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## CBA Spring Newsletter



Research-Based **Psychotherapy**  
with Measurable Results



### Introducing Our New Clinician

*Olivia Hsin, Ph.D.*



Dr. Hsin is excited to bring her skills and experience to Southern California. She looks forward to providing neuropsychological assessments, autism assessments, or treatment to children and adolescents who present with a range of strengths and areas of challenge.

A neuropsychological assessment may include the evaluation of your child's cognitive abilities (IQ), language, visual processing, visual-motor integration, fine motor skills, executive functions, attention, mood, social communication, and play depending on need. An autism evaluation may also include extensive interviews to understand the individuals' developmental trajectory, as well as the administration of cognitive testing, and the Autism Diagnostic Observation Schedule, a gold standard assessment tool used for the diagnosis of autism.

For treatment, Dr. Hsin will work with youths with anxiety disorders (general anxiety, separation anxiety, specific phobias), selective eating ("picky eaters"), and /or medical disorders (e.g., diabetes), either through individual therapy or family therapy. She will also provide treatment for siblings of youths with developmental or medical disorders.

### In This Issue:

[Introducing Our New Clinician](#)  
[Research Corner](#)

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### About Us

**Cognitive Behavior Associates** is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based

## Research Corner

Jayson L. Mystkowski, Ph.D.



Growing-up and going to college in cold climates has made me grateful for spending the last 17 years of my life in sunny Southern California. However, as a fair-skinned individual, I have had my share of unfortunate sunburns and now, as I get older, I have regular trips to the dermatologist to stay on top of "suspicious" spots on my body. I have always wished I could be a tanner, capable of worshipping the sun without layering myself in sunscreen, hiding under a hat and umbrella, as if a melanin-lacking

vampire. With this in mind, I was immediately drawn to a recent article that raised the possibility that "excessive tanning" might actually be an addiction.

Previously, researchers have considered excessive tanning as a symptom of Obsessive-Compulsive Disorder (OCD) or Body Dysmorphic Disorder (BDD). However, recent evidence has found an elevated amount of hazardous drinking and drug abuse among those who tan frequently (termed "tanning dependence," based on substance-related disorders in the DSM-IV). A modified questionnaire given to excessive tanners, taking items from OCD, BDD, and alcohol/drug abuse questionnaires, found some fascinating results. While the predicted relationship between excessive tanning and OCD/BDD was found, hazardous drinking was also shown to be significantly associated with tanning dependence (Lisham & Bonar, 2014).

Two different conclusions, which warrant further study, are as follows: there may be some individuals who engage in excessive tanning as a function of their obsessive thinking, to perhaps alleviate anxiety associated with their OCD; while, other tanning dependent individuals may be responding to an addictive craving. In either case, beyond doctors telling patients to be careful of excessive sun exposure, physicians may want to dig deeper to see if either of the aforementioned mechanisms are at play, in order to enhance a patient's motivation to change tanning behaviors, potentially with the inclusion of a qualified mental health professional.

Lisham, A., & Bonar, E. (2014). Tanning addiction and psychopathology: Further evaluation of anxiety disorders and substance abuse. *Journal of the American Academy of Dermatology*, 70, 473-480.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working.

Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician. All of our clinicians are Ph.D.-level and are licensed to practice in the state of California.

To learn more, [click here](#) to visit our website!

## Our Staff

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