

Clinical Psychology Associates

of North Central Florida, P.A.

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Clinical Psychology Associates of North Central Florida E-Magazine

January - March 2013 Issue Forward to the Future



Mission Statement

The mission of Clinical Psychology Magazine (CPeM) is to be a valuable source of information about psychological issues involving children, 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.

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Jan. - March 2013 Featured Articles:

[An Introduction to Common Psychotherapy Approaches: Cognitive Behavioral Therapy and Short-term Psychodynamic Therapy](#) - In this article contrasting psychotherapy approaches some basic processes of change, similarities and differences are discussed.

[Building Group Cohesion in the Workplace](#) - In this article some basic principles or workgroup cohesion and some techniques for building workgroup cohesion are discussed.

[Autism Spectrum Disorders: DSM-V Diagnosis](#) - In this article an overview of some of the pending changes to how autism, Asperger's, Pervasive Developmental Disorder and other

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

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Most Popular Pages:

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A book cover for "RELAX & DE-STRESS" by Dr. Andrew Weil. The cover features a purple and white color scheme with a silhouette of a person's head. Text on the cover includes "DR. ANDREW WEIL'S MUSIC FOR SELF-HEALING" and "The most effective way to reduce stress, anxiety, and depression". Below the book cover is a "Buy from amazon.com" button and a "Privacy Information" link.

[Relax & De-Stress](#)

Weil, Leeds

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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.

[Alcohol and Substance Abuse in the United States: Evermore Grave](#) Reflects on epidimology of alcohol and drug abuse and increase in narcotic-related deaths to a point it has become a leading cause of death.

[Cardiovascular Disease, Mood Disturbance, and Cognitive Deficits - London Butterfield, M.S.](#) - This article discussed risks of depression and other mood disturbances in relationship to cardiac disease and cognitive deficits such as problems with memory or executive functions.

CPANCF in the News:

From MSN: Women's Issues. [12 Signs You May Need a Health Makeover](#) (external link) by *Linda Melone for MSN Healthy Living* "Is your body trying to tell you something?" "Juggling a career, family and social life leaves little down time for the aches and pains of daily life". This MSN Health Living article features comment from an interview with our executive director, Ernest J. Bordini, Ph.D.

Past Featured Articles

[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.

[Attention-Deficit Hyperactivity Disorder and Co-Existing Conditions.](#) Pills for suspected ADHD are no substitute for comprehensive evaluation and treatment planning. Unless common conditions which may co-exist with ADHD are identified and addressed coexisting problems can undermine your child's success.

[*The Learning Disorder Called Dyslexia*](#) Discusses Reading Disorder characteristics and assessment.

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

[*Help with Memory Websites*](#) - Brain games, strategies, caregiver guides and more

[*Help With Memory Reading*](#) - List of readings for memory strategies, improving memory and coping with memory problems.

Pediatric

NeuropsychologyNEWS: Angela Allen-Peck, Psy.D. continues with us as a resident after earning her doctorate and completing her internship at the Shipley Institute of Living. She is currently accepting new patients and is receiving further formal training in psychoanalytic therapy.

London Butterfield, M.A., psychological assistant, author of one of this month's featured articles has been a great help with training. She is offering a free activity-based intervention program for Parkinson's Disease sufferers who exhibit apathy and difficulties with motivation. This is limited to those who qualify (in the North Central and Central Florida area). [Click here for more info.](#)

Follow Ernest J. Bordini, Ph.D., our Executive Director on [Healthtap.com](#)

It has been a year since we parted ways with BCBS of FL after a carve-out of mental health benefits to New Directions Mental Health. National and state professional and consumer Advocacy groups continue to pursue concerns about federal mental health parity laws. For details about the change of follow the blog at [FloridaPsychologists.net.](#)

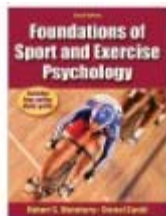
We continue to add some books/readings in Amazon links at the end of some pages, and continue to work to reorganize the articles/archives page to make it easier to find the numerous articles on varying psychological topics.

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 across many years. She was formerly an associate and now doing well in private practice in the Columbia, SC area.

Plans to convert the NeuropsychologyCentral.com website onto the same system we have this website making it easier to cross-reference articles and edit material have been postponed, pending funding. We also started a new website, Memory-Disorder-Clinic.com focusing on seniors with possible age-related or early dementia memory problems and have added links to readings for caregivers of Alzheimer's disease.

Ideas about future things you would like to see are welcome as are of course financial contributions (not tax-deductible) to the site. Visit the neuropsychologycentral.com website forums for the donation link.

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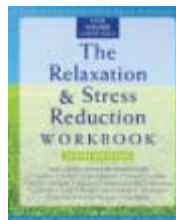
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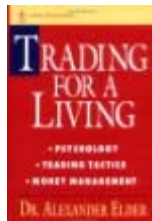


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