

Associated Billing Center's
Newsletter

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A Message From Mona



When therapists call my office it usually concerns a question about insurance and/or billing. More often than not, our conversations expand into the personal concerning life, family and everyday trials and tribulations. Ironically, in two recent discussions, the topic of meditation arose as a method that several therapists use personally and advise their patients to partake in. Recent studies from Harvard University found that long-term meditators have increased amounts of gray matter in the insula and sensory regions and the auditory and sensory cortex. The study confirmed that meditation reduces stress, fosters clear thinking and increases the capacity for empathy and compassion. Is it for everyone? No. But it sure helps after a day on the phone with insurance companies.

Best regards,

Mona



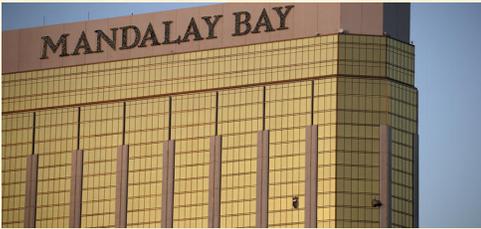
Does the Goldwater Rule Apply to Donald Trump?

Recently, the American Psychoanalytic Association said that there is nothing from stopping its members from commenting on the President's mental health. The Duty to Warn Pac, an organization of mental health therapists who believe that Trump has a personality disorder called malignant narcissism, hosted marches across the nation stating that the President is exhibiting increased volatility and unpredictability. Critics of the group say they are in violation of the Goldwater Act. The American Psychiatric Association implemented the rule in 1964 when Barry Goldwater was running for President and came under intense public scrutiny after he reportedly said the U.S. should use nuclear weapons in Vietnam.

The Goldwater rule states it's unethical for mental health professionals to give an opinion on a public figure's mental health if the individual proffering the criticism has not seen that person. Goldwater won a libel lawsuit concerning the matter.

Our Note: We are extremely interested in your thoughts on the subject. Do an individual's first amendment rights supersede the Goldwater Rule? Should a therapist follow the guidelines of his or her professional organization?

Source: Gary R'nel



Las Vegas First Responders Face Emotional Challenges

Mental Health therapists agree that for doctors, nurses, firefighters, EMT’s and bystanders who witnessed the deadliest mass shooting in American history, the road to mental health recovery could be challenging. For 20 percent of firefighters and paramedics on the scene, full recovery from PTSD is not guaranteed. “When you run a call like the fire department had, it could be the straw that broke the camel’s back” according to counselor Ray Rahne, an International Association of Firefighters regional VP. Rahne was diagnosed with PTSD after responding to the 1999 mass shooting at Columbine High School. “Employees are going through a range of emotions, including anger and fear,” said Las Vegas EMT Glen Simpson.

Source:Shamard Charles, Ali Galante, NBC News
Our Note: We would like to see the proper funding necessary to secure mental health therapy for those in need.

Laugh a Little or Maybe A Lot: It’s Good Therapy



- "For your manic–depression I’m going to put you on lithium batteries."
- "I never realized how empty my life was until I started tweeting about it."
- Mental health professional to patient-"You must remember that the doctors slap all babies at birth!"



- Therapist to Patient: “Do any of your relatives suffer from mental illness?” Patient to Therapist: “No, they all seem to enjoy it.”
Source: Saturday Evening Post
- “I’m not crazy...I’m just special. “No wait...maybe I am crazy.”
“One second...I have to talk to myself about this, hold on.”
Source: traumadissociation.wordpress.com

Associated Billing Center, LLC Therapist Feedback

“Still going strong”--that’s what many of you tell me when I ask if you are still seeing additional patients because of increased stress levels in reaction to what some believe to be a dysfunctional government in Washington D.C. I’m told many patients feel a sense of abandonment by the very institutions that were created to serve American citizens. Most of you are telling your patients to vote on Election Day. Sounds like terrific advice.

A Quick & Vitally Important Thought from Mona

“Effective communication is the key to enhanced personal and professional relationships. Maintaining the ability to communicate effectively is one of life’s most important skills. Communicating with family and friends effectively leads to a more rewarding life.”

Please check out our website: mentalhealthbillers.com for our News Blog updates



Sir Richard Branson's Advise To Parents on How to Spend More Time With the Kids

Entrepreneur and daredevil, Richard Branson, tells CNN Money, "I'm a great believer in people working from home. I encourage all of my staff if they want to work from home." Branson readily admits that not all parents have the luxury or can afford to make this choice. For many parents, working from home is simply not an option. But Branson is encouraging other companies to allow their employees the flexibility.

According to Global Workplace Analytics and FlexJobs, between 2005 and 2015, the number of workers telecommuting increased 115 percent. Of course technology is a huge contributing factor here.

Branson notes: "The most important, in the end in life, is your family and friends." And that according to Branson means you pick up the phone when your child calls from college with test scores—even if you are on a panel presenting in front of thousands of people. 56 percent of workers hold jobs that are compatible with telecommuting from 50 percent in 2014.

Source: CNN Money Source: Flexjobs/Global Workplace Analytics

Monster World Wide says that recent studies support the idea that working from home—for the right people—can increase productivity and decrease stress. Research also suggests companies that encourage and support a work from home protocol actually save money in the long run, an added bonus on the employer side.

Our Note: Worker productivity at home relies to a great extent on the individual. Phil Cicioria, Business & Law Editor at the University of Illinois states "Telecommuters want to be seen as good citizens of the company in order to justify their flexible work arrangements."

The editorial content of this newsletter is not intended to be professional advice. It should be considered informational and a venue for entertainment.

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