

# Looking at Retirement Through a Practical Lens

Stephen Feldman, JD, PhD  
&  
Andy Benjamin, JD, PhD, ABPP

1

## Denial: A Particularly Awful Psychological Process



2

## No licensing board complaints

---

### ❑ Basic Rules

- What is your role?
- Who is your client?
- What is your goal?

3

## Finishing up with Clients

---

### ❑ APA Code 3.12

- Termination, not why-- how?

### ❑ APA Code 6.07

- Selling a Practice

### ❑ Current Clients

### ❑ Former Clients

4

## **Collusion by Unhealthy Process**

---

- ❑ **We do not engage in poor communication + Surprise = Poor Outcomes**
  - How to terminate with current clients
- ❑ **Bring back to plenary approaches that are efficacious**

5

## **Finishing up with Office**

---

- ❑ **Record Keeping**
- ❑ **Insurance Panels- continuation provision**
- ❑ **Malpractice insurance coverage**
- ❑ **Notification of business closure**

6

## All Finish

### ❑ Professional Will

#### ➤ WAC 246-924-354 (3)

- (a) Designate a qualified person(s) or...;
- (b) Detail a plan for fulfilling record requests;
- (c) Require the subsequent record holder to maintain records in accordance with... rules.

7

## Wisdom of William Shakespeare

**“But man, proud man,  
Dressed in a little brief authority,  
... Plays such fantastic tricks before high  
heaven  
As make the angels weep.”**

■ **Measure for Measure, II, ii, 117-22.**

8

## Subjective Cognitive Decline

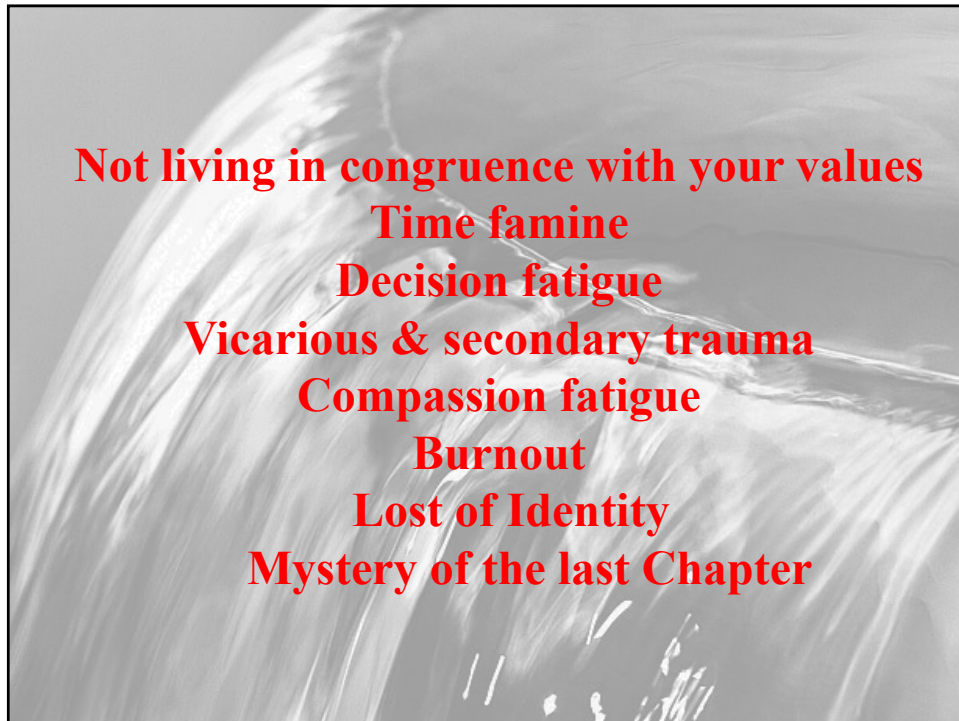
CDC data show that WA people with SCD:

- ❑ 38% had to give up day-to-day activities
- ❑ 79% had at least one chronic health condition
- ❑ > one third reported it interfered with social activities, work, or volunteering
- ❑ Less than half have discussed SCD symptoms with a health professional

9



10



11

## **Psychologist Wellness Section**

---

Truly, very hopeful that

psychologists

can sustain health!

12

## Assessment & Action Plan

- ❑ Breakout group in about 10 minutes
  - Physical and psychological symptoms
  - Values that you can activate through
  - Plan of action to improve health
  - Social support system

13

## Stay Healthy

*Follow  
These FIVE Steps!*



14

1. Know—  
and retain—  
who you are



15

## Consciousness Fosters Health

- Increases awareness of our emotions
- Enhances awareness of our impact on others
- Enables us to live in congruence with our values

16



## Moving Forward

---

- ❑ Hold to your individuality, intrinsic motivation, personal valuing and conscience
- ❑ Are you going to maintain your license?
- ❑ How are you going to invest in psychological growth and health?

17

## Creativity Fosters Health

---

- Provides vehicle for mindfulness
- Stimulates whole brain activity
- Expands perspective
- Supports effective problem-solving

18

## 2. Contribute to a collegial environment

---



19

## Community Fosters Health

---

- Revives civic humanism
- Promotes psychological well-being
- Reinforces positive social skills

20

## Moving Forward

### Washington Healthcare Access Alliance

- <https://www.wahealthcareaccessalliance.org/>

### Covers licensure and malpractice costs

- Volunteer as a psychologist at a 501c(3) nonprofit

21

## 3. Don't compare yourself with others



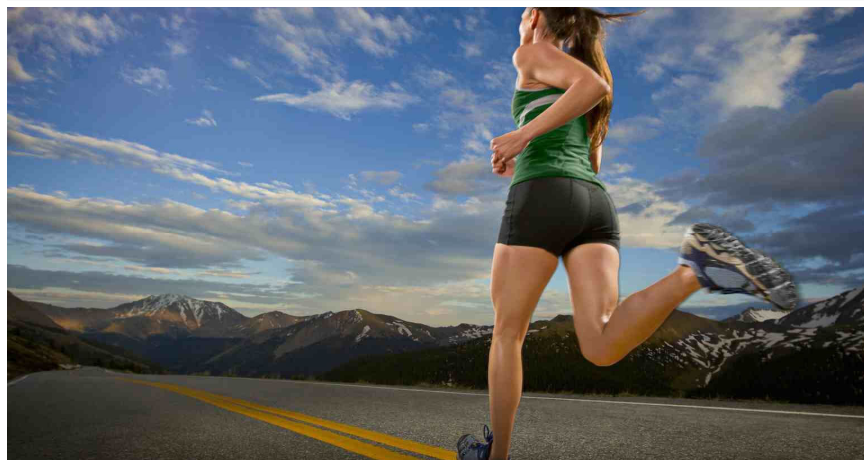
22

## Moving Forward

- ❑ Strong reciprocal social support
- ❑ Rekindle lifelong interests that will build more meaningful relationships with kindred spirits
- ❑ And engage your creative abilities

23

## 4. Respect your body



24

## Moving Forward

- ❑ **Solid sleep, eating, exercising patterns**
- ❑ **Signal emotional states elevated? Immediately activate wellness behaviors**
- ❑ **DOSE? Behavioral activations, e.g., mindfulness, music, nature activities**

25

## 5. Know when to seek help



26

## Moving Forward

- ❑ **Connect with others who share your values and who engage in reciprocity**
- ❑ **Develop or redevelop trusting, validating relationships**
- ❑ **Balance struck in all areas of life**

27

### How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

**DOPAMINE**

**OXYTOCIN**

**SEROTONIN**

**ENDORPHINS**

### How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

28

28

## **THIRD CHALLENGING QUESTION**

---

- ☐ **At the end of retirement what does end of life look like?**
- ☐ **How to prepare family and friends**
  - ☐ **Outing of values and**
  - ☐ **Acting congruently with those values**

29

## **Assessment & Action Plan**

---

- ☐ **Last breakout group two in 10 minutes**
  - ☐ **Values that you can activate through**

30

## **End of Life Process**

---

- ☐ **Develop a plan for events that are likely to occur**
  - **before,**
  - **during, and**
  - **after death**
- ☐ **Communicate with family members and friends about**
  - **Advance directives**
  - **Palliative Care Plan**

31

## **Values about Inheritance**

---

**In advance, concretely share with family**

- ☐ **Patient's values about inheritances**
- ☐ **Provisions of the ethical will with rationale**

32



## QUESTIONS TO ADDRESS

- ☐ **Who to appoint to make decisions on your behalf that will carry out the plan?**
- ☐ **Where to die-- Home? Hospital? Free-standing Hospice?**
- ☐ **Placement in a nursing home, and for what condition?**
- ☐ **Hospice care with comfort as goal or aggressive treatment at end of life?**

33

## References

**APA Checklist for Closing Practice-**

<https://www.apaservices.org/practice/business/management/tips/closing.pdf>

**Death with Dignity- Wa**

<https://www.doh.wa.gov/youandyourfamily/illnessanddisease/deathwithdignityact/frequentlyaskedquestions>

**Ethical Wills: The Positives and the Perils for the Family**

<https://washington.academia.edu/GAndrewHBenjamin>

34

## References

---

### **Productive Aging And Work**

<https://www.cdc.gov/niosh/topics/productiveaging/toolsandresources.html>

### **Secure Financial Future**

<https://www.apaservices.org/practice/business/finances/future>

### **Retirement Experiences of Psychologists--**

<https://www.cambridgescholars.com/product/978-1-5275-6767-2>

35

## Andy Benjamin, JD, PhD, ABPP

---

Clinical Professor of Psychology

Affiliate Professor of Law

Director, Parenting Evaluation/Training Program

University of Washington

**E-mail:** [gahb54@uw.edu](mailto:gahb54@uw.edu)

**Web site**

<http://washington.academia.edu/GAndrewHBenjamin/About>

36