

Kentucky Psychological Association & Kentucky Psychological Foundation



DECEMBER 2021

In This Issue...

1. [All I See is Fear: How Psychologists Are Uniquely Prepared to Help Mend Divisiveness](#)
2. [Moving Forward](#)
3. [Get Engaged with KPA](#)
4. [KPA Director of Professional Affairs Update: Thinking about opening your own practice? YOU CAN DO THIS!](#)
5. [KPA Gets Ready for the 2022 Legislative Session](#)
6. [2022 KPA Legislative Priorities](#)
7. [BR 60, BR 69, and You: Implications for the Future](#)
8. [Give a little, get a lot](#)
9. [KPA Receives Legislative Grant](#)

Exciting News from KPA & KPF

We hope you enjoy our KPA e-Newsletter where we highlight what psychologists are working on and thinking about across Kentucky. If you are interested in submitting an article, please email our newsletter editor **Chris Dewhurst, Psy.D.** at chrisidewhurst@gmail.com. Check out the column on the left for KPA Member Highlights, available home studies, KPA Member resources, advertisements, and more.

Stay Social With Us



We are still practicing physical distancing, but that doesn't mean we can't be social!
Go give us a like or a follow on all of our social media platforms.

[KPA Facebook](#), [KPA Twitter](#), & [KPA Instagram](#)

- 10. [Greetings from KPA's 2022 President-Elect](#)
- 11. [Political Action and Psychologists: Our priorities and our voice](#)
- 12. [KPA's Ethics Committee Consultation Process and a Recent Consultation Part I](#)
- 13. [KPA's Ethics Committee Consultation Process and a Recent Consultation Part II](#)

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All I See is Fear: How Psychologists Are Uniquely Prepared to Help Mend Divisiveness

Rachel E. Buehner, Ph.D., M.Ed, H.S.P., KPA President

With the holidays upon us, it is likely that those of us in the field of psychology will be engaging our clients, students, colleagues, or trainees about increased family conflicts and debates, as relatives who disagree on high-stakes issues come together during the coming weeks. In many homes, simmering animus about vaccine safety and efficacy, politics, and social issues fuels potential fires during these gatherings. It can be difficult to navigate loving disagreement with our own families, as well as helping our clients to navigate stormy waters in their own lives. It can be especially disheartening to hear so many questioning science and medicine, given that most of us have dedicated years of our lives to studying, furthering, and practicing good science. During a time when outrage and intense battles are awaiting us every time we answer the door, how do we as trained psychological professionals and academics use what we know to hold a space for the discord? Might our understanding of fear as a driver for poor decision-making help us to develop more effective communications with those who we perceive as taking risks? Simply put, what if we practiced understanding others' behavior through the lens of fear?



Upcoming 2022 Events

January 10, 2022

Effective Advocacy - Every Voice Counts!, 3 CE

Presented by Sheila Schuster, Ph.D. and Emily Beauregard, MPH

Free registration without CE Credit
CE Credit registration - \$30

[Click here for more information or to register now.](#)

February 8, 2022

Virtual Psychology Day at the Capitol

Let your voice be heard! KPA members are invited to gather virtually to advocate with state legislators on critical issues affecting mental health and the profession and practice of psychology.

Moving Forward

Eric Russ, Ph.D., Executive Director

KPA has just wrapped up our second virtual convention and I'm entering my second year of serving as your Executive Director. Like many of you, I had hoped for an in-person convention where we could celebrate all we had done to get through the pandemic. In talking with many of you the past several months, our KPA community is really feeling the weight of how long the pandemic is going on.

Participants will have access to virtual training materials prior to legislative meetings. First time attendees have the option to be partnered with seasoned advocates.

[Click here for more information or to register now.](#)

March 26, 2022
Save the Date!

Kentucky Psychological Science Conference

Formally known as the KPF Spring Academic Conference.

This year's conference features student poster competitions, in-person networking opportunities, and a CE workshop presented by Dr. Stephanie Budge.

Hosted by Bellarmine University.

Stay tuned for details!

April 22, 2022
Save the Date!

Leveraging Therapist Interpersonal Skills for Better Client Outcomes with Empirically Supported Treatments

Presented by Theresa Moyers, Ph.D.

Dr. Moyers is an Associate Professor of Psychology at the University of New Mexico. She is an expert in the clinical practice of motivational interviewing and her research focuses on identifying the active ingredients of MI and the best ways to teach it to frontline providers. Dr. Moyers is a successful and

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Get Engaged with KPA

Eric Russ, Ph.D., Executive Director

One of the things I love about KPA is getting to know the wonderful psychologists across the Commonwealth. We have incredible members and I appreciate the ways you help make an impact on mental health in Kentucky. We're working hard to make KPA membership valuable to all of you. We have a lot going on at KPA and it's easy to miss the emails so I'm highlighting 10 ways you can get more involved in KPA! member's inquiry...Quite regrettable!

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dynamic speaker with past presentations in 43 states and 7 countries.

Stay tuned for details!

May 20, 2022
Save the Date!

KPA Business of Practice Conference

This year's conference will feature Dr. Stephen Gillaspay, the Director of Health and Health Care at the APA Center for Psychology and Health, along with a cadre of talented local presenters, to discuss topics related to the business of running a successful practice.

Stay tuned for details!

June 3, 2022
Save the Date!

CE Event: Unified Protocol

Presented by Shannon Sauer-Zavala, Ph.D.

This workshop is co-sponsored by The Kentucky Psychological Association, The Kentucky Psychological Foundation, and the University of Kentucky Harris Psychological Services Center.

Stay tuned for details!

June 24, 2022
Save the Date!

Risk Management and Vulnerabilities: Yours, Mine, and Ours, 6 CE

A black rectangular graphic with a gold border. At the top is a decorative wreath of white and green leaves with gold berries. Below the wreath, the text "HOLIDAY OFFICE HOURS" is written in large, white, bold, sans-serif capital letters. Underneath that, in smaller white capital letters, it says "THE KPA CENTRAL OFFICE WILL BE CLOSED DECEMBER 20, 2021 - JANUARY 3, 2022". At the bottom, in even smaller white capital letters, it says "PLEASE CONTACT THE CENTRAL OFFICE STAFF AT KPA@KPA.ORG THIS WEEK IF THERE IS ANYTHING THAT YOU NEED BEFORE THE END OF THE YEAR."/>

HOLIDAY OFFICE HOURS

THE KPA CENTRAL OFFICE WILL BE CLOSED
DECEMBER 20, 2021 - JANUARY 3, 2022

PLEASE CONTACT THE CENTRAL OFFICE STAFF AT KPA@KPA.ORG THIS WEEK IF THERE IS ANYTHING THAT YOU NEED BEFORE THE END OF THE YEAR.

KPA Director of Professional Affairs Update: Thinking about opening your own practice? YOU CAN DO THIS!

Katie McBride, Ph.D. - KPA Director of Professional Affairs

When I first contemplated shifting from working for a Community Mental Health Center into private practice- over 20 years ago now- I was scared and intimidated: "Who would want to come see ME? And PAY me?!?" "I can't do this!" I initially went to work

*Presented by Leisl Bryant, Ph.D.
Co-sponsored by The Trust*

Completion of this workshop earns participants 6 CE credits and eligibility to receive a 15% premium discount on Trust Sponsored Professional Liability Insurance for the next 2 consecutive policy periods.

Stay tuned for details!

**Find our new home study library here for
CEs when it works for your schedule!**

Click the link below:

<https://kpa.mcims.net/en/>

for an established practice for a percentage and I believed that this was the only way. When that practice did not work out, I was very unsure of my next step- What was I capable of? What were realistic goals? How in the world would I get therapy referrals?! I was fortunate that one of the brave calls I made (yes, this was before email was the main form of communication!) was to the late Dr. Judith Peoples, a highly respected psychologist in Louisville. I asked to take her to lunch so that I could get her feedback and insights. She wound up taking ME to lunch, and showering me with confidence, clarity, and definitive next steps for entering into the market. One of my very favorite things to do since has been to pay that same generosity forward to early-career folks as they wonder if they have what it takes. If you are wondering: YOU DO!

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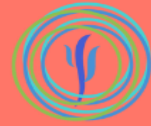


MEMBERHIGHLIGHTS



Congratulations to **Dr. Steven Kniffley, Jr. Ph.D.**, on being honored by the University of Louisville and Louisville Alumni with the 2021 Diversity Leadership Award as a distinguished graduate of UofL. [Click here to read more.](#)

KENTUCKY
PSYCHOLOGICAL
ASSOCIATION



VIRTUAL PSYCHOLOGY DAY AT THE CAPITOL

LET YOUR VOICE BE HEARD! KPA MEMBERS ARE INVITED TO JOIN US ON TUESDAY, FEBRUARY 8, 2022 TO RAISE AWARENESS AMONG OUR LEGISLATORS ABOUT IMPORTANT ISSUES AFFECTING MENTAL HEALTH, THE PROFESSION, AND THE PRACTICE OF PSYCHOLOGY.

CLICK HERE FOR ADDITIONAL INFORMATION AND TO REGISTER!



JFCS Names **David L. Finke, Ph.D.** as Chief Executive Officer, [click here to read more.](#)

KPA Gets Ready for the 2022 Legislative Session

Georgeann Brown, Ph.D., KPA Legislative Chair & Federal Advocacy Coordinator and Sheila Schuster, Ph.D., KPA Legislative Agent

The upcoming legislative session is a “long” or 60-day session which will begin on January 4, 2022 and end on April 14, 2022. There are several tasks that this assembly session must accomplish: passing new redistricting maps for Kentucky which use the results of the 2020 Census to redraw state and congressional districts. With the new district boundaries in mind, the legislature will need to move the Filing Deadline from early January to late in January, to give all incumbents and potential candidates time to study the district maps and to decide if they want to file their intention with the Secretary of State to run for election in a given House or Senate district at either the state or congressional level. All 100 of the KY state House seats are up for election, as are one-half of the 38 KY state Senate seats. All six Congressional House seats are up for election, along with one U.S. Senate seat. The third thing that the legislature must get done in the session is to pass a biennial budget for the Commonwealth which sets the priorities for funding in the coming two years. Despite the pandemic, Kentucky’s financial bottom line is very robust, with literally billions of dollars being invested by the federal government and higher-than-expected tax revenues collected. And there are long lines growing every day of organizations and causes asking for increased funding!

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David T. Susman, Ph.D., was elected Chair-elect of CLT. Dr. Susman will serve three-year terms on CLT (2022-2024). Dr. Susman will also serve a two-year term on the Board of Directors (2022-2023) while serving as Chair-Elect and Chair of CLT.



LEGISLATIVE PRIORITIES

On December 10, 2022, KPA's Board of Directors approved our 2022 Legislative Priorities.

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BR 60, BR 69, and You: Implications for the Future

Cherish Harris, B.A.

Critical Race Theory, or CRT, is an academic and legal framework that denotes that systemic racism is part of U.S. society and recognizes that racism is more than the result of individual bias and prejudice (NAACP Legal Defense and Education Fund [NAACPLDF], 2021). CRT was first developed out of a framework for legal analyses by legal scholars in the 1970s and 1980s. CRT is not a diversity and inclusion training, but a practice of examining the role of race and racism in society (George, 2021) -- thus, it is a process not a single event. So, what does this mean for us as psychologists and why should we care?



Drs. Candice Hargons & Steven Kniffley, Jr are featured in an article from WDRB, "Quiet Crisis: Kentucky racial trauma clinics see an increase in demand for mental services, training," [Click here to read the full article.](#)

If you have a highlight you would like to share with the KPA office please email Marketing & Membership Coordinator, Samm Ownby at samm@kpa.org

- *Cherish is a first-year Clinical Psychology doctoral student at Eastern Kentucky University. She received her B.A. in Psychology and Sociology from the University of Kentucky.*

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Give a little, get a lot

Steve Katsikas, Ph.D., Past-President

On December 31st, I will rotate off the KPA Board (as per our governance documents), completing my three-year cycle as President-Elect, President, and Past-President. To say that my three years in this role have been challenging would be an understatement. The pandemic has brought unprecedented change and challenge to the practice of psychology, to the education of students and trainees, and to the organizations we belong to and lead. Such disruption, however, also brought opportunity. A survey in June of 2020 that was sent out to KPA members indicated that over 60% of our membership had never used telehealth before. I am sure that figure is over 90% utilization for practitioners now. Telehealth has increased access to care and allowed practitioners to reach clients across the commonwealth (and beyond, thanks to PSYPACT). I was incredibly proud of the pivots and mental flexibility demonstrated by our members to meet the needs of our clients, supervisees, and students. KPA, as an organization, made its own pivots, moving to two virtual conventions, virtual board meetings, and a multitude of member town halls. We advocated for changes in reimbursement, and we learned how to educate students and supervise in virtual spaces. In doing so, we learned new ways of communicating that have some inherent benefits. Many of our rural members have expressed appreciation for the removal of significant travel barriers to attend convention and CE events, even though there are strong sentiments about missing "face-to-face" interaction.

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KPA Receives Legislative Grant

OPEN CALL

We are
accepting
Proposals
for our
2022 Annual
Convention &
2023 Continuing
Education
Events!

**Click here to submit
your proposal!**

KPA has received a \$5,000 legislative grant from the American Psychological Association Services Inc. to support KPAs advocacy mission!

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Greetings from KPA's 2022 President-Elect

Patti Weiter, Psy.D.

I am honored to have been selected as your President-Elect. I currently work for the Robley Rex Veterans Affairs Medical Center as the Organizational Development Psychologist. My focus is on employee engagement, change management, communications planning, workplace assessment, leadership coaching, and burnout prevention. I hope that my background in organizational psychology will bring benefit to the KPA Board during my tenure.

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MEMBER BENEFIT

Public Issue Response Committee

As you are faced (*inundated may be more apt these days...sigh*) with situations in the public discourse, have you ever said to yourself or your colleagues, “Wonder what KPA is doing about *that?*” or think that your particular background and expertise as a psychologist would be a useful contribution?

In 2017, the KPA Board took up the work of formalizing a process and policy for us to be able to take a stand on public issues in a more systematic way. When psychologists weigh in on issues that crop up in the public sphere, we can shape and inform the discussion—whether in the public sphere or in lawmakers’ offices. We can call attention to our knowledge base and highlight our expertise in underlying motivations and patterns of behavior. We can offer grounded frameworks to make sense out of so many complex and difficult situations.



Political Action and Psychologists: Our priorities and our voice

It’s time. Kentucky’s 2022 election cycle is officially underway, as political candidates have begun to submit their paperwork to run in the state Primary Election in May. This means our KPA-Political Action Committee is heading into its busy season, representing the legislative priorities set forth by KPA, advocating for our members, and advocating for the health and wellbeing of Kentuckians.

Why the PAC Matters: The KPA-PAC aims to influence health policy by contributing to candidates who support psychology and issues important to mental health promotion. Elected officials directly impact psychology practice, health care systems, and community health. The PAC is an important tool that gives us a seat at the table by supporting candidates who support issues that are vitally important to psychology.

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**Public
Issue
Response
Committee**



To learn more about the PIRC, or to submit issues of interest, please click here.

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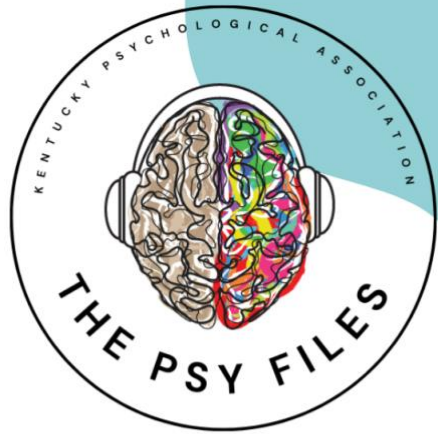
KPA's Ethics Committee Consultation Process and a Recent Consultation Part I

Marianne McClure, Ph.D., Secretary, Kentucky Psychological Association and KPA Ethics Committee Member

When I worked in community mental health, one of the aspects of my job that I valued was the ability to walk down the hall, look for an open door, and find an experienced colleague with whom I could consult about difficult legal and ethical conundrums. As my career progressed, sometimes it meant making a phone call to another office in our agency, but I was fortunate to have access to colleagues who were up to date with APA's Ethical Principles of Psychologists and Code of Conduct and were willing to listen, ask challenging questions, provide helpful resources and support as I made difficult clinical decisions.

Members of KPA are employed in a variety of work settings including universities, hospitals, and group and individual private practices. As caseloads have become larger and more unwieldy, practices have become busier, and clinicians have sometimes become more isolated, it may be difficult for psychologists to find a trusted colleague with whom they can consult. Or psychologists may find it helpful to have a consult from a trusted group that is objective and is further removed from their clinical setting.

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THE KENTUCKY
PSYCHOLOGICAL
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PRESENTS

The Psy Files

SPECIAL
EPISODE:
LEADERSHIP
NARRATIVE WITH
THE KENTUCKY
PSYCHOLOGICAL
ASSOCIATION.
GUEST APA
PRESIDENT, DR.
JENNIFER KELLY!



KPA Colleague Assistance Program



A Colleague Assistance Program (CAP) is a mechanism set up by a profession to recognize and address the stressors involved in being a practitioner in a given field. Its purpose is to provide mutual support in the form of information about self-care and, in the case of the mental health professions, the provision of psychotherapeutic services by colleagues. Kentucky Colleague Assistance Program (**KPA-CAP**) is the framework sponsored by the Kentucky Psychological Association to provide these services to psychologists practicing in Kentucky.

[Click here to learn more about the KPA-CAP](#)

KPA's Ethics Committee Consultation Process and a Recent Consultation Part II

Sharon Turpin, M.S. – Ethics Committee Member

When we think of ethical dilemmas, what may come to mind first are cases about custody issues, confidentiality issues, clinical supervision and supervisee issues, reporting abuse, multiple relationships and boundary issues (including sexual intimacy). You would be correct to think that many of our consults are in regard to these issues. However, many other issues are as diverse as there are psychologists. Often the answer to the dilemma is not "in the book."

Consider, for example, a consult regarding whether it is ethical for a private practice to set higher fees during primetime hours, such as before or after usual work hours.



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Check out our [eNewsletter Archives](#) for past issues

Have an idea or contribution for the KPA e-newsletter?

Contact the KPA Central Office at kpa@kpa.org or Chris Dewhurst, Psy.D., KPA e-Newsletter Editor at chrisjdewhurst@gmail.com
The e-newsletter is scheduled for distribution in the first month of every quarter (January, April, July, October).

