

The Kentucky Psychologist

2020

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KENTUCKY
PSYCHOLOGICAL
ASSOCIATION

PROMOTING PSYCHOLOGY AS A
SCIENCE AND A PROFESSION
TOWARD IMPROVING PEOPLE'S
LIVES

From the Executive Director

Katie McBride, Ph.D. - Interim Executive Director & Director of Professional Affairs



After a year as the Interim Executive Director, **I am very pleased and excited to announce the hiring of Dr. Eric Russ as KPA's 4th Executive Director, who will be officially starting in October!**

Eric introduces himself in the article below, but I would like to take you through a bit of our decision making process. Eric has been a KPA Board member and Executive Committee member, chaired KPA's successful Capital Campaign, developed KPA's Leadership Academy, and has been active with KPA's Antiracism Task Force developed this year. He has been a leader in APA as well, having served as the APA's Early Career Representative at the Practice Leadership Conference.

Hiring from within its board leadership has the potential to be limiting or even stagnating to an organization. However, due to Dr. Russ's outstanding references, credentials, particular work experiences (See Eric's article below), on top of his demonstrated commitment to KPA's growth, expansion, and relevance, the hiring committee as well as KPA and KPF Boards of Directors strongly believe that our organization will be significantly strengthened by this hire.

In 2017, Eric was part of the KPA Board that developed a list of Association Values (look carefully for the acronym spelled out by the first letters—thanks to our clever Dr. David Susman!)

- Psychological Science
- Social Engagement
- Integrity
- Care and Compassion
- Health and Well-Being for the whole population
- Equity and Inclusiveness
- Dignity and the Inherent Worth of All People

As with most all organizations across the country, this year has renewed KPA's efforts to apply an inclusiveness filter—and specifically an anti-racist lens to our practices and priorities. The lack of diversity in our applicant pool was not lost on any of us, including Dr. Russ, and the hiring committee (myself, and **Drs. Steve Katsikas, Felicia Smith, Sheila Schuster, Dave Hanna, Courtney Keim, and Jennifer Price**) developed interview questions to communicate these priorities. A resolution was passed by the KPF Board to underscore the need for the new ED to develop organizational metrics specifically around increasing access and involvement in KPA/KPF by people from historically marginalized groups.

Eric's willingness to challenge existing assumptions, practices, and institutional structures shines through in every group in which he has played a role. I know he is committed to identifying our blind spots and to dismantle barriers that interfere with achieving our goals and aspiring to each of our KPA Values above. 2021 will usher in new practices for KPA, as we examine and redesign our strategic plan, revisit the ways in which we identify our legislative priorities each year, and identify leadership and board processes that inadvertently minimize voices we most need to hear and understand with clarity.

I will sign off with the reminder that your sustained membership is more important this year than ever! We hope that you find our CE offerings and our Online Annual Convention (Early Bird registration is open!) to be worthwhile and supportive of your valuable work. Our professional identity in psychology in Kentucky is as strong as our striving, talented, involved members networked together.

Take good care of yourselves, reach out, and remember that you are valued and appreciated!

Katie

2020 Annual Convention Update

Marianne McClure, Ph.D. - Secretary, Kentucky Psychological Association, KPA Convention Committee Member, & KPA Ethics Committee Member



The 2020 KPA/KPF Convention will be held November 12-14 and in order to provide a safe and healthy learning environment it will be a **virtual event**. The title of our groundbreaking learning experience is: **Trauma-Responsive Practices Across Settings: Integrating Information into Action**.

NOTE: KBEP now allows licensees to complete all of their CE requirements via remote means for the licensee's three-year renewal period affected by COVID-19. This means that all of your virtual convention hours in 2020 can be counted towards your CE requirements.

This has indeed been a year of challenges. Psychologists have risen to these challenges by being flexible in the ways we teach, learn, conduct research, advocate and provide clinical services. The convention committee has been hard at work planning an event that will be engaging, informative, and relevant.

Although the format of this year's convention will be radically different from years past, many aspects will be similar to previous conventions. We will have excellent training provided by our local experts (many of whom are themselves recognized nationally and internationally as premiere in their specialty areas). Dr. Julie Cerel will be presenting a keynote address on the impact of suicide on families, schools, workplaces, and whole communities. Dr. Melinda Moore, Dr. Patti Clark, Dr. Theresa Botts, and Dr. Terri Novak will be providing two 3 hour trainings on a trauma informed approach to suicide intervention, assessment and management.

Our three featured speakers at convention will be live-streamed, recorded, and then available for viewing online for up to a year.

- **Thursday, Dr. Ruth Lanius:** Professor of Psychiatry and the Director of the Posttraumatic Stress Disorder (PTSD) research unit at the University of Western Ontario is the author of **Healing the traumatized self: consciousness, neuroscience, treatment**. Dr. Lanius presents on PTSD nationally and internationally, and has been a regular featured co-host on the "Talkback" for many of the terrific NICABM (National Institute for the Clinical Application of Behavioral Medicine) webinar series.
- **Friday, Dr. Anneliese Singh:** Tulane's recently named first Chief Diversity Officer and author of several books including 2019's **Racial healing: Practical activities to help you challenge privilege, confront systemic racism and engage in collective healing**. She is co-PI on the first NIH-funded longitudinal, multi-site (Atlanta, New York, San Francisco) study of trans and non-binary risk, resilience and identity development.
- **Saturday, Dr. Kathleen Kendall Tackett:** Health psychologist specializing in trauma, depression and women's health, with particular focus on the intersection of the trauma and attachment disruptions with perinatal and post-partum experiences. She is the winner of APA Division of Trauma Psychology 2017 President's Award for Outstanding Service to the Field of Trauma Psychology, and is a prolific author and speaker.

We are truly delighted to have the depth and breadth of this high level expertise with us for Convention! Be sure to check out their respective work online!

In addition to our featured presentations, we are pleased to be offering a number of workshops that focus on diversity. Dr. Emma Sterret-Hong will be presenting a workshop that focuses on Trauma experiences of **LGBTQI+ experiences of Adolescents and Adults**. Dr. Adrianna Fisher-Willis and Dr. Walter Malone will be providing a workshop on **re-authoring race narratives** for students of color. Dr. Rasheed Abdur-Rahman, Ms. Miriam Silman, Dr. Vestena Robbins, and Dr. Shambra Mulder will be presenting a workshop titled: **Becoming an Anti-Racist, Trauma-Informed and Resilience-Oriented Agency**.

A number of workshop offerings are directed at supporting recent transition to providing virtual services. Dr. Michael McClellan and Dr. Dan Florell will be presenting an Advanced Supervision workshop focusing on telesupervision. Dr. Dan Florell and Dr. Rachel Buehner will be presenting an ethics workshop focused on telehealth.

Built into our virtual convention platform will be ways to network during convention, so please review the online convention brochure carefully for details!

KPA's Annual Convention will provide three days of truly outstanding training by a variety of local and national presenters. There will be opportunities to view both "live" and pre-recorded workshops that provide the continuing education that is a requirement for your license, as well as workshops that will update your knowledge base, challenge your perceptions, and even encourage you to breathe. **Be sure to mark your calendar for November 12th – 14th, read your emails, and visit the KPA website for upcoming convention information.**

From KPA's New Executive Director

Eric Russ, Ph.D. - Incoming Executive Director



I'm Eric Russ, the new Executive Director of the Kentucky Psychological Association and Kentucky Psychological Foundation. I'm thrilled to be entrusted by my colleagues with the opportunity to serve the psychologists of Kentucky. For those who don't know me yet, I'm a proud clinical psychologist who has worked in academic medicine, the VA, private practice and healthcare administration. I have been a member of the Board of Directors of KPA since 2013 and I am excited to continue the strong work of KPA in this new role. As Executive Director I'm committed to using psychological science to shape our state and local policy, help people who use our clinical services,

and impact our workplaces and community.

It is important to acknowledge that I come into this role as a straight white man at a time when we are being called to action to address the ways we- both as individuals and organizations support institutional and structural racism and other forms of oppression. KPA has begun our own process of change and I am committed to continue that work with our Board. Additionally, I will continue to work to include a diversity of voices in our leadership and our membership. There will be times when I as an individual leader, or we as an organization, fall short and I ask you to please hold me

accountable when you see that happen.

I come into this role standing on the shoulders of those who have come before me. That our organization has been able to manage this transitional period successfully speaks to the organization resilience built over the decade of leadership that we were fortunate to have from Dr. Lisa Willner. I am also deeply appreciative of the work Dr. Katie McBride has done as Interim Executive Director. During a year where the waves of crisis keep rolling in, her hard work has kept the ship afloat and sailing in the

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right direction. As President this year Dr. Steve Katsikas has continued to push our organization to be forward thinking even as we cope with the difficulties brought on by the COVID-19 pandemic. He has done an exceptional job leading our Board and Committee volunteers who have all stepped up to contribute to the organization in ways they did not expect when they signed on. Finally, our office staff have worked extra hours and continued to do outstanding work while managing the uncertainty of leadership changes on top of everything else happening in the world. Their commitment to the success of our mission has been critical to the work of the past year.

I hope to build on this strong foundation of leadership and expand what we do as an organization. Some initial areas of focus will be increasing our communication with legislators, strengthening the relationship between our

academic and practice colleagues, engaging and expanding opportunities for applied psychologists, and creating collaborations to help psychologists navigate in the healthcare space.

I also look forward to deepening my relationship with our members. You are the psychologists working hard across the state and sustaining our organization. I am eager to hear from all of you about the work you're doing, what excites you and worries you about our field and to hear your thoughts about how KPA can better support our community. Please be on the lookout soon for information on how we can connect. In the meantime, I hope to see you all virtually at our Convention this year!

Thank you for supporting KPA and KPF.
Eric

KPA Annual Retreat: Organizing Psychology in Response to 2020 Crises

This summer, as we were all learning to adapt our professional and personal lives to the reality of COVID-19 the Board of Directors of KPA made adaptations to still hold our annual retreat. The board met virtually over two days to discuss regular business matters and also in break out focus groups. The breakout sessions allowed the board to strategically focus on important issues at hand, and develop a plan of action on

numerous matters. The breakout group topics included education and training, advocacy, clinical practice, and racial and cultural equity. Each retreat subcommittee has prepared a review of their work and what they were able to accomplish. Summaries are included below so all of our KPA members can get a sense of what was discussed during the annual board retreat.

Education and Training Workgroup

Steve Katsikas, Ph.D. – KPA President

The Education and Training Workgroup has a dual focus: the profound impact of COVID-19 on the delivery of graduate training and teaching, as well as the need for academic psychologists to have greater access to resources to decolonize their syllabi and ensure that multiple perspectives (e.g., "BIPOC: Black, Indigenous, and people of Color) are included in classes and training programs. Toward those ends, the workgroup is currently developing an online repository of recommended readings, including articles, book chapters, websites, and videos that address the experience of minoritized individuals, with a specific focus on amplifying the voices of psychologists of color. KPA and its members benefit from listening to the voices of future psychological practitioners, especially those from diverse backgrounds.

A second goal is to reach out to Kentucky colleges with a large number of diverse students to

establish connections and encourage participation in KPA and the KPF Spring Academic Conference (as well as the Association in general). KPA and its members benefit from listening to the voices of future psychological practitioners, especially those from diverse backgrounds.

A third goal is to increase KPA's outreach to psychologists who are involved in teaching and training, but are not clinically-focused. The Association benefits from academic psychologists participating in our State Association-and KPA is fortunate to include Academics at rates much higher than most states. We wish to have even more participation. Our KPAGS rep, Hannah Heitz, is working to develop a statewide process by which students in graduate training programs can connect to advanced students as



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mentors. Mentorship does happen within programs, but the opportunity to purposefully expand these opportunities statewide will provide more ample opportunities for trainees to learn from and support each other. Remote meetings have taught us that we are not limited by geography or distance.

Peer support is a key factor in overcoming the isolation that is part of our new reality. While the challenges presented by the pandemic impact students and faculty, the common theme through the workgroup's initiatives is "connection". The final project the group is working on is to coordinate a virtual happy-hour/coffee-hour for Kentucky graduate students to connect to each other in an informal (and virtual) setting. A similar event is being planned for faculty. Additionally, the important work towards creating a more racially just society needs to be a central part of how we teach and train, as we support each other in moving from cultural competency/humility towards explicitly anti-racist practices.

Anti-Racism Taskforce

Steven D. Kniffley Jr., Psy.D., MPA, ABPP, HSP

In the wake of growing awareness of systemic racism and the deleterious impact this phenomenon has on the mental health of BIPOC individuals, an Anti-Racism Taskforce has been created to coordinate KPA's efforts at the individual and institutional levels. During the initial meeting of the Taskforce, 4 key intervention areas were identified along with mechanisms of implementation and accountability: (1) Outreach and Access, (2) Training and Professional development, (3) Policy, and (4) Board/Leadership. The goals related to Outreach and Access involve KPA becoming a leader in anti-racism education and increasing access to mental services for communities of color. Additionally, KPA will seek to demonstrate its commitment to anti-racist action and policies in the area of Training and Professional Development by (1) improving the competence of KPA members regarding anti-racist actions and policies, providing support to training programs statewide to create anti-racism curriculum, and addressing the dearth of BIPOC matriculating through psychology programs and into the professional of psychology. Furthermore, the KPA Anti-Racism Taskforce will support local and statewide efforts to facilitate the development of anti-racism bills such as those recognizing racism as a public health crisis. Lastly, recognizing that meaningful anti-racist action must first start with organizational introspection, the KPA Anti-Racism Taskforce will collaborate with current and future KPA leadership to facilitate an anti-racist climate through training, education, opportunities for self-reflection, and the development of an anti-racist office. The Taskforce is humbled and grateful to collaboratively lead during this important time in the history of Kentucky psychology.



Prevention, Advocacy, and Public Health Workgroup: Creating Data-Driven Action to Impact the Health of Kentuckians

Rachel E. Buehner, Ph.D., KPA President-Elect

The Prevention, Advocacy, and Public Health Workgroup was tasked with identifying prevention efforts to mitigate stress and increase positive coping for Kentuckians during the COVID-19 crisis and during the social upheaval related to racism happening throughout the world.



These efforts are intended to enhance KPA's position as a "go-to" resource for government entities which seek to maximize positive health outcomes, and develop advocacy strategies to work for the benefit of Kentuckians. The Work Group charged itself with finding ways to understand how psychologists, lawmakers, and public entities can work together to create greater support for at-risk Kentuckians, reduce and address health disparities, and amplify KPA's position that racism and racial injustice are public issues, while also bearing in mind the specific concerns related to a global pandemic unfolding while the world reckons with the pandemic of racial injustice, inequality, and economic disparity.

Board members Rachel Buehner, Marianne McClure, Sheila Schuster, Don Rogers, Kristie Schultz, Tiffany Slone, and Shambra Mulder discussed a series of strategies meant to specifically impact the health of Kentucky's most at-risk and vulnerable populations. Increasing support for services to at-risk populations requires understanding that population health disparities diminish the health and safety of all Kentuckians. Actionable strategies recommended included increasing public and lawmakers' collective awareness of social determinants of health (and how these interact with racial trauma), enhancing support for attending to the mental health and well-being of the elderly, and addressing the sequelae of both racial trauma and isolation on children and adolescents. The Work Group devoted great energy to identifying methods to raise awareness of how enhancing public and fiduciary support for social services meant to target issues like poverty, education, and mental health can have far-reaching benefits for all Kentuckians.

KPA's Prevention, Advocacy, and Public Health Work Group recommended that KPA be prepared to state a position on the topic of racial trauma, and to be prepared to advocate when legislative or current events necessitate our voices being heard. For example, when legislation such as Breonna's Law is proposed, KPA should stand ready to show support for legislation which might further protect the health and safety of all Kentuckians. The Work Group also developed a recommendation that the 2021 KPA Annual Convention be centered around the topics of diversity and racial trauma. Additionally, the Work Group recommended that KPA should take a formal stand regarding racial trauma as a public health issue, and include this position in the Association's mission, values, and goals. Legislative priorities targeted by KPA would also include impacting social determinants of health, prioritizing legislative measures which promote safety for all Kentuckians, and working closely with the Kentucky Black Legislative Caucus. The Work Group also recommended that resources related to racial trauma education, including those offered by KPA or other entities and researchers, be actively sought out and shared with both the membership and the public.

With the knowledge that community outreach and social support programs to address social determinants of health, including homelessness, mental illness, and substance abuse, can bear great impact for the poorest and most at-risk Kentuckians, the Work Group discussed ways to offer support to high-risk populations who are particularly vulnerable during the current pandemic. KPA should lobby to increase support for public assistance (i.e. housing, domestic violence shelters, and other issues which broadly impact public health), and KPA's Legislative Advisory Team was recommended to continue to rally support for efforts to address social determinants of health.

Regarding the specific needs of Kentucky's elderly populations, it was recommended that KPA's Legislative Advisory Team and Executive Committee advocate for increased Medicare reimbursement for providers, and enhanced services for Medicare recipients, to target the needs of elderly Kentuckians. It was also suggested that the KPA website be updated to include resources for elderly populations and for families of elderly individuals. Links could include resources from NAMI and the AARP.

Mindful of the impact of COVID-19 on the care, health, and well-being of the elderly and their loved ones, the Prevention, Advocacy, and Public Health Work Group also discussed ways to reach elderly Kentuckians, and to support those who care for the elderly during these uncertain times. One suggestion was to add Geropsychology and Aging as a Clinical interest section to KPA's member Profile page. This would ensure that those with the training and interest in working with elderly clients are connected and aware of resources. This interest section was added in August, 2020. Additionally, seeking input from psychologists who are onsite at assisted living/nursing home facilities would provide Kentuckians a sense of available support groups, specialized clinicians, and other resources are available for families of elderly Kentuckians.

With regard to the specific needs of children and adolescents during these uncertain times, the Prevention, Advocacy, and Public Health Work Group recommended that KPA offer training opportunities to teachers and education personnel to enhance their understanding of the ways racial injustice, isolation, and trauma can impact the health and functioning of students. This training could include webinars and other in-service opportunities for teachers, with a goal to increase teachers' understanding of the impact of social isolation on students' mental health and illuminate psychologists as a resource for teachers and their students. .

The Work Group identified a need for more resources on the KPA website related to helping members of the public better understand anxiety, isolation, and other mental health concerns which might help parents answer questions such as "How do I know if my child is anxious? What do I do?" The Child and Adolescent Interest Section could assist with development of these resources. It was also suggested that KPA re-engage with the Kentucky Association of School Psychologists (KAPS) to ensure mental health professionals and educators are optimally connected to meet the needs of Kentucky students.

While these recommendations represent ambitious goals for KPA's leadership and membership, it is the hope of the Prevention, Advocacy, and Public Health Work Group that real movement will come from KPA not just taking a stand, but pushing the conversation forward, and optimizing our voices in Frankfort to effect positive change and growth during these tumultuous times.

Clinical Practice Workgroup

David Pascale Hague, Ph.D. -
KPA Bluegrass Region Representative



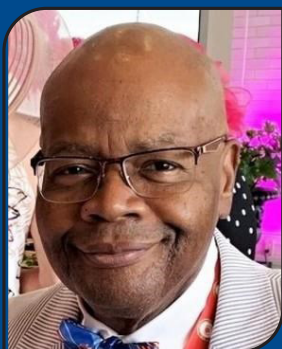
The purpose of the Clinical Practice Workgroup, which took place as part of the annual board retreat was to determine how the Association could continue to strengthen outreach and communication to members who are delivering clinical services in a variety of arenas. Interestingly, the work group first discussed the multitude of ways KPA leaders were working daily to help members understand the impact of COVID-19, with adjustments for telehealth, advocacy with state and federal leaders, and ethical or legal dilemmas we may encounter in clinical practice. The workgroup discussed the meaningful ways our Executive Committee, and other leaders were serving the association and how numerous emails and listservs conveying this information can be cumbersome.

Given all that is happening in KPA to serve the membership the workgroup discussed if the work of leaders is adequately conveyed to KPA members through the current communication channels. We decided to focus our conversation on exploring ways to improve levels of communication in the year ahead. Specifically, the workgroup discussed how communication is released from the KPA office and on email listservs. The workgroup explored the troubles that can exist with email lists and suggested KPA explore updated means of communication such as online forums hosted through the KPA website, social media outlets, and private communication groups which would exist online. A major take away from the clinical practice workgroup was an acknowledgement that KPA leaders are working tirelessly to serve the association and developing new means of communication would give a better first hand view of the work being done. In response to this working group several KPA committees have implemented new virtual channels of communication, specifically a service called Slack, instead of email lists and have been reporting positive results in making these transitions. Our hope is that we can begin to roll out new ways for KPA to reach out to members and those in practice and that through those changes members will also be able to connect with one another in easier and more streamlined ways.

In Memoriam

Andrew B. Jones, Jr., PhD

Louisville - 62, passed on Saturday
October 26, 2019



Thank you to friends, colleagues and family members who let us know of the passing of these psychologists who contributed so much to psychology in Kentucky.



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DPA Update

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



As you may know, the Director of Professional Affairs (DPA) is a paid, very part-time position for KPA, and serves as a support for practice related issues. This liaison role includes working with

- 1. DPAs from other State and Provincial Psychology Associations**
- 2. KBEP (our state licensing board) which has been highly collaborative and responsive to recent requests for information and changes within their ability to make**
- 3. KPA's Legislative Advisory Committee that includes our lobbyist, the tireless and resourceful Dr. Sheila Schuster**
- 4. APA practice resources (Shout out to the wonderful legal consultants with Legal & Regulatory Affairs [LRA] Department and to Dr. Jared Skillings' team with the APA Practice Directorate for their very timely and effective outreach and advocacy efforts).**

Since August, 2019, I have been wearing both hats of Interim Executive Director as well as your DPA. I have remained in close touch with our APA contacts and with KBEP (our licensing board) to track and disseminate recommendations, guidance, shifting laws and 3rd party payor coverage in psychology practice and training. Although we are certainly still riding waves of upheaval of 2020, the rapidity of change to reactionary state, federal, corporate and practice directives as they affect our work in psychology has thankfully slowed in recent weeks.

Recent news from **KBEP (Kentucky Board of Examiners of Psychology) released a July, 2020, Memorandum** to all licensees outlining

- The innovations that allowed for the restart of licensure exams in July
- Decision to remove CE modality requirements for licensure periods that overlap with any part of the KY State of Emergency
- Specific guidance around psychological and neuropsychological testing. *Be sure to check out KPA's July 2020 CE about psychological testing including an expert panel (featuring Dr. Deters as well as APA Chair of Practice Advisory Committee, Harvard Medical School neuropsychologist Dr. Maggie Lanca, now available on KPA Homestudy!)

Though some of us will continue to practice fully remotely for the foreseeable future, many of our therapy and testing practices are finding a balance of online and in-office contact. Remember, psychologists are considered essential workers and as such, have priority access to PPE to keep our offices clean, and our clients and selves safer. FYI, APA CEO Dr. Arthur Evans successfully lobbied Jeff Bezos at Amazon to include psychologists as essential in order to access those products!

Keep these guidelines in mind

For in-office practice,

- As with all ethical decision making, transparent communication with our clients is best practice. Utilize written informed consent (find templates on KPA COVID-19 Resource page) as well as ongoing conversations about your COVID-19 policies and procedures.
- If you are employed by a practice, request that the owners develop a coherent office-wide plan that follows CDC, APA, and KY Healthy at Work State guidelines.
- Communicate fully and regularly with other clinicians in shared workspaces to ensure open communication and good working relationships. The degree to which individuals follow the recommendations can fuel tensions between co-workers.
- Consider a "parking lot waiting room" for clients. Have them text or call you when they arrive.
- Minimize extended time that clients and parents spend in your waiting area. If sharing space with other clinicians, consider staggering start times, and work together to coordinate.
- Ensure that your furniture in both your waiting area and your office space is set to at least 6 feet apart. Attend to good air circulation using fans, and open windows if weather permits.
- Post your expectations on the outside entrance as well as inside shared office spaces (required mask wearing, mask covering mouth and nose, hand sanitizer and or hand washing, social distancing).
- Depending on your clientele, you may have PPE available for all clients, conduct routine temperature taking, or utilize a full questionnaire of symptoms, potential exposure to COVID-19, and recent travel history.
- You should develop and communicate clear

protocols for various situations with your clients. For example, how do the following impact your judgement to have a remote session rather than in office?

- their workplace environment
- vacation or work travel of yours or of your clients
- their apparent degree of adherence to basic guidelines like social distancing and mask wearing

For remote sessions:

Get some training! While the vast majority of us had to jump into remote sessions in March without any experience or training, there is a wealth of experience around best practices and guidelines developed over the last decade or so. (Check out Dr. Rachel Buehner's excellent June CE on Telehealth-now available for KPA Home study, and APA's COVID-19 Resource sections on their website). Here are a few tips to minimize screen fatigue and to optimize the visual and emotional experience for our clients and ourselves:

- The larger the screen the better. Some recommendations for remote practice call for screens 23-33"!
- Lots of ambient light. Open those blinds, add lamplight. Ask a friend or colleague to work screen to screen with you and get some feedback.
- Make sure your camera (which may be the light at the top of your screen) is about level with your eye gaze. While you want to glance up directly into the camera from time to time, don't feel compelled to "stare" into that light the whole time. As with in person sessions, you can feel free to allow your eyes to move naturally while paying attention to your eye contact with your client. (Remember that the client's experience of your gaze is when you are looking into the camera light- not the client's face on screen).
- Play with your distance from your screen. It is alright-even preferred- to have more of your body (at least your torso!) on screen for sessions. (This also eases the efforts around eye contact). Use of hand gestures and body movement is part of natural-feeling interaction. Note: If you are doing a presentation, you should have less distance from the screen. ·

-continued on page 8

Do not hesitate to work directly with your client to optimize what you see and hear. Ask them to move their device so you can see them more fully. Ask them to change their body position, where they are sitting, or to get out of bed (ah, those charming adolescents!).

- Give clients permission and encouragement to let you know when there are technical difficulties that interfere with hearing or attending to you. It may be preferable to take a moment to refresh your screen session rather than sustain a poor connection or a lag that is not resolving.
- Be prepared with backup plans to accommodate technical difficulties and be flexible! Consider having multiple devices charged and

available, shift to another platform, or perhaps do a phone session instead. Just this week, I had to use my phone as a wi-fi hotspot when my office internet connection was being fussy- I had a frustrating 15 minutes as I was troubleshooting for sure, but I was able to salvage the session!

- Pay attention to ergonomics. Sitting for remote sessions requires more sustained posture support, and slight discomforts will magnify over time. Consider investing in a sturdier chair with strong lumbar support, a desk footstool, or a laptop stand to better support your body positioning. Make sure you incorporate some stretching and movement between each session!

As you have had to make rapid pivots and develop new skill sets for yourself in your work over the past 6 months, we have worked especially hard to make KPA as valuable a resource for you as possible.

I appreciate your emails with your inquiries, shared information, and feedback when our work has felt supportive and beneficial to your work. Please keep that communication coming (dpdkatie@kpa.org) – the good, the bad, and the ugly – so that we can best support your practice needs!

Thanks for reading,

Everything You Need to Know to Vote in the 2020 General Election

Sheila A. Schuster, Ph.D. - KPA Lobbyist



With the election cycle in full swing, NOW is the time for all of us to get active on the election side of the political arena! Nothing could be more important than playing a role in deciding who the legislators in Frankfort and Washington will be in 2021 and 2022 who will be considering psychology legislation and making it law!



In the **Kentucky General Assembly**, of the 100 House seats, 65 will be on the 2020 General Election ballot. This year, of 19 Senate seats (odd-numbered districts) whose terms are up, 12 will be on the ballot. These are critical elections to determine who YOUR Representative and YOUR Senator will be in the upcoming Kentucky General Assembly sessions. Some very good news....our own [Dr. Lisa Willner](#), elected in 2018 to represent the 35th House district in Jefferson County, is unopposed in the general election, so she will be returning to Frankfort in 2021!

In **Washington**, we will be voting for the US President and Vice-President at the top of the ticket. One US Senate seat in Kentucky – that of Mitch McConnell – will be on the ballot, as will all 6 KY seats in the Congressional House of Representatives. Talk to the candidates and vote for those who will support PSYCHOLOGY. The voices – and votes – of all of us in the psychological

community – colleagues, families and friends, clients, and students – can make a BIG difference.

The 2020 Primary election was held in June under very different circumstances because of the COVID-19 pandemic. Voters were urged to vote by mail, and the overwhelming majority did so. The overall turnout was in record numbers.

The General Election for state and federal seats is set for November 3rd but the rules and deadlines for voting have been changed, due to the pandemic.

First, be sure you are registered to vote. If you voted in the primary and have not moved or changed your name since then, you are good to go. If anything has changed (address or name) or if you have not been registered before, **Go to: www.GoVoteKY.com to register or to update your registration! The deadline is 4:00 p.m. local time on Monday, October 5, 2020.**

Second, decide how you want to vote. Governor Beshear and Secretary of State Adams have reached a bipartisan agreement about the available methods of voting and timelines for the November General Election.

Absentee Voting: Voting via a mail-in or dropped-off ballot will again be available in this election. You may request your absentee ballot to be mailed to you by requesting it at: www.GoVoteKY.com If any of the reasons listed – including “concern about contracting or spreading COVID-19” – apply to you, simply check the box and continue to follow the instructions. **The portal opened on August 21**

st and will close at midnight on October 9th . Your absentee ballot will be sent to you in mid-September. You may also request an absentee ballot from your County Clerk. Plan to (correctly) fill out and mail or deposit your ballot soon after you receive it, to make sure that it is counted. Absentee ballots must be postmarked no later than November 3rd and received by November 6, 2020. You may return your completed ballot via the US Mail...or if you don't trust mail delivery, there will be designated secure drop-off boxes in each county where you can safely deposit your ballot. As KPA gets more information about the location of drop-off boxes, we will post it on our website. **PLEASE NOTE:** A large number of absentee ballots in the Primary election were not counted because the voter did not follow the **exact** instructions for marking their choices and then signing both the inner envelope and the outer envelope. Please be sure to follow the instructions so that your vote is counted!

In-Person Early Voting: Should you choose to do so, you may vote in-person **beginning on October 13th.** You do not need a reason to vote early. There will be at least one “supercenter” voting location in each county where all precincts can vote. It is unclear at this time how many additional locations will be open in each county for early voting. Again, as KPA gets this information, we will post it. The in-person early voting locations will be open from 8:00 a.m. to 4:00 p.m. local time and on Saturdays (10/17, 10/24, 10/31) for four hours. No appointment is necessary.

Voting on Election Day: As you know, each county had only one voting location on Primary Election Day with resulting long lines and some not being able to get there to vote. We understand that there will be more than one voting location in each county, but the number and location are yet to be determined. As that information becomes available, KPA will post it. The voting hours remain unchanged – 6:00 a.m. to 6:00 p.m. local time. Many Kentuckians have urged longer voting hours on election day, but this change would require legislative action. Officials hope to be able to report election results on November 3rd. The newly-passed requirement for an official ID has been loosened due to COVID-19. If an individual does not have an ID, they may indicate the reason why and still vote.

Third, who is running in the General Assembly elections? We have prepared a list of all incumbent legislators and challengers in each of Kentucky's 120 counties and posted it for you on the KPA website (<https://bit.ly/2DiGZ9I>). You can verify who your current House and Senator members are by going to <https://apps.legislature.ky.gov/findyourlegislator/findyourlegislator.html> and clicking on the Kentucky map or typing in your home address. You can then locate your legislators on the KPA Election Candidate grid by county and name and will be able to identify whether they have an opponent in the November election and who the challenger is. If the seat is being vacated due to a resignation or a defeat in the primary, each of the candidates for the office is listed. The challengers are listed with their party affiliation (Democratic, Republican, Libertarian, Independent).

Fourth, do your homework! Information about the candidates can be found on their campaign websites, in whatever media you get your information from

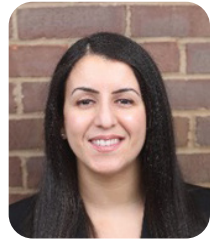
(newspaper, radio, online) or from the political parties of their affiliation. Check with the candidates to see if they are sponsoring or participating in any on-line events where they will be talking about their position on issues. The League of Women Voters (LWV) is a nonpartisan organization of long standing that publishes information about candidates and often hosts candidate forums in various locations. Kentuckians for the Commonwealth (KFTC) is a grassroots social, economic and environmental justice organization that sends out pre-election questionnaires to candidates and then publishes their responses. Also check the KY Educational Television (KET) schedule for the Monday evening "Kentucky Tonight" show which typically features interviews with candidates for statewide and federal offices.

Fifth, how can YOU make a difference? GET INVOLVED: It is not too late to get active in this election cycle: host a (virtual) neighborhood gathering for a candidate, put out yard signs, volunteer to send postcards, walk the district for a candidate to distribute materials, contribute to the KPA PAC or to the candidates of your choice (campaigns are expensive!), volunteer with the political party of your choice or sign up to be a poll worker if your health is not at risk with COVID. **Above all – VOTE!** We know that elections have consequences. We also know that every vote can make a difference. In the 2018 election cycle, several KY House seats were decided by fewer than 10 votes! As political science professor Larry Sabato pointed out: "Every election is determined by the people who show up." Be one of those people!

If you have any questions, please do not hesitate to email me at: kyadvocacy@gmail.com

Self-Care and Managing Stress in the COVID-19 Era

By Andri Yennari, Ph.D. - Chair of KPA's Early Career Psychologist (ECP) Committee.



"We are in a new era as we struggle to live with the pandemic for an extended and unknown length of time...psychological research examining the impact of the pandemic...will help us develop a blueprint of recovery" said APA President Sandra L. Shullman, Ph.D., regarding the resolution adopted by APA's Council of Representatives on August 5th, recognizing the multiple impacts of the global pandemic. More so now than ever, self-care becomes critical, if not essential, for optimal coping, especially for healthcare providers and others on the front lines of the coronavirus pandemic.

The Coronavirus Disease 2019 (COVID-19) pandemic is a huge source of strong emotions. Stress, fear, grief, and anxiety have emerged for many, mainly due to the daily loss of life and routine as we know it. Since the start of the public health emergency, most health professionals and several businesses switched to telehealth practice in order to prevent the spread of COVID-19.

On the positive side, for many, teleworking has eliminated or decreased commuting time to work, offered flexibility and freedom from structure, and presented new opportunities for self-care. It has

afforded more time to connect with family, spend more time with pets, engage in home projects, allowed for daily walks, and increased time to spend in nature and the outdoors. However, social distancing and telework have come with a constellation of unique stressors and challenges. For instance, for many, social distancing and social isolation have been sources of increased stress, loneliness and anxiety. Others have dealt with loss of their loved ones, jobs, and daily lifestyles. Lack of structure and flexible work hours have made it difficult to work efficiently due to distractions at home. Over reliance on smartphones and laptops is associated with higher levels of stress and even insomnia when technology is used late at night. In addition, though social media can be a lifeline for some, interactions can feel less personal than face-to-face encounters. Finally, healthcare providers and therapists experience an extra layer of vicarious trauma by bearing witness to their patients' suffering. Individuals experiencing the aforementioned challenges will do so to different degrees of severity, thus it is important to acknowledge the positive effects due to self-care. Tips to manage stress and foster self-care during a pandemic include:

- Acknowledge loss and change, and gain appreciation of the present moment: practice gratitude of what we still have, and maintain a positive, hopeful outlook.
- Engage in "parasympathetic recovery".
- Find ways to ease stress by eating healthy, being active, meditating and getting enough sleep.
- Find ways to connect socially to reduce social isolation and feelings of loneliness.
- Set a daily schedule and stick to it to stay motivated, minimize distractions, and improve your mental focus.
- Remind yourself that in order to help others during the crisis, it is essential to take care of yourself.

Andri Yennari, Ph.D., is a Licensed Clinical Psychologist and Training Coordinator at Eastern Kentucky University Counseling Center (EKUCC).



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2020 CONVENTION WORKSHOPS

THURSDAY, NOVEMBER 12

8:00 AM

Welcome Message & Keynote: Suicide Exposure: From Professional to Personal 1 CE—*Julie Cerel, Ph.D.* ★

9:30 AM

T01. LIVE: Restoring Emotion Regulation, Balance, and a Sense of Self in the Aftermath of Developmental Trauma, 1.5 CE - Ruth Lanius, M.D., Ph.D.

T02. Utilizing yoga and mindfulness to combat empathy fatigue, 3 CE - *Erin Royal, M.S.*

T03. Developmental Trauma Disorder: Why PTSD in Children Looks Like ADHD, 3 CE - *DeDe Wohlfarth, Psy.D.*

T04. Understanding Suicide Assessment, Intervention, and Management: A Trauma-Informed Approach Across the Lifespan (Part 1), 3 CE - *Melinda Moore, Ph.D.; Patti Clark, Ed.D., MBA, CPS; Theresa Botts, Ph.D.; Teri Nowak, Ph.D.* ▲★

11:30 AM

T07. LIVE: Healing the Traumatized Self: Overcoming Obstacles in Trauma Treatment, 1.5 CE- Ruth Lanius, M.D., Ph.D.

2:00 PM

KBEP Open Board Meeting

T08. LIVE: Using Relational-Cultural Theory to Provide Culturally Adaptive Psychotherapy, 2 CE - Brooke Rappaport, Ph.D.

T07. Trauma Experiences among LGBTQ+ Adolescents and Young Adults, 3 CE - *Emma Sterrett-Hong, Ph.D.*

T08. The grave no one wants to visit: How Psychologists can help children who lost a parent to murder, 1.5 CE - *Chris Morrison, Ph.D.*

T09. Understanding Suicide Assessment, Intervention, and Management: A Trauma-Informed Approach Across the Lifespan (Part 2), 3 CE - *Melinda Moore, Ph.D.; Patti Clark, Ed.D., MBA, CPS; Theresa Botts, Ph.D.; Teri Nowak, Ph.D.* ▲★

Preparing for the Oral and Written Licensure Examination, Non-Credit.

4:00 PM

T11. Attachment - Based Interventions with Parents and Young Children, 1.5 CE *Shari Kidwell, Ph.D.; Kalina Cade, M.S.*

4:30 PM

T10. LIVE: Your Board's Responses to COVID-19: Serving the Public and Ensuring a Mental Health Workforce During the State of Emergency, 1 CE - Jean Deters, Psy.D.; Jamie Hopkins, Ph.D.; Joe Dickhaus, M.S.; Brenda Nash, Ph.D.

KBEP REQUIREMENTS

★ Suicide Prevention Requirement:

- This workshop fulfills all or a portion of the KRS 210.366 requirement for suicide prevention training.

◆ Domestic Violence Requirement:

- This workshop fulfills all of the KRS 194A.540 requirement for domestic violence and elder abuse training.

● Advanced Supervision Requirement:

- This workshop fulfills the KRS 319 advanced supervision requirement for KBEP approved supervisors.

■ Basic Supervision Requirement:

- This workshop fulfills the KRS 319 basic supervision requirement for KBEP approved supervisors.

▲ Ethics/Risk Management Requirement:

- This workshop fulfills all or a portion of the KRS 319 ethics/risk management requirement for psychology professionals.

FRIDAY, NOVEMBER 13

8:00 AM

Welcome Message & Opening Plenary

9:30 AM

F01. LIVE: Featured Presentation: Racial Healing with, 2 CE Anneliese Singh, Ph.D., LPC

F02. Oh The Places You'll Go: Ethically Serving the Lifespan in a Telehealth World, 3 CE - *Dan Florell, Ph.D.; Rachel Buehner, Ph.D.* ▲

F03. Payer and Provider Partnerships for Addressing Trauma within a Health Plan, 1.5 CE - *David Hanna, Ph.D.; Stephanie Stone, M.S.; Elizabeth McKune, Ed.D.*

F04. Assessing and Treating OCD in English and Spanish speaking Children, 3 CE - *Brenda Arellano, MS, LPA; Clement Street Russell, Psy.D, HSPP*

F05. Fostering Flourishing in Older Adults Using an Interdisciplinary Team Approach, 1.5 CE - *Anna Faul, Ph.D.; Sam Cotton, Ph.D.; Joe D'Ambrosio, Ph.D.*

11:30 AM

F07. Trauma-Informed Approaches for Adolescent Substance Use Disorders, 1.5 CE - *Geoff Wilson, LCSW, LCADC*

F08. Differentiating between Alzheimer's Disease and Its Mimics, 1.5 CE - *Jordan Harp, Ph.D.; Fred Schmitt, Ph.D.*

12:00 PM

F06. LIVE: Becoming an Anti-Racist, Trauma-Informed and Resilience-Oriented Agency, 1.5 CE- Rashaad Abdur-Rahman, LCSW, Miriam Silman, MSW, Vestena Robbins, Ph.D., Shambra Mulder, Ph.D.

2:00 PM

F09. LIVE: Unsafe in a Safe Space: Microaggressions in the Therapeutic Relationship, 1.5 CE Aesha L. Uqadah, Psy.D.

F10. The Intersection of Adverse Childhood Experiences, Mental Health & Substance Use Disorders and Chronic Pain, 3 CE - *A.J. Steele, Psy.D.*

F11. Trauma Informed Care and Mental Health Professionals: An Opportunity for Leadership within Medical Settings, 1.5 CE - *Meghan L. Marsac, Ph.D.*

F12. ACT-Enhanced Exposure Therapy Skills Addressing Anxiety In Uncertain Times, 3 CE *Street Russell, Psy.D.*

F13. Ethical decision-making in the identification and treatment of first responder trauma and impairment, 1.5 CE - *Lee Look, Ph.D.* ▲

4:00 PM

F14. LIVE: The Re-authoring of Race Narratives for Students of Color: Empowering Lived Experiences, 1.5 CE Adrianna Fisher-Willis, Psy.D., Walter Malone, Ph.D.

F15. It's Not What You Think: Differentiating Toxic/Metabolic Encephalopathy from Dementia and Psychosis, 2 CE *Donald Burton, Ph.D.; Laurel Everett, M.A.; Shruti Shastri, M.A.*

F16. Advocacy When It Counts: What KPA is Doing and What You Can Do To Be Involved?, 1.5 CE *Georgeann Stamper Brown, Ph.D.; Sheila Schuster, Ph.D.*

2020 CONVENTION WORKSHOPS

SATURDAY, NOVEMBER 14

8:00 AM

Welcome Message & Opening Plenary

9:30 AM

S01. LIVE: Trauma and the frontiers of mind-body medicine: psychoneuroimmunology and health, 1.5 CE - Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA

S02. Advanced Topics in Clinical Supervision: Telesupervision, 3 CE Michael McClellan, Ph.D.; Dan Florell, Ph.D.

S03. Basic Supervision, 3 CE Brenda Nash, Ph.D.

S04. Wellness Among Online Faculty, 1.5 CE Tammy Hatfield, Psy.D.

11:30 AM

S05. LIVE: Trauma and the frontiers of mind-body medicine: psychoneuroimmunology and health, 1.5 CE - Kathleen Kendall-Tackett, Ph.D., IBCLC, FAPA

S06. We Teach Online. We Love it. Students Love it. Here's How, 1.5 CE - Matthew Winslow, Ph.D.; Myra Bundy, Ph.D.

2:00 PM

S07. Coercive Control: The Core of Partner Violence and Human Trafficking, 3 CE - TK Logan, Ph.D.; Jennifer Cole, Ph.D.

S08. Sleep and Mental Health: Research Updates and Clinical Application, 3 CE - Ryan Wetzler, PsyD, CBSM, DBSM, ABPP

S09. Multiaxial Symptoms Treatment (MST): A Manualized, Cognitive-Behavior Approach to Treating Anxiety in Youth, 3 CE Richard Gilman, Ph.D.

S10. Effective Therapy for Individuals with Developmental Disorders Through Tele-therapy Methods, 3 CE - Joshua Smith, Psy.D.



IMPORTANT ATTENDEE INFORMATION

Whova Information

Whova is an online event management platform that offers a comprehensive variety of everything needed to run a convention, such as online workshop space, sponsor pages, discussion groups, etc. All of this can be accessed from computer, phone, or other mobile devices. The app is easy to download from your app store and once downloaded you can set up your profile in preparation for Convention. When Convention begins you can then enter into our Convention space in Whova and attend workshops, connect with people over discussion groups, check out our sponsors, and much more.

Workshop PowerPoints & Handouts

All handouts provided in advance to KPA by presenters will be posted online and available for download.

Special Assistance

If you need special assistance, please let the KPA office know as soon as possible so we may make appropriate arrangements.

Cancellation Policy

90% refund if cancellation received on/before Oct 21, 2020. 50% refund if cancellations received between Oct. 21 – Oct. 28, 2020. 20% refund if Cancellations between Oct. 29 – Nov. 11, 2020. No refunds after Nov. 11, 2020. **ALL refund requests must be submitted in writing to KPA at kpa@kpa.org or mailed to 8004 Lyndon Centre Way, Ste 202 Louisville, KY 40222.**

CE Credits/Attendance



Psychologists:

KPA is approved by the American Psychological Association to sponsor continuing education for psychologists. KPA maintains responsibility for this program and its content. KPA is also an approved sponsor for the Kentucky Board of Examiners of Psychology.

Social Workers & Art Therapists:

KPA is an approved sponsor for the Kentucky Board of Social Work, the Kentucky Board of Professional Art Therapists. (Provider #1004).

Pastoral Counselors:

KPA is approved to offer Continuing Education to Pastoral Counselors as stated in 201 KAR 38:070, Section 3(1)(b) as an approved provider.

Registration Information

Name: _____ Degree: _____

*Please print your name

Address: _____

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Email: _____

Phone: _____

Licensure Board: _____

Are you a member of the CE Registry? Yes No

Circle the Workshops & Events you plan to attend

Thursday, November 12, 2020	8:00 am - 9:15 am				
	WELCOMING REMARKS AND MORNING PLENARY WITH DR. JULIE CEREL				
	9:30 am - 11:00 am	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	
	T01- LIVE				
	11:30 am - 1:00 pm	T02	T03	T04	11:30 am - 1:00 pm
	T05- LIVE				Open KBEP Meeting
	Lunch Break				
	2:00 pm - 4:00 pm	2:00 pm - 5:30 pm	2:00 pm - 3:30 pm	2:00 pm - 5:30 pm	2:00 pm - 3:30 pm
	T06- LIVE	T07	T08	T09	Oral Prep (Non-Credit)
	4:30 pm - 5:30 pm		4:00 pm - 5:30 pm		
T10- LIVE		T11			

Friday, November 13, 2020	8:00 am - 9:15 am				
	WELCOMING REMARKS AND MORNING PLENARY				
	9:30 am - 11:30 am	9:30 am - 1:00 pm	9:30 am - 11:00 am	9:30 am - 1:00 pm	9:30 am - 1:00 pm
	F01- LIVE		F03		F05
	12:00 pm - 1:30 pm	F02	11:30 am - 1:00 pm	F04	11:30 am - 1:00 pm
	F06- LIVE		F07		F08
	Lunch Break				
	2:00 pm - 3:30 pm	2:00 pm - 5:30 pm	2:00 pm - 3:30 pm	2:00 pm - 3:30 pm	2:00 pm - 3:30 pm
	F09- LIVE	F10	F11	F12	F13
	4:00 pm - 5:30 pm		4:00 pm - 6:00 pm		4:00 pm - 5:30 pm
F14- LIVE		F15		F16	

Saturday, November 14, 2020	8:00 am - 9:15 am			
	WELCOMING REMARKS AND MORNING PLENARY			
	9:30 am - 11:00 am	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 11:00 am
	S01- LIVE			S04
	11:30 am - 1:00 pm	S02	S03	11:30 am - 1:00 pm
	S05- LIVE			S06
	Lunch Break			
	2:00 pm - 3:30 pm	2:00 pm - 5:30 pm	2:00 pm - 5:30 pm	2:00 pm - 5:30 pm
	S07- LIVE	S08	S09	S10

Convention Registration Fees

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KPA Status	Early Bird * (Until Sept. 18)	Pre-registration (Sept. 19-Oct. 16)	Late Registration
KPA Member+	\$325	\$365	\$405
Non Member	\$565	\$565	\$695
Non Licensed-KPA Member**	\$250	\$275	\$300
KPA Student **	\$110	\$120	\$130

Per Day Fees

Fee includes admission to all workshops per day

Per Day	Early Bird * (Until Sept. 18)	Pre-registration (Sept. 23-Oct. 24)	Late	TOTAL
KPA Member+	\$135	\$155	\$175	x__# days =
Non Member	\$245	\$245	\$300	x__# days =
Non Licensed-KPA Member**	\$100	\$110	\$125	x__# days =
KPA Student **	\$40	\$45	\$50	x__# days =

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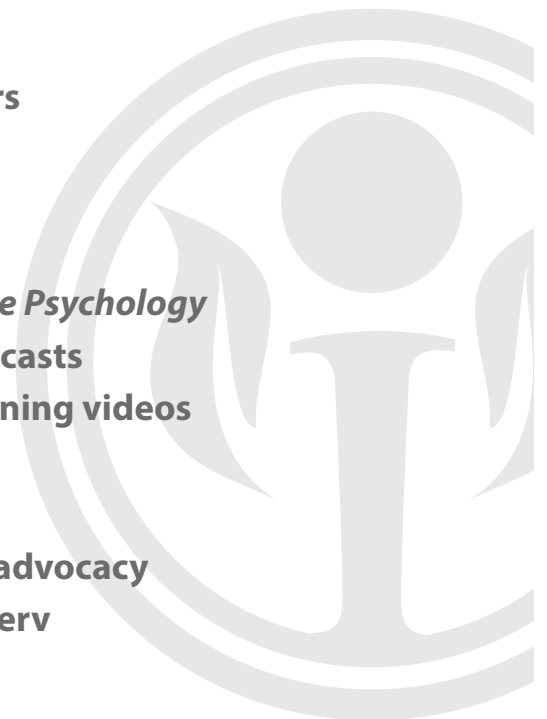
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Sponsored by the KPF Diversity Committee

Every year the Kentucky Psychological Foundation honors two recipients with a **Multicultural Professional Development Award** at the KPA Annual Convention.

The award recipients must be KPA members in good standing.

There are two award levels:

The Multicultural Psychologist Professional Development Award for \$500 - Qualified applicants are psychologists who represent a diverse group or population. Award money may be used for a specific multicultural initiative, training, conference, event or membership dues to a multicultural national professional organization.

The Multicultural Student Professional Development Award for \$350 - Qualified applicants are psychology graduate students representing a diverse group or population. Award money may be used for specific multicultural initiative, training, conference, event or dues to a multicultural national professional organization.

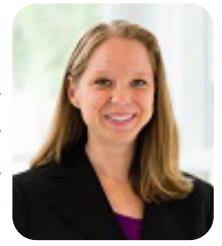
Candidates must submit their letter of interest and CV no later than October 23rd. Candidates must submit a letter that specifies what they would use the funding for and how much is needed, up to the limit of the award.

Within one year after receiving the award, each winner will be required to submit a brief letter explaining how the award money was used and how the funds contributed to the goals stated in their application.

To apply: Send your letter of interest & CV to kpa@kpa.org with "KPF Multicultural Award" in the subject line.
Questions? Call 502.894.0777

Kentucky Psychological Foundation News

Courtney Keim, Ph.D. – Kentucky Psychological Foundation Board Member



“As a member of APA’s Workplace Advisory Panel, I have evaluated dozens of organizations on their psychologically healthy workplaces practices. I am always struck by the innovative and creative ways in which organizations find ways to implement these kinds of practices, including during times of great struggle.

already created a culture of communication and trust where employees felt that were doing meaningful work. So they literally survived the storm by being creative and focusing on psychological health.

For example, Liberty Puerto Rico, a telecom company, was recognized with APA’s Psychologically Healthy Workplace Award in 2019, in part for their support for employees after Hurricanes Maria and Irma. They created a foundation to provide aid for things like food, water, and other personal necessities and financial planning workshops. But importantly, Liberty Puerto Rico had

And that leads us to our current storm: the COVID-19 pandemic. What should organizations consider as they begin to reopen? Can we include psychologically healthy practices into our COVID-19 response? My colleague, Dr. John Weaver, chair of the American Psychological Association’s Psychology in the Workplace Advisory Panel, offers the following advice.”

Psychological Considerations as Business Reopens

John Weaver, Psy.D. Psychologist & Owner of Stress Management & Mental Health Clinic

Our lives and our organizations have been disrupted by the novel coronavirus pandemic. The lifting of the safer-at-home orders has ushered in a new phase of the response to this crisis and new disruptions that will continue to emerge.

These events have influenced mental health. Recent Census Bureau data show that 1 in 3 Americans are reporting clinically significant symptoms of depression and anxiety. This is a dramatic, if unsurprising rise. Depression was already the most expensive medical condition among working age individuals (including both direct costs and effects on workplace functioning), even before the pandemic. Nearly everyone in our country has felt an increase in anxiety, and for many, this has been a major interference in the ability to carry on in daily life. Employees who are depressed will have trouble motivating themselves and will not have the energy or enthusiasm to contribute productively. Individuals who are anxious may be unwilling to take risks or, conversely, may take excessive risks to resolve the problems the pandemic poses.

In this environment of high stress, there will be employees who will need mental health treatment. Be sure and discuss these opportunities:

- Work with your Employee Assistance Program
- Inform your workforce about mental health treatment through your health insurer.
- Inform your employees that all major insurance companies are paying for tele-health sessions via telephone or video conference.
- Invite members of your wellness program to participate in your strategic planning.
- In your “lunch and learn” programs, include stress management and resilience.

The pandemic also has impacts on the psychology of the workplace. Along with the impact on individual employees, organizational effectiveness, overall employee wellbeing, and organizational excellence can also be diminished because of these disruptions.



There are several necessary psychological factors that businesses should address that will help address the needs of the organization and the needs of the workforce.

Health and Safety

The immediate concern will revolve around health and safety as business resumes. For many, this is a concern about whether a return to business as usual will increase the risk of being infected by the virus. For others, there is worry about the financial impact of the shutting down of the economy, and about how to earn enough income to survive.

The predominant emotion here is anxiety. Anxiety easily turns into anger. These heightened emotions interfere with the ability to think logically and reasonably. Employees will look to leadership to address these problems and may quickly blame the boss when things go wrong.

When we are anxious or angry, and there is a lack of information, we make stuff up. The stuff we make up will be guesses about catastrophes that might occur. “I will get sick if I have to do that job.” “The business is going to close, and I will be out of work” These are some of the thoughts that our employees will have in this situation.

- Communicate frequently and to the point.
- Give accurate information, including what is uncertain, to engage employees in shifting into rational problem solving and away from emotional reactivity.
- Equip them with the tools for mastery, autonomy, and relational awareness so that they can bring their best to the workplace.

Work/Life Flexibility

The transition from working at home to working in the office, or from being furloughed to being called back to work again will not be easy. For those who were able to work from home, trends in flexible work schedules were dramatically accelerated. Some will be glad to be back into the predictable office environment with set schedules and regular hours. Others may push to expand options for remote work because of the autonomy and convenience it affords. Those being called back from furlough will be wondering if there is danger that future layoffs may occur if business does not rebound quickly.

–continued on next page

The common experience for those who have been at home for the duration of the safer-at-home orders is that they are now exhausted. Those who had the opportunity to work from home often had to learn new technology and set new structures for themselves. Those with school aged children found themselves needing to supplement the on-line education of their children as well as provide them with social opportunities on top of daily chores (and perhaps work at home expectations from their organizations). Good work/life flexibility is associated with higher levels of creativity and higher performance in organizations. It is possible to view this time not as a return to the way things were but as an opportunity to look at new ways to engage in meaningful work.

- Recognize and value the returning employees.
- Hold pre-briefings that lay out the goals, roles, and procedures for the organization in this phase of the recovery.
- Have frequent de-briefing opportunities where there is discussion of the teamwork and task work necessary to make the organization effective.

There are more phases to come. Issues with employee involvement and employee development will also need to be addressed. This is going to require that we continue to learn and adapt as the next challenges emerge. Remember, our role as a leader in our organization does not make us immune to these effects. We are all affected, and

we need to be willing to take our own advice. I know how valuable it is for me to have someone outside my organization to keep me on track. You might benefit too.

*This article is informed by my work as owner of a business, Stress Management & Mental Health Clinics and by my role as chair of the American Psychological Association's Psychology in the Workplace Advisory Panel. I am appreciative of my colleagues for their thoughtful comments about this article: David Ballard, Psy.D., Joel Bennet, Ph.D., **Courtney Keim, Ph.D.**, Jeffrey Stern, Ph.D., Merv Gilbert, Ph.D., Ivonne Moreno Velazquez, Ph.D., Darlene Weaver, and Steve Menzel. You can contact me at (262) 544-6486 or at jweaver@preventingdepression.com.*

Telehealth Treatment Outcomes and COVID

Don Rogers, M.A. - KPA & KPF Treasurer

In my 26-year career, there has never been a time when my training as a psychological practitioner has seemed more important and relevant than it is now, since the onset of the Covid-19 pandemic. I have worked at the same agency throughout my entire career and for the last five years I have served as Chief Clinical Officer. My organization, New Vista, is a Community Mental Health Center that provides mental health, substance abuse, and intellectual and developmental disability services in Fayette and the 16 surrounding counties. In any given month, we serve from 5,000 to 6,000 individuals. Like the rest of the world, our organization was forced to make major changes in the way we go about the most basic things we do so that we can safely provide services during the pandemic. In the third week of March, our organization went from providing all services via in-person to providing about 98% of services via telehealth (video interface) with clinicians working mostly from their homes. Because there is limited research regarding the effectiveness of psychotherapy using telehealth, particularly in a community mental health setting, the impact that this major change would have on the quality of care for our clients at New Vista was unknown.

Early on in my training, I became attracted to psychology because it applies scientific approaches

to address human suffering. One of the ways I have brought validated, scientific approaches into our system at New Vista is through the use of Partners For Change Outcome Management System (PCOMS). PCOMS is a routine outcome monitoring approach that integrates feedback into clinical services through the administration of an outcome measure (Outcome Rating Scale) and a therapeutic alliance measure (Session Rating Scale) at each session. The use of these validated measures as feedback in treatment has been found in multiple randomized clinical trials to significantly increase positive clinical outcomes. Also, at New Vista we use a web-based data management platform called Better Outcomes Now, in which all of our outcome data is stored and able to be analyzed. This allows us to track effect sizes of treatment delivered to our clients as well as the percentage of clients benefiting from services according to particular statistical thresholds.

The impact of telehealth on services has been interesting and surprisingly positive. First, our service volume was reduced by about 30% for the first four weeks of the transition to telehealth, but quickly built back to normal service volume in the weeks that followed. Second, results from a survey of 45 of our clinicians who transitioned from traditional in-person services to telehealth, mostly

delivered from their homes, indicate strong satisfaction with telehealth and with working remotely. Third, analysis of our outcome data clearly shows no negative overall impact on the clinical outcomes of our services after the transition to telehealth compared to services before the transition.

At New Vista, we have had to make many adjustments to our services in order to carry out our mission of delivering the highest quality services to individuals in our communities regardless of their ability to pay. With the shock to our system that occurred as a result of the Covid-19 pandemic, the tools of psychology have allowed us to make this radical transition by applying evidence-based practices. Those same tools have allowed us to evaluate the impact of these radical changes to service delivery using practice-based evidence so that we can best guide our way through these difficult times with minimal disruption to the quality of these critically needed services. I cannot imagine flying blind without these tools, and I cannot imagine a more fulfilling time to be a practitioner of psychology – able to bring these tools to the service of our communities at such a critical time.



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Legislative Committee Update

Sheila A. Schuster, Ph.D. - KPA Lobbyist



The purpose of the KPA Legislative Committee is to carry out the KPA board's approved legislative agenda on professional and social justice issues. During Kentucky's 2020 Legislative Session (mid-January to mid-April), we met weekly via phone with our lobbyist, Dr. Sheila Schuster. The Legislative Committee is composed of Dr. Amanda Merchant (chair), Dr. Felicia Smith, Cay Shawler, Dr. Pam Cartor, Dr. Georgeann Brown (FAC), and Dr. Katie McBride (non-voting member as DPA and interim ED). We followed and acted upon legislation that aligned with the following 2020 KPA Legislative Priorities:

- Support funding of SB1 (2019 Regular Session) to enable licensed mental health professionals to provide services in schools.
- Support legislation that increases access to behavioral health services & supports a positive climate for psychology providers.
- Uphold public protection by opposing legislation allowing non-psychologists to deliver services which are clearly defined as the practice of psychology.
- Increase psychology's voice in decisions including support for evidence-based treatments and opposition to treatments found to cause harm.
- Support legislation designed to improve population health outcomes in Kentucky.
- Support legislation that improves health equity for historically underserved populations.
- Maintain Medicaid coverage for all Kentuckians below 138% of the federal poverty level.

Despite the interruption for the last month of the session of the typical legislative process due to the COVID-19 pandemic, we saw success in the passage of a number of bills that we supported and defeat of several bills that we opposed.

Successes this year:

A. Supported bills that passed included:

SB 8, Funding to put licensed MH professionals in schools;

SB 82, creating an Eating Disorders Council (with KPA nominating 2 members);

HB 153, Mental Health First Aid;

SB 122, Technical Correction to Tim's Law;

SB 42, Prevention of Suicide by putting hotline and other contact info on the back of student IDs;

SB 150, Economic Relief for Employers and Small Businesses under COVID-19;

SB 56, Prohibiting sale of cigarettes to youth under 21.

B. Bills that we opposed and did not pass:

HB 321, which would have prohibited physicians from doing surgery or prescribing medication to alter the sex assigned at birth;

SB 90, which would have allowed all health care providers, including psychologists, as well as all health care facility employees to refuse to treat individuals based on their "conscience or philosophy". Dr. Sheila Schuster gave testimony in opposition to this during a Sen. Judiciary Committee meeting.

A number of bills we supported but did not pass this year, including:

1. Banning conversion "therapy" for youth,
2. PsyPact
3. Removing corporal punishment from our schools.

As guided by the board, we will continue to advocate for these issues and others in the upcoming year. The Interim, Licensing and Occupations Committee was granted a virtual hearing in August for the 2021 Youth Mental Health Protection Act, which would make the use of conversion "therapy" for minors under the age of 18 by licensed mental health professionals illegal in Kentucky. **This is the first time that the bill has gained a hearing.** Rep. Lisa Willner (former KPA Executive Director) is sponsoring the House version and will be testifying at the hearing.

As 2020 was a budget year, KPA was carefully following the budget bill, HB 352, especially in regards to 1) pension relief for CMHCs and other quasi-governmental agencies and 2) increased funding for mental health treatment in schools. Because of the COVID impact on the budget projections, the budget bill that passed will cover only

one year, with the second year of the budget to be set in the 2021 session. In

the budget bill, the pension employer contribution rate to the state employees' retirement system was frozen for one more year at the 49% level. This means that they will not see an increase in that significant expense; therefore, they did not require additional funding for that purpose in the coming year's budget. This was particularly good news since the CMHCs have been hard hit by the COVID-19 pandemic in terms of greatly reduced Medicaid billings (by as much as 30%).

HB 352, the budget bill, did contain the appropriate wording and money for the **mental health piece of the school safety legislation (SB 1 last session; SB 8 this session)**. Included in the above General Fund appropriation is \$7,412,500 in fiscal year 2020-2021 to fund **additional school-based mental health service providers** full-time equivalent positions on a reimbursement basis. Distribution to school districts will be based on this criteria: (a) A local district's use of Medicaid funding to supplement the General Fund; (b) An equitable and balanced statewide distribution; and (c) Any other criteria to support a trauma-informed approach in schools.

We are very pleased to see continuing growth in interest among KPA members in advocacy around legislative issues. Our KPA Day at the Capitol was, again, very well attended by students, early career psychologists as well as our more seasoned members. We have sent multiple action alerts to members to take action about important legislation over the course of the legislative session. We appreciate the many calls and emails that were made to legislators!

Please stay tuned for more alerts and information about the important November election. In June, our committee met to discuss our process this past year and any changes we want to make for the upcoming year. We acknowledged KPA's goal of addressing racism and equity, and will work to evaluate issues and bills through that lens in the upcoming session. We will continue to meet weekly during the legislative session and will seek more input from members, as well as providing more information about legislators and the upcoming election. We hope you will join us in our efforts on behalf of psychology and the individuals we serve and teach.

Ethics and Advanced Supervision Workshops at Convention

Lee Frederick Look, Ph.D. & Michael McClellan Ph.D. – Ethics Committee Members



KPA's Ethics Committee will be well represented at Kentucky Psychological Association's 2020 Annual Convention. Dr. Lee Look has been a member of the Ethics Committee for two years and Dr. Michael McClellan has been with the Ethics Committee for about a year. Dr. Look will be presenting a 1.5 hour workshop on ethical decision making and Dr. McClellan will be co-presenting with Dr. Dan Florell on Advanced Supervision.

The title of Dr. Look's presentation is: **Ethical Decision-Making in the Identification and Treatment of First-Responder Trauma and Impairment.** This workshop will fulfill 1.5 of the 3 required ethics CE's according to the 201 KAR 26:175 requirement for Ethics/Risk Management for Psychologists. Dr. Look has had the unique opportunity to view the COVID-19 pandemic through multiple lenses, all of which play into the concepts of 'trauma and impairment'. As a firefighter, he has seen coworkers scared. He has witnessed patients waiting until things are worse than normal to reach out for care. As a director of therapeutic services at an intermediate care facility for individuals with developmental disabilities, he has observed staff working harder, with more restrictions. As a counselor, he has sent out over 130 daily messages, working with a community that is resilient, vigilant, and effective, during these times.

The current pandemic and racial tensions have created an entirely new class of 'first responders'; not just firefighters, police officers, emergency medical personnel, ER nurses and doctors; but also, skilled nursing/long-term care staff, food service workers, educators, delivery drivers, and parents. Dr. Look's workshop will begin with a brief introduction of first responder

trauma, followed by a look at how trauma and other mental health symptoms impact the ability of a first responder to function effectively. The workshop will explore the ethical challenges that come into play when assessing and treating this growing population.

Dr. Michael McClellan and Dr. Dan Florell, both ECU faculty members, will be presenting **Advanced Topics in Clinical Supervision: Telesupervision** for the upcoming convention. Their workshop will meet the KRS 319 3.0 hour advanced supervision requirement for KBEP approved supervisors. Whether psychologists practiced telesupervision before the pandemic or not, there is no doubt that supervision skills and practices have changed as a result of the pandemic. Psychologists who were forced into telesupervision due to the pandemic likely poured effort into learning about telehealth practice at the onset of the pandemic, but could benefit from a thorough overview of telesupervision practice. Psychologists who were already doing telesupervision prior to the pandemic will benefit from an overview of best practices and a review of the current literature on telesupervision. This workshop will address the needs of both of these types of supervisor experiences. This workshop will address important topics such as building supervisor/supervisee competence, technical and legal requirements for telesupervision, the telesupervision literature, best practices, and more.

We hope you will join us for our Ethics and Advanced Supervision workshops at KPA's Virtual 2020 Annual Convention.

KPA Member Highlights



Sarah Shelton, Psy.D., MPH, MSCP, has been elected President of the International Association of Correctional and Forensic Psychologists (IACFP).



Candice Hargons, Ph.D. says, "Racism can have a negative impact on a person mentally and physically."



Brigid Kleinman, Ph.D. & Eric Russ, Ph.D. wrote an article titled, "KY psychologists: Cumulative racism leads to racial trauma, similar to PTSD" which was published by the Louisville Courier-Journal and the Lexington Herald.



Steven D. Kniffley Jr., PsyD MPA ABPP, was interviewed in an article, "Clinic Offers Free Counseling for Racial Trauma" by Spectrum News1.



Vestena Robbins, Ph.D., created a video demonstrating how to talk with your child about COVID-19.



Congratulations to **Brenda Nash, Ph.D.** on receiving the Outstanding Faculty Award from Spalding University!



Courtney Keim, Ph.D., wrote an article, COVID-19: From the expert - working from home with less stress.



Further details about these members highlights can be found on our website at kpa.org. If you would like to submit a member highlight, please email us at kpa@kpa.org

Federal Advocacy Update

Georgeann Brown, Ph.D. - Federal Advocacy Coordinator



I had the privilege of attending my sixth Practice Leadership Conference (PLC) in Washington, D.C., from March 7 - March 10, 2020. I represented KPA in my role as Federal Advocacy Coordinator (FAC). Being in Washington, D.C. on the cusp of the coronavirus pandemic was somewhat surreal, but also gave us a good opportunity to discuss the importance of mental health and the role psychologists can play during this crisis. We arrived days before we would learn about the importance of social distancing and “flattening the curve.” We did not know at the time, but we would be one of the last groups to visit the Capitol Hill offices prior to their shutting down to visitors, just 2 days after we left. All but one of our visits took place in person. With our hand sanitizer and elbow bumps (no hand shaking) in pre-mask days, we forged ahead on Capitol Hill, not realizing how much things would change over the course of a month.

In my role as FAC, I scheduled meetings with six Kentucky legislators’ offices on Capitol Hill prior to our visit and helped to organize talking points/visits for our KPA delegation. We visited the offices of Senator McConnell, Senator Paul, Congressman Guthrie, Congressman Barr, Congressman Yarmuth, and Congressman Massie (virtually). We had a strong delegation of 8 KPA members. We were able to have meaningful conversations during our meetings, and several offices wanted to talk about their response to the coronavirus pandemic and asked for mental health resources.

We were given three practice-related talking points by APA to discuss. The three APA-designated talking points we focused on were 1) including psychologists in the “physician definition” for the Medicare Mental Health Access Act, H.R. 884/S. 2772, which would allow psychologists to practice independently (as we do in almost all settings with all payors) in several restricted places where Medicare is the payor. We have discussed this for the past few years, and the legislative offices appear to have understanding of this bill, and there have been some efforts to include it in other pieces of legislation in the past. 2) We also asked for legislators to contact CMS about the proposed Medicare reimbursement cuts for psychologists’ services, due to an increase in billing for E/M codes, which psychologists cannot bill. This also impacts other health professionals, including surgeons, social workers, anesthesiologists, etc. We provided a template of a letter that legislators could send to CMS. Many offices were aware of this issue, especially as they had heard from other health professionals. 3) Our third issue was an appropriations request to include the Graduate Psychology Education (GPE) Program and Minority Fellowship Program (MFP) among appropriations priorities for the fiscal year 2021. This would address a shortage in the healthcare workforce and in the number of psychologists, as

well as increasing opportunities to provide mental health treatment to underserved populations. We were lucky to have two clinical training university staff members and a graduate student in our delegation to discuss the importance of the impact of this.

After our visits, legislation that addressed coronavirus took precedence. I followed up with Senator McConnell’s office on March 19th about including the Medicare Mental Health Access Act in the emergency legislation to address the COVID epidemic, the Cares Act. I also provided some mental health resources about coronavirus to several of the offices that had requested it during our meetings. APA also worked to shape the emergency Coronavirus Aid (Cares Act), which was quite inclusive but entailed \$100 billion emergency fund for public health agencies and providers for coronavirus. It also expanded telehealth services and coverage for Medicare programs (see below for more information). For more information, please see apaservices.org.

In late June, I followed up with Senator McConnell and Senator Paul about extending the Medicare telehealth coverage expansions for psychological services adopted in response to the COVID-19 pandemic for at least 12 months after the emergency designation has ended, and to change Medicare statute to ensure expanded telehealth coverage in the future. The Centers for Medicare and Medicaid Services (CMS) used the flexibility granted by Congress to improve Medicare patients’ access to psychologists’ services provided via telehealth during the COVID-19 public health emergency by eliminating site restrictions for patients and providers, allowing coverage of services provided to new and established patients, loosening technology requirements, expanding the list of covered services, and covering psychological services provided by audio-only telephone. These flexibilities have made it possible for psychologists to provide mental and behavioral health services and substance use disorder treatment to Medicare patients who would not have received it otherwise, during a time of extraordinarily heightened anxiety, stress, and isolation. Maintaining Medicare telehealth coverage expansions for at least one year beyond the end of the public health emergency declaration would help ensure continuity of care for people with mental and behavioral health and substance use disorders. Research strongly suggests that the mental and behavioral health impacts of COVID-19—including through increased social isolation and loneliness—will last for several years.

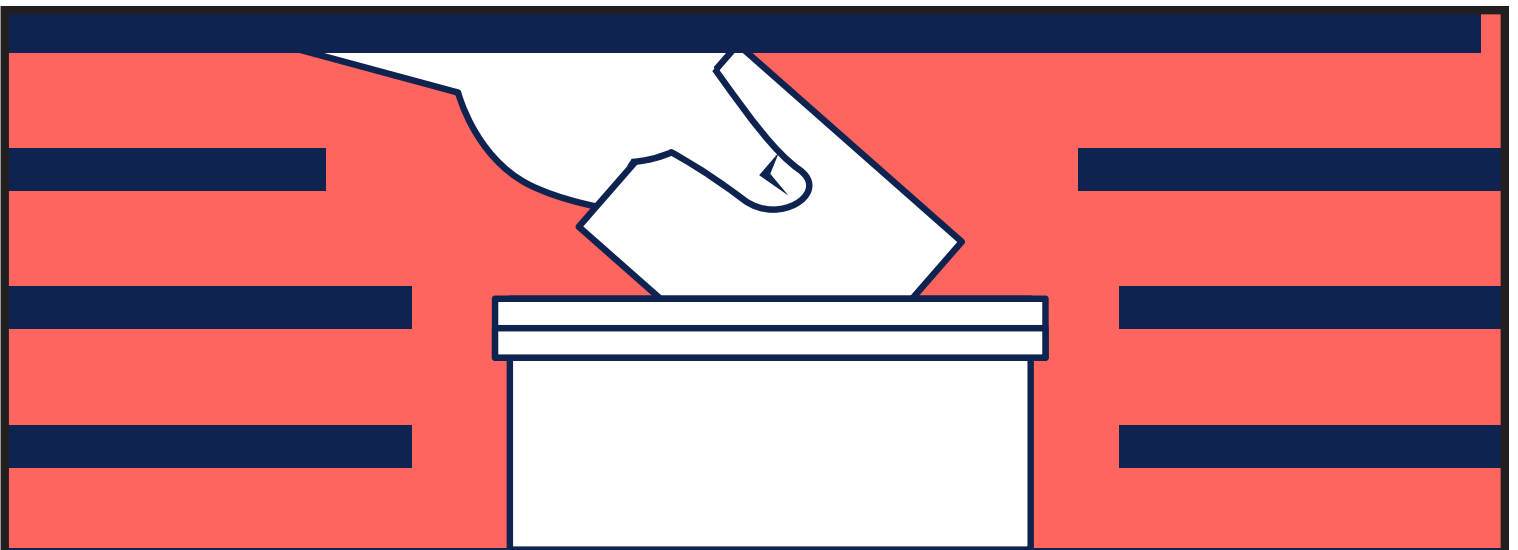
On July 15, the House Energy and Commerce Committee met virtually and approved legislation on several important pieces of mental health legislation supported by APA. The Committee

heard testimony from APA CEO Arthur C. Evans Jr., Ph.D. on several of the bills, including:

- H.R. 5201, the “Telemental Health Expansion Act of 2019,” which will permanently remove geographic restrictions on the use of telehealth for mental health treatment and allow patients to receive these services from their own homes as an “originating site.”
- H.R. 7539, the “Strengthening Behavioral Parity Act,” which will improve transparency and oversight of health insurance plans’ compliance with long-standing federal mental health parity law.
- H.R. 4564 (PDF, 350KB), the “Suicide Prevention Lifeline Improvement Act of 2019”; H.R. 4585 (PDF, 346KB), the “Campaign to Prevent Suicide Act”; and H.R. 5619, the “Suicide Prevention Act” to promote suicide prevention program implementation, research and data collection, and public awareness campaigns. The House Energy and Commerce Committee did not hear the Medicare Mental Health Access Act (H.R. 884) in July, but there is a push to have it heard in September’s meeting. **KPA is currently asking if Kentucky psychologists have been affected by the physician sign-off barrier with Medicare recipients in certain settings, and if so, please contact me, dr.georgeannbrown@gmail.com.**

In addition to these issues, APA is supporting the Mental Health Services for Students Act (H.R. 1109) to improve access to evidence-based mental health treatment for school-age children and the passage of the Pursuing Equity in Mental Health Act of 2019 (H.R. 5469) to help address racial and ethnic disparities in access to mental health care that have been exacerbated in recent months by the COVID-19 public health emergency. APA also is continuing to support a funding increase for the Minority Fellowship Program to help build a diverse workforce of mental health professionals.

APA sends weekly advocacy updates that you can read at apaservices.org. With guidance from APA, I will continue to follow-up on federal issues facing psychologists during this critical time. For questions, please contact me at dr.georgeannbrown@gmail.com.



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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, to stay up to date with CE events, KBEP updates, and general psychology information!

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