

Clinical Psychology Associates of North Central Florida E-Magazine

July-September 2014 Issue

Focus on Academic Assessment and Achievement



Clinical Psychology Associates of North Central Florida

Providing Quality Psychological Consultation,
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Clinical Psychology e-Magazine is a free online resource for individuals, parents, our [employee assistance program](#) clients and for community healthcare professionals.

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[Coping with Attention-Deficit Hyperactivity Disorder \(ADHD\) in the Workplace](#)

Mission Statement The mission of Clinical Psychology Magazine (CPeM) is to be a valuable source of information about psychological issues involving children and adolescents. We aim to provide practical articles, news of interest and resources for the community. Click on an article to read the full text. Check out our [articles and archives page](#) for more articles, many of which appeared in Gainesville Family Magazine and North Florida Family Magazine. All rights reserved, *Clinical Psychology Associates of North Central Florida*.

We had a great response to our last issue which included contributions from attorneys, child book authors, neuropsychologists from around the country as well as contributions from our own staff. Some of the articles were recently distributed by a colleague at a meeting of the International Association of Police Chiefs, and with some editing will soon appear in a series of articles for South Carolina firefighters.



We are holding over Dr. Max's article on assessment for accommodations as it fits with this issue's theme which includes two original articles by pediatric neuropsychologist, Regilda A. Romero as well as some additional articles relevant to this topic. Finally, this month's issue continues our series on occupational issues with an article involving bullying in the workplace.

July-August 2014 Featured Articles:

[**Preschool Assessment of Developmental Abilities and Disabilities**](#) by [Regilda Anne Romero, Ph.D.](#) and [Hannah Rainey](#). Article describes process and importance of early assessment and intervention as well as tests used by child psychologists and pediatric neuropsychologists. Also has tables and links related to developmental milestones.

[**Special Education 101: An Introduction Terms and Definition for Helping Your Child**](#) Parents often have difficulty understanding the very complex and often confusing matrix of definitions and policies which impact on qualification and access to services. Dr. Romero provides a summary of definitions often used by the Florida Department of Education and school systems.

[**Disability Accommodations 101: The Basics of an Accommodation Request**](#) Joanne Y. Max, Ph.D., P.C., Educational and College Planning and Consulting, contributes this article describing what testing and documentation is needed for accommodations for SAT, GRE, MCAT and other important examinations. She is a Clinical Psychologist and Clinical Neuropsychologist in the Atlanta, Georgia area. See: www.yourcollegedirection.com

[**Making the Grade Promoting Academic Achievement through Parental Involvement**](#) Discusses role of parental involvement in academic success and achievement and some suggested strategies.

[**Bullying: It's not Just Junior High – Problems with Bullying in the**](#)



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Most Popular Articles:

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[Identifying Childhood Depression](#)

[Understanding Adult ADHD](#)

[Psychological Aspects of Coping with Cancer.](#)

Workplace

Recent and Past Relevant Articles:

[Autism Spectrum Disorders: DSM-V Diagnosis](#) - Changes to how autism, Asperger's, Pervasive Developmental Disorder and other Autism related disorders will be classified in DSM-V are discussed. There is also a link in the article to national and Florida resources for Autism Spectrum Disorders.

[Attention-Deficit Hyperactivity Disorder and Co-Existing Conditions](#). Unless common conditions which may co-exist with ADHD are identified and addressed coexisting problems can undermine your child's success.

[Preparing the ADHD Child for the Summer and Beyond](#). A popular article for this time of year. Also check out [The Challenge of Returning the ADHD Child to School](#) and [The ABC's of Learning Disorders](#).

[Attention-Deficit Hyperactivity Disorder \(ADHD\) Medication: .pdf version](#)

A Growing List of Choices* by [Ernest J. Bordini, Ph.D.](#)

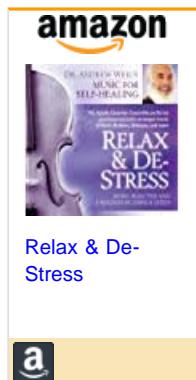
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Clinical Psychology Associates of North Central Florida

and Abimbola Farinde, PharmD., MS (Walden University, Minneapolis, MN)



[Storytelling Opens Doors of Communication](#) comes to us from Paul M. Kramer, of [Aloha Publishing](#), a book author from Hawaii. He describes how stories can bridge communication with children and adolescents about difficult topics and has a special offer for our readers. We have been honored to have previewed and to have been consulted in his recent and upcoming titles involving some difficult challenges children face. Wonderfully illustrated and cleverly written.



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RELAX & DE-STRESS

Relax & De-Stress

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[Insomnia: Guide to the Basics](#) We have worked hard on a series of articles on classification and approaches to treating and overcoming sleep problems.

[Clinical Psychology e-Magazine](#)
[Clinical Psychology Associates of North Central Florida Archives](#):

[April-June 2014 Honoring our First Responders](#)

[Jan-Mar 2014 Focus on Anxiety Disorders](#)

[Spring 2013](#)

[Featured Poem: This poignant poem by former Florida Psychological Association Executive Director, Bob Hall, was recently posted on his blog, *The Old Jarhead: I Loved Heroin More Than You*.](#)

NEWS:

[Clinical Psychology Associates of North Central Florida](#) was a recent co-sponsor of the NAMI Stop the Stigma fair and Kanapaha Botanical Gardens in Gainesville, FL [Dr Colleen Cummings](#) and [Dr. Regilda Romero](#) greeted visitors.

We are proud to announce renewal of our contract providing EAP services to City of Gainesville employees. We are also proud to announce expansion of our EAP services under an interim contract to provide services to Gainesville Police Department officers and their families.

We are currently recruiting for a child psychologist and possible



an adult psychologists to respectively serve as primary child and adolescent and adult therapists for the practice. For more information see: [Psychologist Help Wanted](#)

We are proud to announce an alliance with [Comprehensive MedPsych Systems](#) with offices in Sarasota, Lakewood Ranch, Bradenton, IMG Academy, Venice, North Port, Port Charlotte, Tampa and Ocala. We will facilitate Medicare and in-network BCBS referrals to MedPsych systems located in our Ocala office. MedPsych systems remain solely responsible for any services they render. They are recruiting for a psychiatrist to serve in the Ocala office.

We continue to add some books/readings in Amazon links at the end of some pages, and continue to work to reorganize the articles/archives page to make it easier to find the numerous articles on varying psychological topics. On the left side of this page we have added links to some of our most popular of articles. Dr. Jamison's article on Effects of Divorce on Children remains one of the most popular articles for many years. She was formerly an associate and is now in private practice in the Columbia, SC area.

We have finally converted the [NeuropsychologyCentral.com website](#) onto the same system we have this website making it easier to cross-reference articles and edit material.

Disclaimers: The opinions expressed in the magazine or in articles published or republished are those of the authors and do not necessarily reflect the views of the the owners or associates of *Clinical Psychology Associates of North Central Florida* (CPANCF) nor do they constitute an endorsement of product or services which may be described in the articles or by advertisers.

Our Series on Anxiety Disorders:

[Anxiety Disorders: A guide to the Basics](#) Anxiety disorders are amongst the most common mental health disorders treated by psychologists and psychiatrists. Left untreated complications can occur.

[What's New in the Classification of Anxiety Disorders?](#) DSM-V has brought changes to the diagnosis of childhood, adolescent and adult anxiety disorders, posttraumatic stress disorder, and others. This is a brief synopsis.

[Childhood and Adolescent Generalized Anxiety Disorder](#) What to Do When Anxiety and Worry Become a Serious Matter for Your Child or Adolescent.

[Treatment Approaches to Addressing School Anxiety, Refusal and Avoidance, What to do When Your Child is Afraid or Does Not Want to Go to School](#) A timely article for dealing with children and teens facing anxiety about their return to school this Fall.

[Social Anxiety Disorder: Definitions and Manifestations](#) Social anxiety disorder often emerges in teen or early adult years and can undermine self esteem and evolve into other disorders.

[Overcoming Social Anxiety Disorder](#) Reviews treatment approaches and resources for getting help for social anxiety disorder.

[Common Childhood Fears](#) Childhood fears are common at certain ages, and some fears more common than others. Nightmares are also common, but become of greater concern with older children. One of our popular articles.

[Interventions for Anxious Youth in Schools \(PowerPoint\)](#) by our Associate, [Colleen Cummings, Ph.D.](#) This is an excellent overview of how anxiety disorders in children and adolescents in school are often overlooked compared to disruptive disorders, features associated with anxiety disorders in youth, co-existing conditions, and empirically validated treatment approaches.