



KENTUCKY PSYCHOLOGICAL ASSOCIATION

February 2018

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Exciting News from KPA in February

We hope you enjoy this February edition of the KPA e-Newsletter, a regular e-newsletter aimed to enhance communication about psychology across the state. What follows is a sampling of psychology-related news and opportunities across the Commonwealth. Check out the column on the left for upcoming KPA Social and CE events, meetings, Kentucky Currents (member news items), and more. For more updates, visit the [KPA website](#) and follow KPA on social media on [Twitter](#) and [Facebook](#).

An Update from KPA's Executive Director

Lisa Willner, Ph.D., KPA Executive Director

2017 was a very busy and productive year for KPA, where we made considerable progress on our strategic plan. This year under the leadership of KPA President **Katie McBride**, the KPA Board of Directors developed and approved a new set of [organizational values](#) at its annual Leadership Retreat. The values provided a strong foundation for the development of a long-needed policy and set of procedures for how KPA as an organization takes a stand on issues. Developing such a policy has been on KPA's organizational "to do" list since since 2010, and has been looked at and then set aside several times over the past several years. Kudos to Katie and the entire KPA Board for approving the new policy and procedures at its last board meeting of the year. This is an

8. [Psychology Training Expands in Kentucky: A Series](#)
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Member Highlights

If you have a highlight you would like to share with the KPA office please email us at kpa@kpa.org!

2018 KPA Event Calendar

Register today!

Jan. 8, 2018- Frankfort

[Effective Advocacy - Every Voice Counts!](#)

Presented by Sheila A Schuster, Ph.D.

Feb. 22, 2018- Frankfort

[Legislative Day](#)

important advocacy milestone and step forward for KPA as an organization.

Another big organizational shift this year is a transition in the relationship between the Kentucky Psychological Association (KPA) - a 501(c)(6) organization- and the Kentucky Psychological Foundation (KPF) – a 501(c)(3). By moving KPA's educational activity and associated staffing to KPF, we will be giving a boost to our (c)(3)'s charitable and fundraising arm, as well as finding some cost efficiencies that we hope will be beneficial to both organizations, as well as KPA's members. All membership service and advocacy activities will remain with KPA. While we expect this to increase operations internally, we do not anticipate any changes that will inconvenience our members.

More on the advocacy front: KPA has had an evolving structure for monitoring legislation over the past two years, and we have learned a lot during that time. At its December meeting, the KPA board approved the establishment of a new Legislative Committee. The new committee subsumes the functions of the former Advocacy Committee and the Legislative Advisory Team, and is structured according to lessons learned from the past two legislative sessions when we first began having an internal system for legislative monitoring. The Legislative Committee will review legislation as it is filed; make recommendations to support, oppose, or remain neutral, using the [KPA Board-approved 2018 Legislative Priorities](#) as its guide; and remain in regular contact with representatives from McCarthy Strategic Solutions, KPA's lobbying team for ongoing updates on the upcoming legislative session.

The 2017 Legislative Session was an extraordinarily active one, with an unprecedented number of bills for our internal legislative team to review and follow. For 2018, we have re-vamped our approach to KPA's Legislative Priorities. As you read over this year's priorities, you will note that they are broader and more values- and theme-focused than in the past, rather than focusing on our reactions to particular anticipated bills. As a practical matter, the new format is designed to give more clearly defined board-approved parameters for the Legislative Committee to use as a basis for its decisions and recommendations. I hope you will also notice that the priorities are more clearly grounded than in the past in KPA's mission, vision, and newly established set of values.

In the last eNewsletter, we reported that the KPA Central Office would be re-locating. There has been a change in plans, and we are staying put until further notice. There has been discussion throughout this year

Feb. 23, 2018-Louisville

[Suicide Assessment & Management: An Overview for Clinicians Working with Individuals and Families](#)

Presented by Laura M. Frey, Ph.D., LMFT

Mar. 19, 2018- Louisville

FEATURED WORKSHOP
[Shame and Self-Loathing in the Treatment of Trauma](#) *Presented by Janina Fisher, Ph.D.*

Save the Date!

April 7, 2018 -Richmond

KPF Spring Academic Conference *Eastern Kentucky University*

Apr. 24, 2018- Louisville

KPF Diversity Conference
Keynote Speaker: Tony Puente, Ph.D.

Additional presenters include: Candice Hargons, Ph.D., Warren E. Lambert III, Ph.D., Lali D. McCubbins, Ph.D, and Mary Beth Diener McGavran, Ph.D.

May 18, 2018- Louisville

The Mental Game – An Introduction to Applied Sport Psychology
Presented by Benjamin Birkby,

of KPA/KPF purchasing office space – another sign of KPA's maturation as an organization, and a move that could have long-term financial benefits to both KPA and KPF. While we explore that possibility and begin to look for a permanent home for KPA, we will remain where we are. We are very open to member input and ideas about a new space for the KPA Central Office.

In 2018, there will be some changes in Central Office apportionment of duties and responsibilities, although I am delighted to report that there will be no staffing changes! As an organization, we are so fortunate to have the current team of **Joy Kaplan, Sarah Burress, and Samm Collins** working with us. Not only do they bring a broad range of experience and skills, but they truly care about you the members, and stand in solid support of KPA's mission and values. Beginning in January, Sarah will step into her new title as Office Manager. Joy will remain as Operations Manager, and will be cutting back her hours to something less than full time. Samm will remain as Operations Assistant, and will continue to grace KPA's operations with her technology, marketing, and social media savvy.

I will end on a personal note and with a personal announcement. It is an honor for me to serve as KPA's Executive Director. I have learned and continue to learn so much from our members, our committee chairs and committee members, the succession of board members and officers, a new executive partnership each year with each incoming president, from our central office staff, and of course, from **Dr. Sheila Schuster** who has been such an amazing mentor and has become a dear friend. I feel supported by the organization in so many ways, including in my personal growth – which led me, when the occasion arose, to file to run for a seat in the Kentucky House of Representatives. My longtime state rep, **Jim Wayne**, recently announced that he will not seek another term. Jim has been called the "conscience of the legislature," and it has been an honor to be represented by him. Jim's values and conscience are grounded in (among other things) his training and work as an LCSW. It would be a tremendous privilege for me to carry on Rep. Wayne's legacy, and I believe there is public benefit to be found by his successor being another mental health professional. I am facing a tough primary in May – I'm grateful (once again!) to the KPA staff and officers of the board for their tremendous support during this journey, including their practical and proactive efforts to manage some of the anticipated challenges as my attention is divided in the upcoming months.

*Psy.D. and Marc Cormier, Ph.D.,
CC-AASP, LPCA*

June 22,2018-Louisville

AM WORKSHOP Advanced
Supervision *Presented by Scott
Salathe, Ph.D. & Brigid
Kleinman, Ph.D.*

PM WORKSHOP Applications of
the Ethics code in the Rural
Practice Environment. *Presented
by Vicki Van Cleave, Psy.D. &
Doug Olds, Psy.D.*

Sept 21,2018-Lexington

AM WORKSHOP
Adolescent Substance Abuse
Assessment and
Treatment: Best Practices for
Better Outcomes
*Presented by Geoff Wilson,
MSW, LCSW, CADC*

PM WORKSHOP Assessing
Appropriateness for Chronic
Opioids and Risk for Abuse
*Presented by Amanda
Merchant, Ph.D., ABPP &
Jonathan Cole, Ph.D., ABPP*

Nov. 1-3, 2018- Lexington

KPA Annual Convention

Thank you, KPA, for an eventful and productive 2017! I wish all of you a happy and peaceful holiday season, with all best wishes for the New Year.

Standing with you,
Lisa

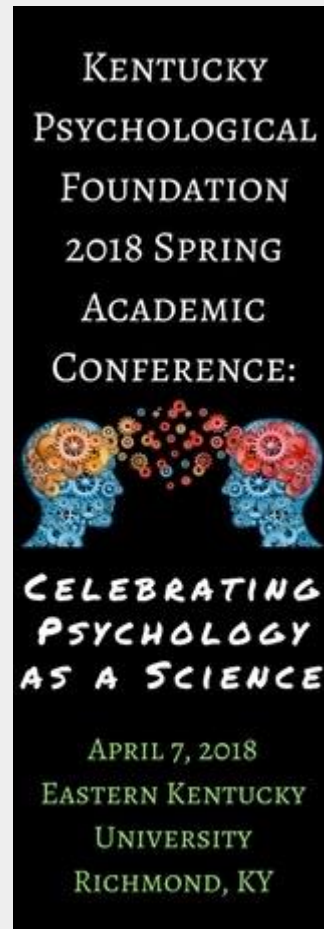
Tidying up for the New Year

Laurie Grimes, Ph.D. – Director of Professional Affairs

The end of the year is a good time to review and update business practices in order to start the New Year with polish. Here are a few items to consider when tidying up office forms and policies:

Professional Signature Etiquette

1. Here in Kentucky, the ONLY licensure designation for a doctoral level psychologist is Licensed Psychologist. Psychologists may refer to themselves as clinical psychologist, child psychologist, health psychologist, sports psychologist, or any other descriptor of training or practice concentration, but those are not licensure designations. In our state, there is no such thing as Licensed Clinical Psychologist or Licensed Child Psychologist. Any and all doctoral psychologists practicing in Kentucky under KBEP must use Licensed Psychologist.
2. Choose either Dr. or PhD/PsyD – never use both. The preferred form is to reflect the degree after the name (Chris Jones, PsyD), though placing it before the name (Dr. Chris Jones) is accepted as well. Just avoid at all costs the redundant designation (Dr. Chris Jones, PhD).
3. For those with more than one advanced degree, regardless of the order in which they were earned, the highest degree is listed after the name followed by the other degree: Chris Jones, PsyD, MBA or Chris Jones, PhD, MPH.
4. The HSP (Health Services Provider) designation is not considered a credential so does not get added to the signature line like



KPA 2018 Legislative Priorities

At the state level:

Support state funding and legislation that increases access to behavioral health services and supports a positive climate for psychological providers.

degree letters. Usually it is not reflected at all, as it is only pertinent for Board supervision. For instances where confirming the HSP designation is needed, it can be added below the Licensed Psychologist in a signature line:

Chris Jones, PsyD
Licensed Psychologist
Health Services Provider

Clause on consent form

To prepare yourself in case you are contacted for a risk adjustment audit (the ACA mandated audits that “spot check” patients’ health status and diagnoses to manage the flow of risk adjustment dollars), make sure that your consent document allows for release of records to insurers for any purpose – not limited to situations where you are seeking payment/reimbursement. APAPO, a valuable resource for audit guidance, provided this consent form language sample:

You should be aware that your contract with your health insurance company requires that I provide it with information relevant to the services that I provide to you. I am required to provide a clinical diagnosis. Sometimes I am required to provide additional clinical information such as treatment plans or summaries, or copies of your entire clinical record...By signing this Agreement, you agree that I can provide requested information to your carrier.

Licensure renewal audit

A word of warning about the **timing of submitting your licensure renewal**: as you know, only a subset of licensees are chosen to be audited. Audited applicants have to submit documentation of CEs, whereas that step is waived for most renewing providers. If you are chosen to be audited, your email notification will say **(AUDITED)** at the top of the message. It’s an easy process, but realize that you must submit your CE certificates in time for them to be reviewed at the Board meeting that is held prior to the renewal date. So if your license renewal date is Feb. 5, your case will be reviewed at the January meeting, which means you need to get your materials submitted by December. People who don’t like to cut it close (or who want to provide a cushion just in case the approval process isn’t as smooth as expected) would need to submit materials by November for the February renewal. There is the three month grace period, but as noted in prior articles, it is

Rationale/examples: Require uniform credentialing and prompt payment by Medicaid MCOs and other insurers; Support expanded services to address the Commonwealth's opioid crisis; Provide financial help to sustain CMHCs' operations as part of the state's retirement system.

[Support legislation maintaining psychologists' role in licensing, regulating, and overseeing the practice of psychology.](#)

Rationale/examples: Maintain the autonomous functioning of the KY Board of Examiners of Psychology.

[Uphold public protection by opposing legislation allowing non-psychologists to deliver services which are clearly defined as the practice of psychology.](#)

Rationale/examples: Seek revision of bill language which, if not modified, would infringe on the practice of psychology by those seeking licensure in another field.

[Increase psychology's voice in decisions affecting behavioral health.](#)

Rationale/examples: Establish a Palliative Care Interdisciplinary Advisory Council within the Cabinet for Health and Family

best for many reasons to consider the renewal date as the deadline. Plan ahead to keep your license active without interruption

Pensions? Taxes? Biennial Budget? Elections? Never a Better Time to Get Active!

Sheila A. Schuster, Ph.D.

Whether you or a family member are personally covered by a state pension, you should be keeping a close eye on what the General Assembly does to address Kentucky's current pension problems. **Governor Bevin** has spent much of 2017 lecturing everyone about the size and impact of the current pension "hole", which is estimated to be as much as \$20 Billion. The Governor had planned to call two Special Sessions – one to deal with tax reform (ostensibly to increase revenue) and the other to deal with a pension "fix"...closing the hole and changing the pension structure for new hires. But his own party, which controls both chambers by a super majority of members, balked at taking on tax restructuring and could not come to an agreement on the pension legislation. Both have now been "kicked down the road" to the regular legislative session, which begins on January 2, 2018.

Even if pensions and taxes were not on the table, the legislators would be facing the very difficult task of crafting a biennial budget (which, by law, must be balanced) with a shortfall of \$156M projected by the end of this fiscal year (6/30/18). Any state budget is really a policy priority document, with funding going to those expenditures which are deemed to be most highly valued. But with the projection of \$700M which must be invested each year to close the gap in 30 years, it seems likely that pensions will be the highest priority, sucking money out of every program and service that government offers. The impact of that, compounded by state revenues not meeting expectations, will result in significant budget cuts across the board! The Governor has already told Cabinets and Departments to prepare for a 17% cut in this fiscal year to balance the books. The widespread projections for the upcoming biennial budget is another 15 – 20% budget cut across every program. That includes public K-12 education as well as public post-secondary education, community mental health, DCBS, public safety...the list goes

Services with one or more psychologists on the council.

[Support legislation that improves health equity for historically underserved populations.](#)

Rationale/examples: Add health supports to reduce gaps in health services; Reimburse peer support specialists in both the mental health and substance use disorder arenas; Take actions to decrease social isolation in vulnerable populations which erodes health quality; Create community health workers to link Kentuckians with appropriate health care services.

[Support legislation designed to improve population health outcomes in Kentucky.](#)

Rationale/examples: Support anti-smoking measures; Fund health literacy programs across the state.

[Maintain Medicaid coverage to all Kentuckians below 138% of the federal poverty level with full benefits and without barriers.](#)

Rationale/examples: Protect coverage of the approximately 440,000 Kentuckians on the Medicaid rolls under the Medicaid Expansion, many of whom access substance abuse services.

on and on. We must have tax reform to bring new revenues in (e.g., a \$1/per pack increase in the cigarette excise tax would generate \$266M annually and save in health care costs) and to close tax loopholes so we would give away less in incentives and other programs than we do now. Kentucky's tax system spends more in loopholes than it collects in the form of revenue!

The upcoming sixty-day session will be dominated by money discussions...pensions, taxes and budget. And it will all be conducted in the first month with legislators keeping a wary eye on the filings for the 2018 elections. That deadline is January 30th and many will step forward to challenge an incumbent or to file for re-election. All 100 of the House seats are up for grabs in 2018, and one-half of the 38 Senate seats will be on the ballot. Of particular interest to KPA members will be the primary election for the 35th House district in Louisville, where we will be losing **Jim Wayne**, a great friend of KPA and the only licensed mental health professional serving in the legislature. Jim is retiring after 27 years of excellent service to the Commonwealth. But our very own **Lisa Willner** has filed to run for Jim's seat...giving us the opportunity to support – for the very first time – a psychologist running for the state legislature! I urge you to go to her website – www.lisaforkyhouse.com – and see what you can do to help her win the primary in May and then the general election in November. She already has one opponent who is well-connected to the unions and has great financial support; we need to show that Lisa also has both the friends and the funds that will carry her to victory!

IF YOU WANT TO LEARN MORE about how to effectively advocate: I will be offering a 3-hour Advocacy Training on Monday afternoon, January 8th in Frankfort at the Capitol Annex. The event is free unless CE credits are desired, but you must register at: www.kpa.org under "Upcoming Events" or contact Sarah at the KPA office.

GET ACTIVE: Advocacy has never been more important, nor has psychology been better prepared to take action. Talk to your legislators, sign up for Advocacy Alerts, get behind your favorite candidates, and join your fellow psychologists in Frankfort on February 22, 2018. We need YOUR voice!

Support legislative priorities adopted by the KY Mental Health Coalition.

Rationale/examples: Biennial budget which at a minimum maintains current funding for health and education; protects SMI individuals from the death penalty; assures access to prescribed medications; protects victim's right

At the federal level:

Require all health plans to:

Maintain Essential Health Benefits, including coverage of mental health and substance use disorder services and behavioral health treatment

Apply parity requirements under the Mental Health Parity and Addiction Equity Act (MHPAEA) to Medicaid and Medicare and to all plans in the individual, small and large group markets

Establish an array of basic insurance protections, including prohibiting pre-existing condition exclusions, annual/lifetime coverage limits, discrimination based on health status

Require guaranteed renewal of coverage, network adequacy, age and gender rating restrictions, an effective appeals processes



Kentucky Psychological Foundation

promoting healthy and meaningful lives

Kentucky Psychological Foundation News

Update from the Kentucky Psychological Foundation

Jennifer L. Price, Ph.D., KPF President

Greetings, KPA members! I'm pleased to introduce myself as the new President of the Kentucky Psychological Foundation board. Hopefully many of you recognize my name as a former KPA board representative. I have previously served as the KPA academic representative and the education & training representative. In more recent years, I have served as the KPF Public Education chair and the Vice-President/Secretary. I am excited for the new opportunity and challenge of my new role on the board, and I hope to involve many of you in our upcoming projects. You should have recently received an email from the KPA office that included a letter requesting your financial support for KPF. As detailed in that letter, we have a number of events planned for 2018. The Spring Academic Conference will be held on April 7th at Eastern Kentucky University. Academic psychologists or those in clinical practice looking for a way to stay connected to your research background, we welcome you to participate as judges in this important student-oriented event. We are also planning another Diversity Conference which is scheduled for April 24th, so look for announcements about this event in the coming weeks. Our ongoing efforts in public education and strengthening of the Psychology in the Workplace Network would be excellent places for you

Extend Medicaid coverage to all Americans below 138% of the federal poverty level with maximum benefits and minimum barriers.

Support the Medicare Mental Health Access Act, H.R. 1173/S.448, which would add psychologists to Medicare's "physician" definition and remove physician oversight and referral requirements under Medicare that would make it easier for patients to access behavioral health services.

to become involved in your local communities. Finally, we have been working with a student marketing group at Bellarmine University (NEXU) to roll-out a new website and stronger social media presence. Be on the lookout for future announcements with more specifics as we finalize materials ready for public use.

Again, I am so happy to be involved with the Kentucky Psychological Foundation. I fully support its mission of building a psychologically healthy Kentucky through embracing diversity, helping all Kentuckians discover and reach their full potential, promoting healthy behavior, and supporting growth and resiliency through all of life's challenges and changes. I hope you will join me in growing KPF so that its message reaches more Kentuckians in the coming year.

Please reach out to me if you would like to become involved in KPF: Jennifer_Price@georgetowncollege.edu. I wish you all the best for 2018!

Bringing Psychology to the Public through Media and School Relations

KPF Public Education Committee

The Public Education Committee (PEC) of the Kentucky Psychological Foundation (KPF) has recently been successful in engaging with local media and educational outlets in educating Kentuckians about psychology.

Dr. Brigid Kleinman was interviewed by **Lisa Gillespie** of 89.3 WFPL for a story entitled, "Despite Rhetoric, Mental Illness Often Not To Blame For Violent Crimes." Dr. Kleinman provided excellent insight aimed at reducing stigma and misunderstanding surrounding mental illness and violence. The full article can be found here: <http://wfpl.org/despite-rhetoric-mental-illness-often-not-to-blame-for-violent-crimes/>.

Dr. Chrissy Logue was also interviewed by WEKU FM for a web article and radio segment on gratitude immediately preceding the Thanksgiving holiday. She focused on simple ways to increase feelings of gratitude in order to improve general feelings of wellbeing such as keeping a



KPA Advocacy Benefits

Remember that KPA's advocacy efforts are supported by your membership in KPA. KPA's advocacy benefits all psychology

gratitude journal. The article and sound bite can be found here: <http://weku.fm/post/ky-psychologist-says-give-thanks-gratitude>.

Finally, the PEC has partnered with Howell Elementary School's YMCA/21st Century After School Program to offer a free parent engagement for any interested participants. The event entitled, "The Science and Practice of Happiness" will consist of an informational presentation by **Dr. Christen Logue** regarding some of the newest research on how to cultivate positive feelings and end with a brief mindfulness/meditation segment. The event is scheduled for 6:15pm on Wednesday, January 31, 2018 at Howell Elementary School in Erlanger, KY. It is free and open to the public.

Current members of this busy committee include: **Brian Belva, Sarah Flynn, Brigid Kleinman, Shelby Burton, Brittany Zins**, and chair, **Chrissy Logue**. Anyone interested in joining or contributing in some way should contact **Chrissy Logue** at christen.logue@ucumberlands.edu.

2018 KPA Legislative Day

Georgeann Brown, Ph.D. Federal Advocacy Coordinator & KPA Advocacy Committee

Please register for the 5th Annual 2018 KPA Legislative Day in Frankfort! KPA members are invited to gather in Frankfort to raise awareness among our legislators about important issues affecting mental health and the profession and practice of psychology. The more psychologists we have attend, the bigger impact we will have.

Registration is free and currently live on the [KPA website](#).

Event Highlights: You will have the opportunity to:

- Participate in individual or group meetings with your legislators

professionals, not just those who belong to KPA. We thank you for continuing to support the future of psychology and those we serve through your active membership in KPA!



KPA Member Benefit Highlights

Free Practice Consultations

KPA's Director of Professional Affairs, Dr. Laurie Grimes is available to consult with KPA members concerning problems with third party reimbursement and will work with KPA members

- Meet legislators who have worked closely with KPA
- Watch committee meetings and stay afterward to watch the legislative session
- Learn more about how the legislative process works and how you can be an effective advocate
- Help increase awareness among policy-makers about KPA, the science and practice of psychology, and issues that affect psychologists and the Kentuckians we serve

Location

Capitol Annex (Room TBA) – Frankfort, KY
8:30 am – 2:00 pm (Time is flexible)

Schedule for Legislative Day, February 22nd:

- 8:30am – 9am: Meet in Capitol Annex Room 111 for Orientation, Schedule Pick-up, Tips on Legislative talking points
- 9am to 11am: Meet and Greet breakfast with Legislators/Psychology Public Education Fair
- 9am to 1:30pm: Individual or group meetings with your legislator, as available. You will be accompanied by another KPA member experienced with advocacy if desired. KPA members may also attend Committee Meetings
- 11am to 2pm: Legislators will come talk to the KPA group informally; Lunch on your own in the cafeteria

Recommended Training Calls before event:

Members attending the event are encouraged to call in to hear more about the talking points, KPA's Legislative Agenda, up-to-date information on the status of bills we are following, and tips on how to talk to legislators

*Monday, February 19th @ 7 to 8 pm
OR

*Tuesday, February 20th @ 11 am to 12 pm

*Please register by February 1st, but the earlier the better to schedule meetings with legislators. Thank you!

to bring these issues to the attention of insurers, regulators such as the KY Department of Insurance, and, in coordination with the KPA lobbyist, with legislators. She will inform KPA leadership of legislative, regulatory and advocacy issues affecting the provision of psychological services, and will gather psychological practice information from APA resources and from other state and provincial psychological associations. She will also communicate as necessary with KY Board of Examiners of Psychology concerning legislative and regulatory issues which affect KPA membership and their ability to provide and be reimbursed for psychological services.

Have a professional/ practice question for Dr. Grimes? KPA Members log in to the KPA website and access the consultation form under the Members Only section!

Questions?

Questions about the event can be sent to **Dr. Georgeann Brown**, Legislative Day Co-Chair, dr.georgeannbrown@gmail.com. **Dr. Steve Katsikas** is also Co-Chair.



Joseph Edwards, Psy.D. KPA-PAC

In November, I learned that my state representative **Jim Wayne** was retiring after 26 years of service and would not be running for re-election in November of 2018. While the news saddened me on a personal level, as Jim has been a friend, it also worried me on a professional level that we were losing a licensed mental health professional (LCSW) and a strong voice for mental health issues over the years. But it has created a wonderful opportunity for an excellent candidate to emerge! I was overjoyed to hear that **Lisa Willner**, our KPA Executive Director, will be running for Jim's seat as the representative for the 35th House District in Kentucky. Lisa has name recognition in the area, as she was elected in 2014 to the Jefferson County Public School Board with strong support, and is currently the vice-chair of the board. **This is a truly an historic moment, as we have never before had a chance to support a psychologist in a race for the Kentucky General Assembly!**

Why should one consider supporting **Lisa Willner**? Well, in a recent article in the Courier-Journal (11/20/17 by **Boris Ladwig**), Lisa gave some clear reasons as to why she feels compelled to run for the position. She said that the House could use a progressive woman's voice. She will advocate for access to affordable healthcare, especially mental healthcare, and for workers' rights, and she will continue to advocate for public education with proper funding for public schools and

Kentucky
Psychological
Association's
Colleague
Assistance
Program
is here for
you



Check the
website
and make
the call

Free Ethics Consultations

Have an ethical concern or question? Request a consultation from the KPA Ethics Committee by completing the Ethics Consult form available under the Members Only section of the website. How it works...Your request will be forwarded to the current KPA Ethics Committee Chair, Dr. Pat

teachers. It is critical that we ensure that the Kentucky Assembly has members who understand these priorities and will fight to support children, families and the working people of our Commonwealth in their budget and policy deliberations.

To have a psychologist as a policy-maker in Frankfort would give us a strong voice within the assembly in a familiar seat! I would be hard pressed to think of a more fitting candidate for District 35 than Lisa Willner. This opportunity is rare and it is important that we seize the chance to capture this seat!

The reality is, it will be a tough fight to elect a psychologist to the House. Willner already has at least one primary opponent who is a labor organizer. Others are likely to join in the race, as Jim's decision not to run will attract a number of candidates for the seat. Recently, I gave some of my time to walk with Lisa in Audubon Park to introduce her to people that I know and to enthusiastically support her to my neighbors. I shared with them why I think Lisa Willner should have their attention and vote in the primary election on May 22, 2018. I hope all of us in psychology can rally behind **Lisa Willner** and make her the **first psychologist** elected to the Kentucky Legislature! For more information about Lisa and her campaign, please go to her website: www.lisaforkyhouse.com.

Psychology Training Expands in Kentucky: A Series

Beth Moore, KPA Communications Committee

The Communications Committee is excited to bring you a series of articles on the expansion of Doctoral Psychology Programs in the Commonwealth. The state's three newest programs will be featured in the next three newsletters. Afterward, we will take a look at each of the established Doctoral Programs as well. The order of presentation was chosen at random.

Western Kentucky University

Burke, who will consult with the entire ethics committee and review ethical guidelines prior to issuing a response. Response time averages around 10 days depending on the depth of the consultation request.

KPA Member Only Services!



Thank you to **Dr. Rick Grieve of Western Kentucky University** (rick.grieve@wku.edu). Dr. Grieve is the Program Director of the Doctor of Psychology at WKU in Bowling Green, Kentucky. The Program is currently in the process of Self-Study for APA Accreditation. The initial cohort of students (11) entered the program in the fall of 2015. Seven students were accepted into the program during the fall of 2016. Eleven students entered in the fall of 2017, when the program went from a two-year to a three-year completion program.

1.) Currently, there are 6 doctoral programs for psychology in Kentucky. That number has doubled from just 3 programs in the last 5 years. Given that future psychology graduate students have more choices now than ever before in the Commonwealth, what would you like to highlight about your university's program that is perhaps unique or sets it apart from the other programs available?

There are several aspects of the Doctor of Psychology in Applied Psychology program that make it unique. First, we have both a Clinical Psychology and a School Psychology track in the program, making us one of two universities in the Commonwealth to have a doctoral degree in School Psychology. Second, we have a focus on training supervisors. There is a need in the Commonwealth, especially in rural areas, for individuals to supervise master's-level practitioners. We train students to do be able to do this. Third, we have a collaborative relationship with the Psychiatry Residency program here at the Bowling Green Medical Center. This relationship allows us to leverage training within a medical environment for our students who are interested. Fourth, we have a full-service training clinic that sees both children and adults. Finally, the program is cognizant of the pressures related to working as a full-time professional and attending a graduate program and working. We offer classes at times when full-time professionals can attend, and we work with students help them attain rigorous educational goals while still being able to be employed.



KPA CE
REGISTRY
JOIN
TODAY!

Because you
have better
things to do
with your time
than *more*
paperwork.

The advertisement features a blue header with the text 'KPA CE REGISTRY JOIN TODAY!' and a photograph of a yellow kayak on a river with a rocky cliff in the background. The text 'Because you have better things to do with your time than more paperwork.' is overlaid on the bottom half of the image.

2.) What do you find to be the most rewarding thing about serving in the role of Chair/Training Director of your program?

I get the most reward from watching students develop into competent professionals who are doing quality work in the field. It is very rewarding to see those students who are very anxious at the beginning and who have a deer-in-the-headlights look about them transform over time to confident professionals who are ready to take on any challenge.

3.) What is the most challenging aspect of training future psychologists in today's world?

The biggest challenge in training future psychologists lies in the constant change in our world. It is a challenge to ensure that students have appropriate training so that they can practice legally and ethically in the diverse world in which we live. As brief examples, the challenges related to technology and understanding diverse clients can take up a great deal of training time, and the knowledge base is ever-changing, making it difficult to keep abreast of advances in the areas.

4.) What would you most like students to know about a career in psychology who are considering applying for doctoral study in this field?

First, I believe that the doctoral degree in psychology allows for those who have it to practice independently and the degree is portable; that is, you can more easily move from one state/province to the next than you can with a master's degree. Second, School Psychology is consistently rated as a good job to have. A few years ago, it was rated as one of the Top 10 STEM (Science, Technology, Engineering, and Math) positions in the country; it remains ranked as the number one career path for those in the social services.

5.) Is there anything else that you would like for potential doctoral students to know about your university or program that may be important to them in making their decision about if and where to begin their doctoral studies?

I believe we are creating an excellent program here at WKU. We have dedicated faculty who all strive to be flexible with students while not compromising the rigor of the academic program. We offer students a range of applied experiences that are all designed to help them improve their therapy and assessment skills. We have what we believe is a great process for aiding students in completing their dissertation projects

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Sexting: An Ethical Dilemma

A Special Consult with the KPA Ethics Committee


The Ethics Committee received a consult regarding the legal and ethical duty to report sexting between a minor client and an unknown adult to the appropriate legal and social service authorities. The adult in this situation, who lived outside the state of Kentucky, allegedly sent pictures back to the minor. The minor's parents took away the phone and no further contact was made. At the time the consultation was made, the practitioner was in the process of consulting legal representation. The adult in this situation was reportedly not in a care-taking role of the minor and did not seem to fit the definition of a perpetrator of "child abuse" recognized by Child Protective Services. The practitioner was deferred to law enforcement for the situation, as it was considered child exploitation and the adult could be potentially tracked down and charged by law enforcement. On the other hand, the practitioner was concerned that the minor could be charged with possession and distribution of child pornography by law enforcement. Reportedly it could not be guaranteed by law enforcement that the minor would not be legally charged for taking a role in the "sexting," even if the other party was an adult rather than another minor. The minor and the parents did not want to report the incident, which took place in a small, rural community and the minor was concerned about potential consequences of reporting, including damage to reputation. From the practitioner's viewpoint, reporting it could harm the therapeutic relationship and well as the minor's relationships in the community. At worst, the practitioner feared that her client or another minor could be further exploited if it went unreported, or the client may even face felony charges. The practitioner points out that many clients reveal unlawful behavior of self or others, and the situations do not warrant breaking confidentiality. In consulting with several colleagues, the practitioner received a variety of conflicting recommendations.

While the Ethics Committee serves to highlight resources and ethical standards that may be involved in clinical situations, it is important to note that the committee cannot give legal advice. The committee identified relevant ethical principles and Kentucky statutes to be considered in the practitioner's decision making.



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APA Principles and Standards:

Principle A: Beneficence and Nonmaleficence

Psychologists strive to benefit those with whom they work and take care to do no harm. In their professional actions, psychologists seek to safeguard the welfare and rights of those with whom they interact professionally and other affected persons and the welfare of animal subjects of research. When conflicts occur among psychologists' obligations or concerns, they attempt to resolve these conflicts in a responsible fashion that avoids or minimizes harm. Because psychologists' scientific and professional judgments and actions may affect the lives of others, they are alert to and guard against personal, financial, social, organizational or political factors that might lead to misuse of their influence. Psychologists strive to be aware of the possible effect of their own physical and mental health on their ability to help those with whom they work.

Principle B: Fidelity and Responsibility

Psychologists establish relationships of trust with those with whom they work. They are aware of their professional and scientific responsibilities to society and to the specific communities in which they work. Psychologists uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behavior and seek to manage conflicts of interest that could lead to exploitation or harm. Psychologists consult with, refer to, or cooperate with other professionals and institutions to the extent needed to serve the best interests of those with whom they work. They are concerned about the ethical compliance of their colleagues' scientific and professional conduct. Psychologists strive to contribute a portion of their professional time for little or no compensation or personal advantage.

Principle D: Justice

Psychologists recognize that fairness and justice entitle all persons access to and benefit from the contributions of psychology and to equal quality in the processes, procedures and services being conducted by psychologists. Psychologists exercise reasonable judgment and take precautions to ensure that their potential biases, the boundaries of their competence and the limitations of their expertise do not lead to or condone unjust practices.

Principle E: Respect for People's Rights and Dignity

Psychologists respect the dignity and worth of all people, and the rights of individuals to privacy, confidentiality, and self-determination. Psychologists are aware that special safeguards may be necessary to

protect the rights and welfare of persons or communities whose vulnerabilities impair autonomous decision making. Psychologists are aware of and respect cultural, individual and role differences, including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, sexual orientation, disability, language and socioeconomic status and consider these factors when working with members of such groups. Psychologists try to eliminate the effect on their work of biases based on those factors, and they do not knowingly participate in or condone activities of others based upon such prejudices.

1.02 Conflicts Between Ethics and Law, Regulations, or Other Governing Legal Authority

If psychologists' ethical responsibilities conflict with law, regulations or other governing legal authority, psychologists clarify the nature of the conflict, make known their commitment to the Ethics Code and take reasonable steps to resolve the conflict consistent with the General Principles and Ethical Standards of the Ethics Code. Under no circumstances may this standard be used to justify or defend violating human rights.

2.01(f) Boundaries of competence

When assuming forensic roles, psychologists are or become reasonably familiar with the judicial or administrative rules governing their roles.

3.04 Avoiding Harm

Psychologists take reasonable steps to avoid harming their clients/patients, students, supervisees, research participants, organizational clients and others with whom they work, and to minimize harm where it is foreseeable and unavoidable.

3.09 Cooperation with Other Professionals

When indicated and professionally appropriate, psychologists cooperate with other professionals in order to serve their clients/patients effectively and appropriately. ([See also Standard 4.05, Disclosures.](#))

3.10 Informed Consent

(a) When psychologists conduct research or provide assessment, therapy, counseling or consulting services in person or via electronic transmission or other forms of communication, they obtain the informed consent of the individual or individuals using language that is reasonably understandable to that person or persons except when conducting such activities without consent is mandated by law or governmental regulation or as otherwise provided in this Ethics Code. (See also [Standards 8.02,](#)

[Informed Consent to Research; 9.03, Informed Consent in Assessments;](#) and [10.01, Informed Consent to Therapy.](#))

(b) For persons who are legally incapable of giving informed consent, psychologists nevertheless (1) provide an appropriate explanation, (2) seek the individual's assent, (3) consider such persons' preferences and best interests, and (4) obtain appropriate permission from a legally authorized person, if such substitute consent is permitted or required by law. When consent by a legally authorized person is not permitted or required by law, psychologists take reasonable steps to protect the individual's rights and welfare.

(c) When psychological services are court ordered or otherwise mandated, psychologists inform the individual of the nature of the anticipated services, including whether the services are court ordered or mandated and any limits of confidentiality, before proceeding.

(d) Psychologists appropriately document written or oral consent, permission, and assent. (See also Standards [8.02, Informed Consent to Research;](#) [9.03, Informed Consent in Assessments;](#) and [10.01, Informed Consent to Therapy.](#))

4.01 Maintaining Confidentiality

Psychologists have a primary obligation and take reasonable precautions to protect confidential information obtained through or stored in any medium, recognizing that the extent and limits of confidentiality may be regulated by law or established by institutional rules or professional or scientific relationship. (See also [Standard 2.05, Delegation of Work to Others.](#))

4.02 Discussing the Limits of Confidentiality

(a) Psychologists discuss with persons (including, to the extent feasible, persons who are legally incapable of giving informed consent and their legal representatives) and organizations with whom they establish a scientific or professional relationship (1) the relevant limits of confidentiality and (2) the foreseeable uses of the information generated through their psychological activities. (See also [Standard 3.10, Informed Consent.](#))

(b) Unless it is not feasible or is contraindicated, the discussion of confidentiality occurs at the outset of the relationship and thereafter as new circumstances may warrant.

(c) Psychologists who offer services, products, or information via electronic transmission inform clients/patients of the risks to privacy and limits of confidentiality.

4.05 Disclosures

(a) Psychologists may disclose confidential information with the appropriate consent of the organizational client, the individual client/patient or another legally authorized person on behalf of the client/patient unless prohibited by law.

(b) Psychologists disclose confidential information without the consent of the individual only as mandated by law, or where permitted by law for a valid purpose such as to (1) provide needed professional services; (2) obtain appropriate professional consultations; (3) protect the client/patient, psychologist, or others from harm; or (4) obtain payment for services from a client/patient, in which instance disclosure is limited to the minimum that is necessary to achieve the purpose. (See also [Standard 6.04e, Fees and Financial Arrangements.](#))

Kentucky Administrative Regulations (KAR)

620.030 Duty to report dependency, neglect, abuse, or human trafficking -- Husband-wife and professional-client/patient privileges not grounds for refusal to report -- Exceptions -- Penalties. (1) Any person who knows or has reasonable cause to believe that a child is dependent, neglected, or abused shall immediately cause an oral or written report to be made to a local law enforcement agency or the Department of Kentucky State Police; the cabinet or its designated representative; the Commonwealth's attorney or the county attorney; by telephone or otherwise. If the cabinet receives a report of abuse or neglect allegedly committed by a person other than a parent, guardian, or person exercising custodial control or supervision, the cabinet shall refer the matter to the Commonwealth's attorney or the county attorney and the local law enforcement agency or the Department of Kentucky State Police. Nothing in this section shall relieve individuals of their obligations to report. (2) Any person, including but not limited to a physician, osteopathic physician, nurse, teacher, school personnel, social worker, coroner, medical examiner, child-caring personnel, resident, intern, chiropractor, dentist, optometrist, emergency medical technician, paramedic, health professional, mental health professional, peace officer, or any organization or agency for any of the above, who knows or has reasonable cause to believe that a child is dependent, neglected, or abused, regardless of whether the person believed to have caused the dependency, neglect, or abuse is a parent, guardian, person

exercising custodial control or supervision, or another person, or who has attended such child as a part of his or her professional duties shall, if requested, in addition to the report required in subsection (1) or (3) of this section, file with the local law enforcement agency or the Department of Kentucky State Police or the Commonwealth's or county attorney, the cabinet or its designated representative within forty-eight (48) hours of the original report (d) The name and address of the person allegedly responsible for the abuse or neglect; and (e) Any other information that the person making the report believes may be helpful in the furtherance of the purpose of this section.

600.020 Definitions for KRS Chapters 600 to 645. As used in KRS Chapters 600 to 645, unless the context otherwise requires: (1) "Abused or neglected child" means a child whose health or welfare is harmed or threatened with harm when: (a) His or her parent, guardian, person in a position of authority or special trust, as defined in KRS 532.045, or other person exercising custodial control or supervision of the child: 1. Inflicts or allows to be inflicted upon the child physical or emotional injury as defined in this section by other than accidental means; 2. Creates or allows to be created a risk of physical or emotional injury as defined in this section to the child by other than accidental means;5. Commits or allows to be committed an act of sexual abuse, sexual exploitation, or prostitution upon the child; 6. Creates or allows to be created a risk that an act of sexual abuse, sexual exploitation, or prostitution will be committed upon the child; 7. Abandons or exploits the child;9.(b) A person twenty-one (21) years of age or older commits or allows to be committed an act of sexual abuse, sexual exploitation, or prostitution upon a child less than sixteen (16) years of age;

Discussion among the committee members of the applicability of these citations include the following observations:

1. It is clear that your extensive investigations and considerations thus far are consistent with APA's guiding principles A through E, quoted above, as you try to abide by legal and ethical guidelines while still protecting your client.
2. APA standard 4.05 clearly states that confidentiality may be broken if mandated by law for the purpose of protecting others. KAR 620.030 is the Kentucky statute mandating the report of abuse. KAR 600.020 define child abuse using the terms 'emotional injury' and 'sexual exploitation'. These terms appear to apply to this child's situation. Please remember that there could be unpleasant legal consequences for you if this situation

is not reported and other children are harmed. APA Standard 2.01 requires psychologists who act in a forensic role to be familiar with judicial rules governing their roles. Even though you did not enter this case in a forensic role, the situation has thrown you into this arena.

3. The committee members are sympathetic to and applaud your desire to protect your client. However, the consensus of the committee is that this situation must be reported in order for you to be in compliance with both legal and ethical standards. Hopefully the limits of confidentiality were explained to both parent and child at the beginning of the therapeutic relationship as stated in Principle 4.02. It is possible that the therapeutic relationship may be compromised due to the mandated reporting but that is not likely a sufficient reason to violate the law. Hopefully, the relationship with the family can be maintained.
4. The legal consultations you have sought will be key in your decision making as the Ethics Committee can only offer relevant citations for your consideration and cannot offer suggestions which fall in the legal arena.

Convention Update

Marianne McClure, PhD, KPA Annual Convention Chair

It is hard to believe that KPA's 2017 annual convention ended over 6 weeks ago. As I reflect on 2017, I am filled with a profound sense of gratitude for everyone who was involved in the planning and implementation of Convention. The convention committee first met in January, with our laptops, tablets, cell phones, and incredible ideas. The committee was comprised of **Alissa Briggs, Holly Brown, Pat Burke, Karen Guettler- James, Grazia Levin, Amanda Merchant, Tom Miller, Marilyn Robie, Bill Stoops, Tim Thornberry, Lisa Willner**, and me. I cannot imagine working with a more intelligent, creative, thoughtful, caring, and hard-working group.

While each of the committee members was involved in much of the convention planning, I am indebted to Marilyn Robie for once again taking the lead in planning and implementing our evening social event that was enjoyed by all who attended. Marilyn's creative ideas have provided many KPA conventions with incredible social activities.

Over the course of the following months, as we generated ideas, interacted with potential presenters, and developed our programming, we had contact with the next group of people to whom I am deeply appreciative, our presenters. Our extremely talented and generous local presenters volunteered their time and expertise to provide training and CE opportunities for those who attended their workshops. I will not attempt to list all of the volunteer presenters, as I would surely forget one. I will however comment that we are incredibly lucky as a profession to practice in Kentucky, where so many of our colleagues are willing to provide timely, relevant, and empirically based training on such a wide variety of topics.

In addition to our amazing local presenters, I am thankful for our featured presenters willingness to travel to Kentucky and present at convention. **Dr. Arthur Evans, Dr. Ryan Vandrey, Dr. Sandra Shullman,** and **Dr. Ty Tashiro** each presented excellent workshops, were wonderful to work with, and were genuinely good people.

Sometimes over the course of convention, we visit sponsors' tables, chat and load up on some excellent swag. It's easy to forget that our sponsors help to cover the costs of convention, keeping the price reasonable for attendees. I am grateful to our numerous sponsors who helped us financially with the 2017 convention. I am also appreciative to the KPA office staff and **Bill Stoops** and **Pat Burke** who helped to contact those sponsors by email and phone.

Similarly, it can be easy to overlook all of the hard work that goes into the silent auction that helps to support KPF. **Jennifer Price, Cay Shawler, Christen Logue, Nicole Begg,** and others worked to obtain many donations for the silent auction. Thanks to everyone who donated to the silent auction and to everyone who placed bids. **Martha Wetter** donated one of her fabulous, unique pieces of hand-crafted jewelry and it was again one of the much sought after items. Thanks to everyone who helped with so many aspects of the silent auction, from making bid sheets to moving tables. It was truly a group effort and was a successful endeavor.

I am grateful to all of the KPA staff for the tireless efforts to help each of us get the most out of our conference experience. **Sarah, Samm, Joy,** and **Lisa,** our Executive Director, helped with every aspect of Convention and each maintained a pleasant demeanor throughout. We also had student volunteers who assisted with many convention tasks, including the transition to being scanned into our workshops.

Finally, I am appreciative of all of my colleagues who chose to attend the 2017 KPA Convention, making it a rewarding and enjoyable endeavor. I am thankful that I had the opportunity to participate in the development of the 2017 KPA Convention - **A Balancing Act: Innovation and Keeping the Heart of Psychology.**

The 2018 Business Imperative

*A special to the Kentucky Psychologist by Jim Ray of
Jim Ray Consulting Services*

Have you begun your business planning for 2018? If you're looking for a few places to start, I'd like to offer some recommendations. The process of putting together a detailed plan is what I refer to as The 2018 Business Imperative. There's an old adage, "If you aim at nothing, you'll hit it every time." Quite frankly, we work too hard to let that be the case.

Performing a deep dive into your key metrics, not just revenue numbers, will show you things you may have missed during the year. Outliers are one thing, but identifying specific trends and comparing them to the assumptions you made at the start of 2017 can be quite telling. Nonetheless, this is simply a post-mortem. It's historical. We need to turn our attention to the upcoming year.

There are new markets emerging, new technologies to help you and new capabilities you've developed, even if it's just because you're a year more experienced than you were. How can you leverage these changes (this evolution) in terms of your business as well as your clients'?

Where will you invest in 2018? I recommend you divide this into 2 key areas: Money and Time. In terms of your financial investment, it usually can be broken out into personnel, training and equipment. As for your time, take a hard look at your processes. Are you actually spending the majority of your time on the activities that generate the most cash? If so, continue the DIY approach. If not, it may be time to consider outsourcing or delegating. For most of us, letting go of the reins can be one of our greatest challenges. Remember, this may be the very decision that's been holding us back from achieving significant progress.

One important question I've often asked clients is: What are you willing to put down on paper?

I'm trying to get you to consider defining those goals, actions, activities and changes that will significantly impact your business in 2018. More importantly, I want you to define for yourself those issues you're willing to actually commit to, on paper.

Something interesting happens when we actually write it down. We begin the process of visualizing the goal(s), as well as the steps necessary to achieve them. Like any road trip, you have to begin with the destination in mind.

It's interesting how many people don't take their planning to this logical step. It's almost as if they're afraid of committing, because that creates the risk that they may fail in the endeavor. Can I share a secret? There are really only 3 outcomes in this process:

- Growth
- Stagnation
- Irrelevance

The point is, it's your choice. In many cases, it's up to you. It's the very reason you started this journey in the first place.

Beginning right now, you have the opportunity to reinforce, refocus and refine your vision.

Aligning your 2018 business goals with your overall vision provides clarity. Then, it's simply a case of laying out the path you'll use to get there. This exercise provides you the opportunity to look objectively at your situation and to move toward the desired outcome. You have a clean slate, if you'll take advantage of it.

As you wrap up 2017, it's time to focus on the 2018 business imperative. Understand what happened this year. Evaluate it against the assumptions you made. Adjust to take advantage of what's changed. Then charge forward with clarity and determination.

I hope you'll take time to step away from working in your business, to spend time working on your business.

If you've never gone through this type of exercise, I can help. If you want to tackle it on your own and then discuss your plan, that's another option. Let me encourage you to have someone review your plan. It's a

way to gain valuable perspectives that can validate where you're heading, or possibly keep you from going down the wrong path.

Business planning enables you to stretch beyond your comfort zone. It may be what keeps you from stagnating or worse yet, achieving irrelevance.

The new year will be full of changes and opportunities. Thanks to those of you who trusted me to help impact 2017. Now it's time to climb higher so we can reach for bigger dreams. After all, we work too hard to settle for anything less, right?



Jim Ray
CONSULTING SERVICES

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

Have an Idea or Contribution for the KPA e-newsletter?

Contact the KPA Central Office or Brandon Dennis, Psy.D., KPA e-Newsletter Editor at brandoncdennis@gmail.com. Deadlines for submission are the 15th of the month the newsletter is scheduled for distribution (Feb, April, June, Oct and Dec).