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## Norah Chapman, Ph.D.

### **Current Work Setting**

Dr. Chapman earned her Ph.D. in Counseling Psychology from the University of Kentucky. Her primary research interests are in evaluating components of psychotherapy process and outcome, both in person and via telepsychology, to develop evidenced based practices that increase the access to and quality of mental health care amongst underserved populations. Although Dr. Chapman uses an integration of interpersonal process, cognitive behavioral therapy and mindfulness theories to inform her work, her clinical approach is ultimately informed by a client-directed outcome-informed (CDOI) model. She is currently on the boards of the APA Division 17 Section for the Promotion of Psychotherapy Science, APA Division 49 Society of Group Psychology and Group Psychotherapy, and is the incoming Secretary for the Kentucky Psychological Association.

### **As a Board Member, what do you find the most rewarding - or what are you most hoping to accomplish?**

I have found serving on the KPA Board to be an incredibly rewarding experience. I am changing roles from the Early Career Psychologist Committee Chair and Academic Representative to becoming the Secretary. From my time on the board, I have been thrilled to be part of a dynamic group of psychologists who are passionate about ensuring our profession is at the table of important conversations in the Commonwealth. Often in our silos of work, it is easy (for me at least) to pay less attention to the vast ways psychology and passionate Psychologists are needed in much of our society to promote safe spaces, competently provide culturally sensitive care to those in need, and educate the general public on mental health. In short, I enjoy being able to hear and join in to support colleagues from around the state band together to make a difference in the lives of those with whom we serve. I am honored to get to be part of it!

### **Why did you decide to become involved as a leader within KPA?**

I initially wanted to get involved with KPA as an early career psychologist to understand and advocate for the needs of early career folks around the state. Through this role, I learned even more about the needs in the Commonwealth for promoting psychology, particularly around advocating for our profession, and been able to get to know inspiring mentors and leaders whom to model. Being part of KPA and the leadership has been one of the highlights of my career to this point!

### **How did you end up in psychology?**

I have always been first and foremost an observer before I was ever a talker... and from my observations came questions, curiosities, and interests that fit within the study of human behavior. Most of my questions and curiosities were about why people did what they did in relationships, how they went about making certain choices, and why people struggled in the ways they did with their mood, behaviors, and substances to name a few. I initially fell head over heels with personality theory, assessment, and models of psychotherapy in the quest for knowledge in these areas. However, what was unexpected was the process of doing so took me in directions I never expected. I became passionate about training and research in addition - I wanted to mentor others as I have been mentored by professionals who are compassionate human beings first and wise, competent, and hard working professional alongside. My professional journey has been more rewarding from that process than I could have imagined and I look forward to continuing to grow and give back in the coming years.