not* need to obtain a person's permission to nominate them for this honor.

Send nominations to: gppapittsburgh@gmail.com

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You are welcome to attend a Peer Consultation Group

Friday, November 6th, 11:30 - 1:00pm

68 Wabash Street • Pittsburgh, PA 15220

Please bring a brown bag lunch and join us for peer collaboration, consultation and support. There is free parking on site.

RSVP: Victor@VillageTherapy.org

Pittsburgh private psychological practice has an open position for an experienced psychologist, social worker or professional counselor. The practice offers a deep list of referral sources and excellent opportunity for building a private practice caseload. Diverse client treatment experience preferred. Paneling with area insurance companies a plus. Interested applicants may forward CV to schachnerassociates@gmail.com or call 412-508-1739.

Mark your calendars!

The Fall GPPA / PPA Social is set for Friday, November 20th from 6-8pm. More details will be announced on the GPPA Listserv soon.

GPPA COMMITTEE INTEREST FORM

Perhaps the most important benefit of GPPA membership is the opportunity to become more involved. By joining a committee or the Board, you will have the satisfaction of making a positive difference in your professional community. You will meet new people, connect with old friends, and hone your skills. And remember—just a little of your time and energy will go a long way!

I am interested in joining the following committees (check all that apply):

COMMITTEES:

- | | | |
|--|--|---|
| <input type="checkbox"/> Board of Directors | <input type="checkbox"/> Membership | <input type="checkbox"/> Communication/Public Affairs |
| <input type="checkbox"/> Mentoring | <input type="checkbox"/> Continuing Education | <input type="checkbox"/> Networking/Social |
| <input type="checkbox"/> Disaster Response | <input type="checkbox"/> Newsletter/Publications/Ads | <input type="checkbox"/> Early Career Psychologists |
| <input type="checkbox"/> Scientific/Academic Affairs | <input type="checkbox"/> Health Care | <input type="checkbox"/> Website |
| <input type="checkbox"/> Legislative Action | <input type="checkbox"/> Other: (specify) _____ | |

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Send this form to: GPPA c/o Angie Phares / 68 Wabash Street, Suite 100, Pittsburgh, PA 15220 / 412-441-7736 | Fax: 412-440-8114

COMMITTEE INFORMATION:

BOARD OF DIRECTORS:

The GPPA Board directs policy, administers finances, and oversees committees.

CHAIR:

Victor Barbetti, PhD: President
412-455-6890 ext:1
victorbarbetti@gmail.com

BOARD MEMBERS:

Terry O'Hara, PhD: Secretary
Kevin Burnsley, PhD: Treasurer
Teal Fitzpatrick, PhD: Assistant Treasurer
Cynthia Magistro, PhD
Shannon Edwards, PsyD
Beth Silver, PhD

COMMUNICATION/PUBLIC AFFAIRS:

Communicates with the public regarding psychological services.
CHAIR: Open

CONTINUING EDUCATION:

Plans and implements continuing education events.

CHAIR:

Beatrice Chakraborty, PhD
412-349-5305
beatricech@pcom.edu

DISASTER RESPONSE:

Coordinates GPPA's response to disasters and crises affecting our community.

CHAIR:

Francine Fettman, PhD
412-367-1369
ffettman@hadassah.org

LEGISLATIVE ACTION:

Deals with legislative issues affecting the practice of psychology.

CHAIR:

Arnold Freedman, PhD
412-244-9866
afreedman3@verizon.net

MEMBERSHIP:

Plans membership drives, processes applications.

CHAIR:

Victor Barbetti, PhD: President
412-455-6890 ext. 1
victorbarbetti@gmail.com

NETWORKING/SOCIAL:

Plans networking and social events.

CHAIR:

Shannon Edwards, PsyD
Dr.shannon.edwards@gmail.com

NEWSLETTER/PUBLICATIONS AND ADS:

Publishes quarterly GPPA newsletter: The GPPA Report.

CHAIR:

Pavel Somov, PhD
866-683-3204
psclinical@hotmail.com

SCIENTIFIC/ACADEMIC AFFAIRS:

Fosters integration of science and practice within/outside of GPPA.

CHAIR: Open

WEBSITE:

Oversees operations of GPPA website.
CHAIR: Open

WELCOME NEW MEMBERS:

Member

John McParlane, PhD
Joan Bruni, PhD
Dianne Jandrasits, PsyD
Michael McCue, PhD
Deborah Gilman, PhD
Erin Reynolds, PsyD
Dante Mancini, PhD
Joanne Petursson, PsyD
Cindy Hatch, PhD
Kelly Walz, PsyD

Associate

Karen Litzinger, LPC
Alyssa Pirain, LPC

Affiliate/Student

Krista Behrens
Erin Wentrobe
Kaitlyn Horan

GPPA Board Meeting Dates & Times: Fall 2015

LOCATION: Chatham University
Dilworth Hall, Room 219

Wednesday, November 4 - 7-9pm

Wednesday, December 2 - 7-9pm

Interested in contributing to The GPPA Report? Email editor Pavel Somov with your idea at psclinical@hotmail.com





Greater Pittsburgh Psychological Association
68 Wabash Street, Suite 100
Pittsburgh, PA 15220

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