

Kentucky Psychological Association & Kentucky Psychological Foundation



APRIL 2021

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Exciting News from KPA & KPF

We hope you enjoy our KPA e-Newsletter where we highlight what psychologists are working on and thinking about across Kentucky. If you are interested in submitting an article, please email our newsletter editor **Chris Dewhurst, Psy.D.** at chrisdewhurst@gmail.com. Check out the column on the left for KPA Member Highlights, available home studies, KPA Member COVID-19 resources, Anti-Racism & Trauma resources, and more.

Stay Social With Us



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

Upcoming 2021 Events



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

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

Future Scanning

Eric Russ, Ph.D. - Executive Director

Those of you who were at our KPA convention several years ago heard Dr. Sandra Shullman talk about leadership qualities in psychology. One point that has been on my mind lately is future scanning. The end of the acute phase of the pandemic is in sight and we face another inflection point in how we think about our clinical work, the workplace, and how our lives are structured.

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The Ripple Effect: When The Needed is Bigger Than Us

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

During the COVID-19 pandemic, psychologists and other mental health providers are addressing the needs of a fearful, widely-impacted public. Across disciplines and state lines, there are more clients than we can reasonably schedule while still maintaining personal time, boundaries, and energy. We participate in the care of individuals with whom we are sharing a common, once-in-a-generation global crisis. Many of my colleagues are saying the same thing as what I know to be true: There is more need than we can possibly address in a given workweek. Our clients may need more therapy, there are new clients seeking out therapy for the first time, and clients may experience increasingly intense symptomology which requires more care and more intense monitoring.

CO-SPONSORED BY THE KENTUCKY PSYCHOLOGICAL ASSOCIATION, THE KENTUCKY PSYCHOLOGICAL FOUNDATION, AND THE UNIVERSITY OF KENTUCKY HARRIS PSYCHOLOGICAL SERVICES CENTER

COGNITIVE-BEHAVIORAL THERAPY FOR ADULT AND PEDIATRIC OBSESSIVE-COMPULSIVE DISORDER, 3 CE

Presented by Tom Adams, Ph.D.

Friday, April 23, 2021 | 1:00 PM - 4:15 PM

EXPOSURE AND RESPONSE PREVENTION (ERP) IS A HIGHLY EFFICACIOUS FORM OF COGNITIVE-BEHAVIORAL THERAPY (CBT) FOR OBSESSIVE-COMPULSIVE DISORDER (OCD). IN AN ATTEMPT TO SIMPLIFY TREATMENT, THIS WORKSHOP WILL FOCUS ON THE CORE COMPONENT OF ERP - THERAPEUTIC IN VIVO EXPOSURE AND PREVENTION OF COMPULSIVE BEHAVIORS - WITH AN EMPHASIS ON THE PRINCIPLES OF CHANGE THAT UNDERLIE EXPOSURE. ATTENDEES WILL LEARN TO ASSESS OCD AND ASSOCIATED SYMPTOMS, DEVELOP COGNITIVE-BEHAVIORAL CASE CONCEPTUALIZATIONS, PREPARE FLEXIBLE ERP TREATMENT PLANS, AND EXECUTE SAID PLANS WITH OCD PATIENTS. ATTENDEES WILL END THE WORKSHOP BY REVIEWING CASE EXAMPLES AND PRACTICING THE DEVELOPMENT OF ERP TREATMENT PLANS. SKILL LEVEL: INTERMEDIATE

Visit www.kpa.org for additional information & to register.

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Director of Professional Affairs Update

Katie McBride, Ph.D. - Director of Professional Affairs - Kentucky Psychological Association

We feel like we are on mile 20 of a 26.2-mile marathon...So tired and so ready to have this behind us entirely, and desperately in need of a boost of hope and energy...though a substantial chunk of road still lies ahead! On March 8, the CDC announced [new guidelines](#) for vaccinated individuals in families. Vaccinated grandparents can be indoors with their families and safely hug their unvaccinated healthy grandchildren without masks! In my own excitement, I neglected initially to read further before interpreting this recommendation to apply to my small independent practice...even erring in my first response to a KPA member's inquiry...Quite regrettable!

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We are excited to announce the release of our NEW podcast series, The Psy Files! The Psy Files is a podcast that explores multiple areas in the field of psychology by interviewing some of Kentucky's leading psychological experts. [Click here for show notes and how to listen!](#)

KENTUCKY PSYCHOLOGICAL FOUNDATION &
KENTUCKY PSYCHOLOGICAL ASSOCIATION
PRESENTS

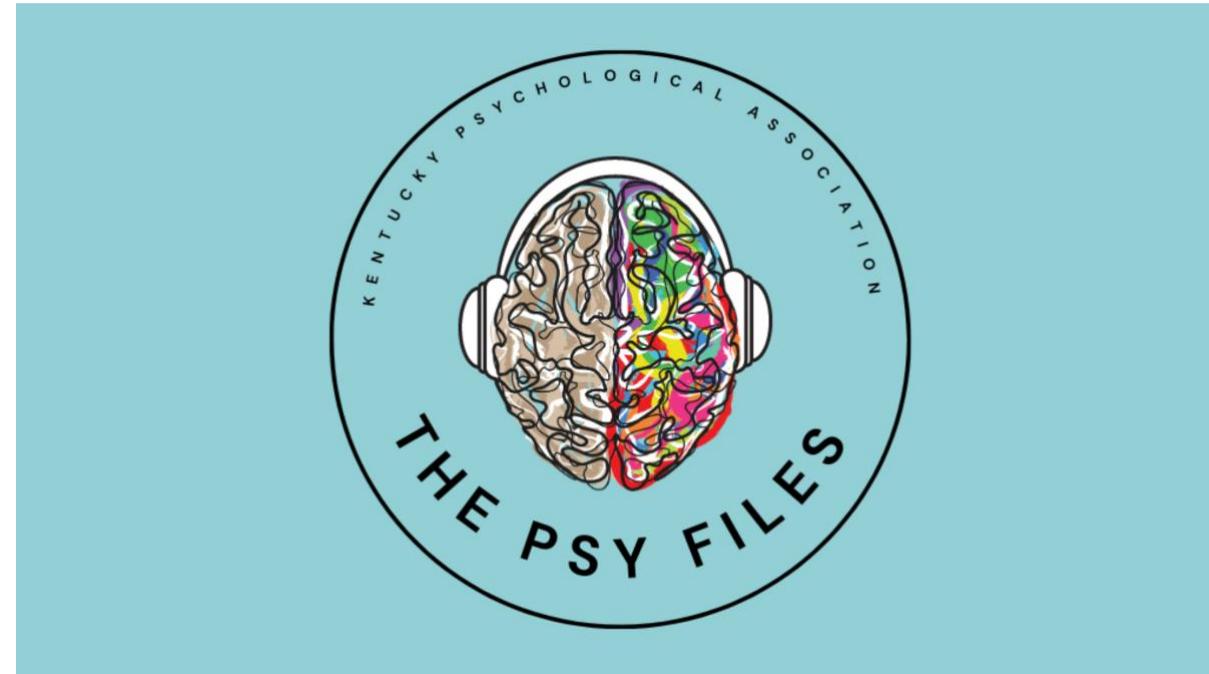
Little Treatments, Big Effects? Building Brief Interventions to Reduce Youth Psychopathology at Scale, 1.5 CE

Friday, May 21st 1:00 - 2:30 PM

Presented by Jessica Schleider, Ph.D.

Hundreds of psychosocial interventions have been identified as effective in reducing youth psychological problems, yet up to 80% of youths with mental health needs go without services each year. Existing youth therapies are often costly, time-intensive, and designed for delivery by highly trained professionals, limiting access for large swaths of the population. This talk will overview recent innovations on evidence-based single-session youth mental health interventions—which can help augment and extend existing mental health care infrastructure—including the research supporting their utility and strategies for implementing them in diverse clinical and community settings. Skill Level: Beginning

For additional information &
to register visit www.kpa.org.



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when it works for your schedule!

Click the link below:

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


MEMBERHIGHLIGHTS

KENTUCKY PSYCHOLOGICAL

FOUNDATION

PROMOTING HEALTHY &
MEANINGFUL LIVES





Steven D. Kniffley, Jr., Psy.D., MPA, ABPP, HSP was featured in an article *Mental health experts warn Derek Chauvin trial may revive feelings of racial trauma*. [Click here to read more.](#)



Rachel E. Buehner, Ph.D., M.Ed. H.S.P., wrote an Op-Ed, *Change is scary: Help children feel emotionally prepared as they return to the classroom*. [Click here to read more.](#)

Kentucky Psychological Foundation Update

Courtney Keim Ph.D. - Vice President, Kentucky Psychological Foundation

Recently, I sat down with Dr. Merv Gilbert, a colleague with whom I have worked on the American Psychological Association's Psychologically Healthy Workplace program, to discuss the effect of the COVID pandemic on organizations. *(responses edited for clarity and length)*.

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Virtual KPA Psychology Day 2021

Georgeann Brown, Ph.D. - KPA Federal Advocacy Coordinator

We held our first virtual KPA Psychology Day on Tuesday, February 23rd, and it was our 8th annual KPA Psychology Day. This was our first time piloting the virtual format, due to COVID-19 and restrictions on access to visitors at the Capitol at this time. Prior to the event, we had two live training Zoom calls to train members on the talking points and the virtual format. We had over 25 KPA members participate in virtual Psychology Day activities. We hosted several group meetings, including a kick-off meeting with legislators that were sponsoring some of our priority legislative bills. Some of the legislators that spoke to the whole group during our kick-off meeting included Senator Ralph Alvarado, Rep. Kim Moser, Rep. Kim Banta, and Rep. Lisa Willner. We also hosted a PSYPACT meeting where Rep. Walker Thomas, the bill sponsor of PSYPACT, spoke to our group about his work on this bill, next steps, and his knowledge on compacts. Additionally, we were pleased to have Father Pat Delahanty speak to our group on the exemption of the death penalty for the severely mentally ill population and discuss the history of his work on this issue.



Steven D. Kniffley, Jr., Psy.D., MPA, ABPP, HSP has been named a Health Care Hero by Louisville Business First in the category Equity Champion. [Click here to read more.](#)



William Stoops, Ph.D., was awarded a 2020 Presidential Citation for his brilliant research, multi-dimensional

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Frankfort From Afar

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

In my last article, I described Part I of the current General Assembly session – the first two weeks of January, where legislators added additional session days and passed bills to rein in the Governor’s powers to issue Emergency Orders and administrative regulations during the COVID pandemic. Some of those vetoed bills are currently in Franklin Circuit Court to determine whether they are constitutional or not. In the meantime, the orders and regs remain in place. The legislative pace in the first weeks of Part II of the session – from February 2nd to March 8th (minus one week that the legislature shut down because of the snowstorms) was “pretty hectic” with committee meetings, floor amendments, and much rhetoric.

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leadership at APA, and his positive, enthusiastic demeanor. [Click here to read more.](#)



Brenda Nash, Ph.D. was selected for the 2021 class of the American Psychological Association's Leadership Institute for Women in Psychology.

[Click here to read more.](#)

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

In Memoriam



KPA Political Action Committee Update

Melissa Leath, Ph.D.

As we move into the last half of March, the 2021 Kentucky state legislative session is drawing to a close. In this session, as in every session, KPA identified a number of legislative priorities relevant to both the interests of psychologists and mental health clinicians as well as to the psychological well-being of the citizens of Kentucky.

Before detailing the specifics and status of this session's "priorities"/bills per KPA, let me speak to the process of how we go about affecting the outcome of our legislative process. With very few members of the legislature having a background in healthcare, how can we, as psychologists, actually have a voice in Frankfort? Sadly, it does not appear that we will affect the legislative process by having an abundance of psychologists serving in the General Assembly. The fact is, of the 138 voting members of the Kentucky General Assembly (38 senators and 100 representatives), we currently have only one psychologist serving in either branch. Lisa Willner, Ph.D., representing District 35, is a former KPA Executive Director and the first-ever psychologist elected to serve in the KY legislature. This leaves KPA with a great deal of educating and advocacy to do. Cue the KPA-PAC.



Harriett Abraham Rose, Ph.D.
September 1920 - April 2021

Dr. Rose was a part of the UK Counseling Psychology Department, a Fellow of APA, and a member of KBEP in its early years. [Click here to read her obituary.](#)

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Member Benefit: Kentucky Psychological Association Colleague Assistance Program

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

One year ago, very few of us would have predicted the course of the past 12 months. The effects of Coronavirus have been far-reaching for society. Worldwide, we have changed how we work, socialize, learn, connect, and live. Psychologists quickly pivoted and began to advocate, teach, provide therapy and consultation, and even do assessments virtually. While working from home, many psychologists have had to supervise their children as they attended school virtually. As family members, we have been isolated from extended family and friends.

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Multicultural Ethics in the Organizational Setting

Chris Dewhurst, Psy.D.

As a Kentucky correctional psychologist, I work in a state with the 8th highest incarceration rate in the country (U.S. Bureau of Justice Statistics, 2018) and which saw a 287% incarceration rate increase from 1983-2015 (Vera Institute of Justice, 2019). Incarceration rates in this state uniquely affect the most vulnerable amongst us. The Vera Institute of Justice (2019) revealed a

OPEN CALL

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accepting
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for our
2021 Annual
Convention &
2022 Continuing
Education
Events!

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130% increase in Kentucky's African American incarceration rate since 1990 and reported that by 2015 African Americans were being incarcerated in Kentucky at 3.1 times the rate of European Americans.

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Screenings to Support: Connecting Providers with Potential Clients

5,000+ Kentuckians have taken a free mental health screening at MHAScreening.org in 2020. Connecting those screeners to local providers is the next step in our program.

Complete this form <https://tinyurl.com/S2SMHAKY> and your business will be added to our national and state database of providers, at no cost to you. Screeners looking for assistance by zip code will be given your contact information. Help us encourage treatment #B4Stage4 by joining today!

For questions & additional information please contact Marcie Timmerman, mtimmerman@mhaky.org, (859) 684-7778



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access:
Anti-racism &
Racial Trauma
Resources**

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

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

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