FALL 2011

Surviving the Storm: Professionally and Personally

"We are survivors here. We are not businesses and victims," said Dr. Austin Frisbie, a 2004 that evening, and killed Forest alumnus.

He and Dr. Chad Gerhart, another Dr. Frisbie worked in the Forest alumnus (2005), started their days following the storm to practice in Joplin, Missouri in 2007 recover patient charts and having no idea it would be reduced to records. He managed to a pile of rubble a few years later. On successfully recovered 100 the evening of May 22, 2011 the face of their practice and the city they lived in was changed forever by a massive EF-5 tornado.

"I was seeing people walking around with blankets over their heads, covered

rain and blood. They had hardly any expression. It was almost like zombie

happen to me." movie.

"Do not assume it can't

and people were in shock," described Dr. Frisbie as he spoke about what he saw when he first drove into town from his home which narrowly escaped the twister's path.

The tornado destroyed hundreds of

more than 150 people.

percent of those files.

"Most of them were in adequate condition, but a few were muddy," he said.

Over the next few weeks Dr. Frisbie

played two roles, one as a business owner and one as a practitioner assisting the Joplin Police Depart-In both ment.

cases, he learned a lot about his preparation for a disaster of this magnitude.

Establishing a temporary location for office was а top priority. "Everything changed from a buyer's

market to a seller's market. Places to lease were really few and far between." However, Dr. Frisbie and Dr. Gerhart found an abandoned building a few blocks away, which serves as the current home for their practice.

Looking back on the storm, Dr. Frisbie says one of the biggest things he learned is how effective disaster planning can pay off in the long-run, especially if you own your own practice.

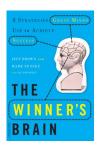
....continued on page 7.



Alumni Spotlight



On the Bookshelf



Faculty Spotlight



St. Louis Growth



Myers Commons



Alumni Spotlight

Reaching Out to an Underserved Population

Drs. Carole and Herschel Brunner say a day in their practice is far from ested in working with people with deordinary. The married team, both graduates of Forest Institute, work for in graduate school. During that time the State of Louisiana's Office for Citizens with Developmental Disabilities.

Carole, a 1999 Graduate, now serves as the state's Support Planning and Assessment Coordinator for the division. Her husband Herschel, a 1998 graduate, works at the regional level in the Capital District.

Both are quick to tell you they are working in a field that is in desperate need of more clinicians, but one they consider very rewarding. "The improvements we see are much more observable than what you see in a traditional clinical setting," said Dr. Herschel Brunner who spends most of his time working in the field.

He believes his daily routine is much different than that of a traditional psychologist. "Much of the work I do with folks is in their home, their day programs, or their school. It's where they are living, working and breathing, rather than in an artificial setting. I take a look at the problems people are having within the

environment they are living," said Dr. Brunner.

"The improvements we see are much more observable than what you see in a about traditional clinical setting."

His wife, Dr.

Carole Brunner, may not be working directly in the field anymore, but she too says working with developmentally disabled people is something you can learn to love. "So much of it is strength focused. You build on skills the person already has," she said.

Now Dr. Brunner oversees ten regions throughout Louisiana and is over the provision of training in those entities.

Dr. Brunner says she became intervelopmental disabilities while she was she worked at an intermediate care facility where she got her first experience with the population. "A lot of us fell into this career by just getting that first job and a little bit of experience and then building on it," she said.

Dr. Brunner recently began search for qualified candidates to work for her department and says it is a challenge to find anyone with experience in developmental disabilities. "I think there is still some trepidation on the part of clinicians to treat this population," said Dr. Brunner. "There may be more now than in the past, but this is an area that is very fertile land for people who would be interested in pursuing a career in developmental disabilities."

The couple does say the recent attention to autism spectrum disorders has helped shine a light on this population to a degree, but people with developmental disabilities are still easily overthis population," said Dr. Herschel Brunner apart. They suggest if you

with develop-

Brunner.

with physical disabilities such as Cerebral Palsy through the gamut of intel- the need," said Dr. Herschel Brunner. lectual disabilities from mild to profound MR, and a whole host of medical problems that go along with that."

However, Dr. Carole Brunner says the more education about this population that arises the better. "We often see people who come in who are overmedicated because of the simple lack of knowledge in serving this popula-



Herschel Brunner, Psy.D. (1998) Carole Brunner, Psy.D. (1999)

tion," she said.

Dr. Brunner says it is very common for medical conditions to be confused for a psychiatric condition. "Sometimes we see people who have never had behavioral issues, and all of a sudden they start to behave differently. People tend to think immediately it's a psychiatric condition, when often times it is a direct result of a medical issue," she

These are among the challenges that looked. "Autism is a very small part of set the jobs of Dr. Carole and Herschel would like to learn more about serving "When I talk this population just check with your people state's department of mental health. "Every state has programs for people mental disabili- with developmental disabilities. Take a ties, I might be talking about people look at the programs and even volunteer with some and you will quickly see

> Dr. Carole Brunner says her division is seeking more psychologists and you can view all open positions at www.civilservice.la.gov/ jobseekers.asp.

Drs. Brunner married in 2005, and have two children, Olivia who is four and Aidin who is two. The family resides in Baton Rouge, LA.

President's Passage

The Future of the Robert J. Murney Clinic.



Mark Skrade, Psy.D., President

With this edition of the alumni newsletter, we mark a new chapter in the future of Forest Institute. In October, the board named a new leader to the Robert J. Murney Clinic and the clinic was repositioned under the Center for Innovation and Community Health, formerly the Center for Professional Solutions.

"I think we can expect some exciting Dr. Jennifer Baker is the new developments bolstered by the solid new Director foundation left by Drs. Murney and King."

of the Murney Clinic. I'm excited to have her oversee grant, in which Forest was one of only the clinic's operations because she has a track record of quality improve-

ment, growth, and innovative thiking.

This announcement comes as my vision for the Murney Clinic grows with the times. I believe we must expand the clinic in a more significant way through primary care psychology. We must continue to develop relationships with healthcare systems and providers throughout the Ozarks. In doing so, I hope the dual mission of the clinic will be enhanced, whether that lies in education and training or with service and outreach.

Even with change, the Murney Clinic remains a staple to this community. In the last ten years, the number of client contacts per month went from around 100 to more than 1,000. This is partly

thanks to the efforts by Dr. Robert Mur- see how the staff is making the clinic ney and Dr. Robert King who led the work on a day to day basis," said Dr. clinic to where it is today.

However, I believe Dr. Baker's leadership will take the clinic to new levels. I think we can expect some exciting new developments bolstered by the solid foundation left by Drs. Murney and King.

Dr. Baker was a natural choice for this position because she has brought a long tradition of service to Forest Institute. Dr. Baker led the Marriage and Family Therapy Program from 2000 to 2009.

Some of her bigger accomplishments lie within her ability

> to write and maintain grants. Over the last few years, Dr. Baker led the Child and Welfare Training

five schools to obtain. Baker also led the "Operation Us" grant for the last five years. These grants led Dr. Baker to several years of work in the community, and a better understanding of where the needs of mental healthcare are heading. For this reason, the administration promoted her to Vice President of Innovation and Community Health earlier in the year, prior to her becoming Director of the Murney Clin-

Dr. Baker says she plans to spend her initial time at the clinic learning more about the position. "I think in the first few weeks and months, it is important to understand where things are, to talk to the people who are already doing the job, to have a good understanding of clinical training, to Baker.

As far as continuing the vision for the clinic, Dr. Baker hopes to bring some new ideas to the table. "I think we have room to grow. I would like to see

> us run more psychoeducational programs out of the clinic, in terms of wellness for families, relationships, etc. I think that is a valuable thing we could do well, and it builds on the work that "Operation Us" did over the last five years," said Dr. Baker.

> She says her transition will be made much easier thanks to those who led

the way before. "I'm very grateful to Dr. King for all of the work he has done with policies, procedures, handbooks, and all of the things that make running a clinic go smoothly. I think he has really excelled in that area. I'm not coming into an area where there are holes in the net or gaps in service," said Dr. Baker.

Dr. Baker says while she is excited, she hopes to bring something new to the position and improve upon what has already been done.



Jennifer Baker, Psy.D., LMFT Director of the Murney Clinic

Faculty Spotlight Dr. Gerald Porter has a vision for the future.

Dr. Gerald Porter joined the Forest community in August of 2011 as the Interim Dean of the Psy.D. program and as Associate Vice President for Academic Affairs. Within only a couple of months, he is tackling things like accreditation and how to ensure the institution stays in compliance in the future.

"These days governing bodies are looking at outcomes. So, that means you have to collect data," said Dr. Porter. "That needs to be part of our everyday routine, that data is collected and compiled. The decisions we make about improving and refining our program should be based on a thoughtful and careful analysis of that data."

Porter also wants to work with the incoming Dean of the Doctoral program, Dr. Michael Leftwich on things like refining the dissertation process. "One of the things that's really unique and special about Forest is that many of the people we train are from the Ozark region and they are going to go back to serve that region, which is one that has incredible mental health needs. I think we should have a dis-

Dr. Gerald Porter joined the Forest sertation model that's not designed for community in August of 2011 as the the traditional academic setting, but Interim Dean of the Psy.D. program one that's designed for people who are and as Associate Vice President for really going to be clinicians."

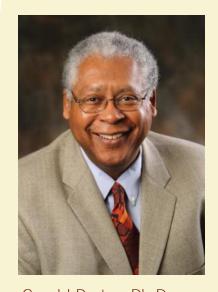
However, Dr. Porter says at a time when more and more students are asking whether they can afford college or if it's really worth the cost, "we have to find a way to make it more affordable without compromising the quality of instruction that is provided."

Dr. Porter will transition to his role of Vice President of Academic Affairs in January 2012.

Dr. Porter has a Ph.D. in Educational Psychology and Statistics, as well as a Certificate of Advance Study in School Psychology from the University of Albany, State University of New York. He worked for more than 20 years in academia, and before that worked in a variety of clinical and policy positions for the state of New York.

He says the move to Springfield was a pleasant one, and that he and his wife are slowly getting unpacked.

"People have gone out of their way



Gerald Porter, Ph.D.Interim Dean of Psy.D. ProgramAssociate Vice President of

to be welcoming and to provide the support I need," said Porter.

Academic Affairs

Finally, he wants to reach out to alumni to contact him about their accomplishments.

"I look forward to meeting with alumni to hear directly about the kinds of experiences they had at Forest and how those experiences prepared them to practice out in the big world," said Dr. Porter.

The Myers Commons Dedication



Laura C. Myers Friend to Forest Institute

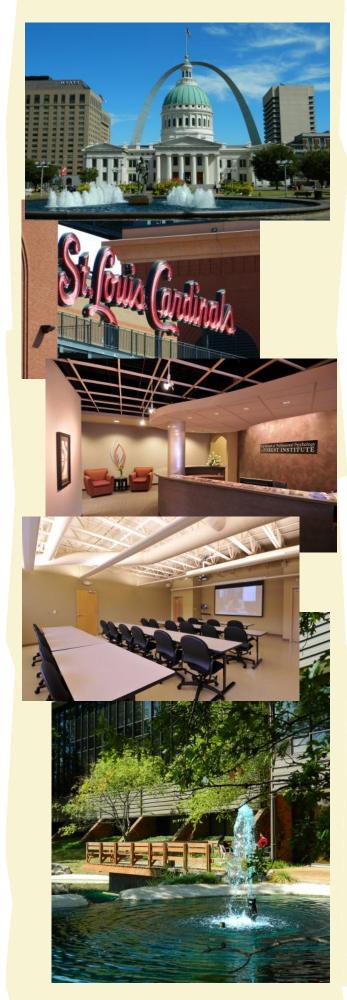
On September 15th, the Forest Institute community lounge and atrium was re-dedicated in memory of Laura

C. Myers. Myers was the mother of Dr. Myers says his mom took a very Dr. William (Bill) Myers, Forest Institute active role in his education, becoming alumnus (1993) and member of the increasingly passionate about the pro-Board of Trustees (2009 to present). fessional school movement. She be-

Originally from Iowa, Mrs. Myers and her husband owned and operated a local general store for more than 30 years. She was known as an astute business woman who took an active interest in her neighbors, customers, and community. In her later life, Myers served on the board of a Foster Grandparent Program at a large state mental hospital. Thus, she was delighted with her son's pursuit of an education in a helping profession.

Dr. Myers says his mom took a very active role in his education, becoming increasingly passionate about the professional school movement. She became resolved in her belief that the training of practitioners is one of the best methods to ensure an adequate number of clinical professionals to address the significant percentage of individuals experiencing emotional problems in our society.

In that regard, Laura C. Myers is considered a true friend to Forest Institute.



Forest Institute St. Louis

Continued Growth One Year After Opening

master's in applied behavior anal- experience. ysis.

rollment at the site continues to same. grow with students now representing four states and the St. Louis metro area.

al partnerships with area agen- locations, and that to me is an cies. open more practicum opportuni- ing it right." ties for more students. "That's a blessing," said Dr. Brian Nedwek, Director of Forest Institute St. Louis.

Dr. Nedwek says part of the success of the St. Louis site is that our model is unlike other

In the Fall of 2010, the doors to schools. "We don't want to com-Forest Institute's new St. Louis pete with those schools that are site opened to students looking to preparing students for a career in obtain their master's in clinical research," said Nedwek, who also psychology. Within just a year, attributes the site's growth to an the site expanded again to offer a exceptional faculty with plenty of

Over the summer, the admin-Centered in beautiful Creve istration hired Dr. Ellen Glover-Coeur, the St. Louis site is reach- Orr as the site's first full-time facing out to students who did not ulty member, and hopes that have many options for graduate number will continue to expand level studies in psychology. En- as enrollment numbers do the

"Our first four students are now starting practicum. That's kind of a big deal for us," said Dr. Ned-We are currently finishing sever- wek. "They have good practicum Those partnerships will intermediate sign that we are do-

> For more information about the St. Louis site please visit:

> > www.forest.edu/stl

The St. Louis Lecture Series

Register Now!

November 4th - Behavioral Contracting

Presented by Katie Renaud Breneman M.A., BCBA

This presentation will focus on the concept of Behavioral Contracting, an effective tool in helping to establish mutual goals between two individuals.

December 2nd - ABA Therapy in School Settings

Presented by Jenny Frisbee, MA, BCBA, LBA

This presentation will focus on the implementation of Applied Behavior Analysis (ABA) therapy in school settings.

*All workshops are 2 CEs and are from 4:30 to 6:30pm at our St. Louis site for a cost of \$50.

More information at www.forest.edu/stl-lectures.aspx

ON THE BOOKSHELF

The Winner's Brain: 8 Strategies Great Minds Use to Achieve Success

Brown, a 1997 Forest alumnus, says the brains are always changing." key to being a successful person all lies within the brain.

brain triggers that aid in a person's suc- come out on top." cess.

power tools. The tools include things like School and supervises pre-doctoral inthe opportunity radar. "People who are ternships at McClean Hospital. He also successful know how to recognize an avenue that can lead to success, and Marathon Medical Team. often times it is a non-traditional avenue." said Dr. Brown.

include focus and attention, emotional Chicken Soup for the Soul. balance, and taking care of your brain.

languages and Dr. Brown summarizes it website at www.drjeffbrown.com.

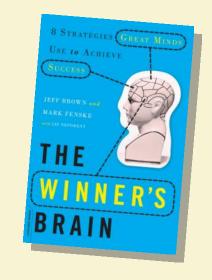
Everyone has different opinions of what by saying, "the whole idea is the fact that it means to be successful, but Dr. Jeff we can change our brains, and that our

This is Brown's second book. His first, "The Competitive Edge," was released in His new book, "The Winner's Brain: 8 2007. In this book Dr. Brown outlines the Strategies Great Minds Use to Achieve skills to become a winner every time you Success" takes a closer look at several compete, "regardless of whether you

Dr. Brown is a cognitive behavioral psy-Dr. Brown calls five of these the brain chologist with the Harvard Medical serves as a psychologist for the Boston

Brown recently signed another book deal and will be publishing two more There are also the "win factors" which books with Harvard Medical School and

For more information about Dr. Brown The book is being sold in 11 different and his books, you can check out his





JEFF BROWN, PSY.D. (1997)

Expanding the Practice

Applied Behavior Analysis Program Kicks Off

Fall 2011 marked another expansion in Forest Institute's curriculum. The Applied Behavior Analysis master's program and the Board Certified Behavior Analyst® certificate programs both kicked off bringing new opportunities for students to learn and develop souri joins those ranks, which requires as practitioners.

Program Director, Dr. Michele Williams says Forest's ABA programs are not only great for new students but are also a great way for current professionals to expand their skill set.

"It's a really good opportunity for alumni because anybody with a master's degree or higher is eligible to become a Board Certified Behavior Analyst® if they complete the required education and supervised experience," said Dr. Williams.

Making the expansion of this program they might have to get the additional even more important is the continued training and certification to be able to push by legislators across the country bill insurance companies," said Dr. Wilto require ABA therapy be covered by liams. insurance.

therapy to children and adults, up to the ages of 21, who have been diagnosed with an autism spectrum disorder. While that's great news for those needing the coverage, insurance companies will require further training for practitioners already working with this population.

services of a BCBA® or BCaBA®. So, eight week sessions. For more inforeven if they are experienced, have mation been working with these individuals, at mwil469@forest.edu

Among the things Forest's program In January of 2012, the State of Mis- offers is the training necessary to sit for the exam required to become certicoverage of applied behavior analysis fied in this field. Forest is one of only a few schools in the nation offering both the classes and practicum experience, that would take years to obtain individ-

The Applied Behavior Analysis programs are being offered at both our Springfield campus and our St. Louis site. Forest's ABA programs are con-"Insurance companies only pay for the veniently offered two nights a week in on the programs been working in this area, and have www.forest.edu or contact Dr. Williams

Center for Professional Solutions Changes Name New Name Equals Broader Mission and Focus

for Professional Solutions transitioned to The Center for Innovaand Community Health (CICH).

The name change more accurately reflects the work done being done under Dr. Jennifer Baker's leadership, and identifies it more . closely with the entire health care •

During summer 2011, The Center community and a collaborative health model.

> Projects associated with The Center for Innovation and Community Health include:

- The Murney Clinic
- **MHCC**
- Continuing Education
- The Civility Initiative

Call for Spring 2012 Continuing Ed Proposals

Interested in sharing your expertise or latest research?

CICH is now accepting proposals for the Spring 2012 Fridays @ Forest continuing education program.

Call Stacey Trewatha-Bach at (417) 823-3469.



http://mhcc.forest.edu

Conference

March 8-10, 2012 **Registration Opens**

January 4, 2012

Continuing Education Workshops

- 10/21 Coaching Parents on Dealing with their "Techie" Teen
- 10/28 Anorexia, Bulimia, & Binge Eating: Diagnostic Issues and Controversies
- 10/28 Booming Population: Working with Older Adults and Their Families
- 10/28 Crisis Intervention
- 11/4 Baby Boomers and Beyond: Interventions for Sexuality and Intimacy
- 11/11 The Wisdom of Enneagrams: Integrating into Practice
- 11/18 Helping Children Through Grief
- 12/2 Play and Family Therapy
- 12/2 Mindfulness in Psychotherapy
- 12/16 Assessment and Treatment Planning of Eating Disorders

More information at www.forest.edu/cich

Surviving the Storm: Personally and Professionally

Continued from cover...

Dr. Frisbie says the following items are crucial for being well-prepared for the worst.

- Insurance— It doesn't cover everything, but it is "huge in getting the effort restarted."
- Critical information needs to be backed up off-site.
- You must take care of yourself first.

"There are a lot of people that would want to rush out and want to help others, but you have got to monitor where you are," said Dr. Frisbie. "There were times I would have to get up at three in the morning to head down to the police station to catch the night shift, but there were other days where I said, I have to take this afternoon for myself."

He said knowing your professional

and personal boundaries is very im- later, not only did a complimentary PAI portant.

Now, nearly five months after the package, as well. storm he says Joplin is coming back, see an old business come back and open up again, it's been a triumph.

"Sometimes it is the small little things that matter after a tragedy of this magnitude."

That's part of the healing process."

There are also the stories of inspiration. In the storm, Dr. Frisbie lost one of his most-prized possessions from his office, an autographed copy of the PAI Manual by Dr. Leslie Morey.

In working with distributors to obtain new testing kits for his office, he mentioned this to a customer service representative with PAR. A couple of weeks kit show up at his office, but another

As he teared up, Dr. Frisbie said he one piece at a time. "Every time we walked over and saw a sticky note on it that said, "Austin, at least this is one thing that can be replaced." In the package was a new PAI manual, with more than just an autograph this time. Dr. Frisbie said he opened the book and on the inside cover were the words, "To Dr. Frisbie, hoping things get back to the norm after the Joplin tornado. Sincerely, Leslie Morey."

> Dr. Fribie believe it's stories like these that show how simple human kindness can help the people of Joplin survive and recover.

> "Sometimes it is the small little things that matter after a tragedy of this magnitude."

Alumni Focus

Francis D. Jones Library Digitization Project

ject, which includes master's theses dissertation. and doctoral dissertations.

collection will be available in a completely paper-free environment.

Since there are more than 1,300 manuscripts, the library staff has a long way to go.

You can help out, however, by submitting an electronic copy of your thesis or dissertation to the library, especially if you submitted your original project prior to the requirement of submitting a copy on disc.

In an effort to "go green" the library Please consider emailing the library started its capstone digitization pro- an electronic copy of your thesis or

The library is scanning older theses Once the digitization is complete the and dissertations manually but this is a very time consuming process. Having a digital copy allows easy conversion to a secured, protected PDF file.

> Please send any submissions to the library@forest.edu email address.

> If you have any questions about the project, please email Renée McHenry, Library Services Manager, at

rmchenry@forest.edu.

New Online Transcript Ordering Service Launched

Forest Institute is now using an service all PDF transcripts online-based transcript ordering service that allows you to order, pay for, and track your transcript's delivery all from the ease of your computer.

The new online ordering service also gives alumni and students the ability to request "official transcripts" in a PDF format. Prior to the launch of this

marked "unofficial."

The new system launched in September, after Forest partnered with the National Student Clearinghouse.

You can access the secure transcript ordering service by logging onto www.forest.edu/transcript.

Class Notes

Sandoval, Dr. Brian (2010) recently worked with a team to create the first ed his internship and residency at Ei- the Forest Institute and value the expeprimary care behavioral health page on the website Wikipedia. Sandoval is serving his post-doctoral year with Access Community Health Centers in Madison, Wisconsin.

first person in the country to participate in and complete the American Board of dinator for a community mental health Professional Psychology's early entry center and is a volunteer therapist for program. He urges others to consider the Fort Gordon Family Life Center. the program. visit the ABPP website.

passed his EPPP in July 2010 and is pared us for our careers today." currently deployed to Afghanistan.

Anderson, Dr. Dana (2008) is a Li-her censed Associate Marriage and Family Berry, Dr. Andrew (2007) was the Therapist who just applied for full licensure. She is currently the intake coor-For more information When Brent returns home from Afghanistan in March the two will be moving to Baumholder, Germany.

Alumni Links

Alumni Homepage www.forest.edu/alumni

The latest news and information affecting the practice and our alumni.

Alumni Job Openings www.forest.edu/alumni-jobs.aspx

Learn of mental health job open-ings for which you may be quali-

Information Update

fied.

www.forest.edu/alumni-update.aspx

Let us know where you are and what you are doing.

Refer a student or faculty candidate at:

www.forest.edu/form-contact.aspx

Help someone you know contact Forest.

Continuing Education www.forest.edu/cich

Learn about continuing education opportunities through the Center for Innovation and Community Health.

Anderson, Dr. Brent (2009) complet- Dana says, "We both miss our days at senhower Army Medical Center. He rience and education that has pre-

> Courtney, Dr. Renae (2010) opened private practice called "A Life Transformation Center, LLC" in Springfield this year treating individuals, couples, and families. She also teaches part-time as an adjunct faculty member for Forest Institute.

> Bennett, Dr. Libby (1991) launched a website for her practice this fall. Her practice focuses on psychotherapy and sex therapy. www.drlibbybennett.com