

The Kentucky Psychologist

2015

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KPA
Kentucky Psychological
Association

The Healthcare Landscape in Kentucky is Changing... KPA Helps Psychologists Navigate the Road Ahead

By Sheila A. Schuster, Ph.D., KPA Federal Advocacy Coordinator and Legislative Liaison & Amanda Merchant, Ph.D., KPA President-Elect and Health Psychologist

These are exciting times to be in Kentucky! We are the ONLY Southern state to take full advantage of the Affordable Care Act (ACA) by establishing a state-run health benefit exchange (kynect) and expanding Medicaid eligibility to all Kentuckians below 138% of the Federal Poverty Level. The results have been astonishing:

Kentucky's uninsured rate has dropped from 20% to 9%, the second-highest decrease in the nation!

1.2 million Kentuckians are now covered by Medicaid, compared with 866,000 who were covered before the ACA.

Through kynect, 106,000 Kentuckians have signed up for health insurance through a Qualified Health Plan, many using federal subsidies to meet the cost.

What are the implications of these massive changes for psychology?

The ACA mandates ten Essential Health Benefits which must be included in Medicaid and in all Qualified Health Plans. These benefits include diagnosis and treatment of mental illness and substance use disorders! On top of that, the ACA requires that behavioral health be treated on parity with physical health...with no differences in copays, deductibles or limits.

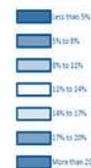
For nearly 50 years, Kentucky psychologists outside of the CMHCs were



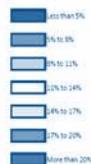
not able to be providers in the Medicaid system. But now, with the urging of KPA and other mental health groups, the Cabinet opened up the Medicaid Behavioral Health network to include **all psychologists at both the doctoral and master's levels.**

Since January 1, 2014, the federal government has provided **\$2 billion** in reimbursement to facilities and providers of services to those Kentuckians in the Medicaid Expansion!! Thanks to KPA's advocacy, psychologists are free to enroll as

Percentage of Uninsured in KY Counties - 2012



Uninsured in KY Counties after April 15, 2014



Update From the Executive Director

Lisa Willner, Ph.D., KPA Executive Director



It has been another busy and productive year at KPA since last fall's Kentucky Psychologist. I'm happy to have this opportunity to update you, and to provide a preview of upcoming activities.

I'm continually impressed by the quality and commitment of KPA's leaders, both those who have been involved for years, and those who are relatively new to the profession and the association. In the past few years, there has been an intentional focus on mentoring and leadership development within KPA – the results of these efforts were clear at this year's annual Leadership Retreat when many of the presentations and discussions were led by several of our younger members. Many of our long-time members took note, expressing the view that the future of our profession is in very good hands. During the late May retreat, KPA's elected and appointed leaders took a hard look at the status of our field. Board members and others clarified the role of our professional association in keeping psychology relevant and its members current and knowledgeable in an ever-evolving climate for both healthcare and academic research. We examined and developed strategies for continuing to integrate psychology/mental health care into the ongoing and still-evolving patient centered healthcare trends; identified the need to increase awareness of psychologists' contributions to improving the quality of everyday life, including our contributions to healthy behaviors in the workplace; and discussed our progress and work still to be done in developing psychology's role in shaping public policy around such areas as public health and access to mental health services.

During the 2015 legislative session, KPA successfully lobbied for the passage of SB-51, the "Duty to Warn" legislation allowing psychologists to break confidentiality when a patient makes a violent threat or expresses homicidal intent. The previous law made "duty to warn" legal only for patients in an inpatient setting, putting psychologists at risk of facing a legal/ethical bind when working in outpatient settings. Thanks to KPA's team of lobbyists, Advocacy Committee chair and members, and all of the KPA members who called legislators and visited Frankfort on behalf of SB51, the bill was signed in to law on June 16, 2015. Several KPA members were on hand when Governor Beshear signed and enacted the legislation.

KPA had a terrific year of outstanding Continuing Education programs. I'm grateful to our member volunteers who plan and lead workshops, for our out-of-region special guest presenters, and for the community partnerships that strengthen the range and quality of programming KPA is able to offer.

This year KPA—in concert with the Kentucky Psychological Foundation (KPF) – partnered with the University of Louisville Center for Mental Health Disparities to provide a full day of cultural competency training by **Dr. Monnica Williams**, a Kentucky psychologist with an ever-increasing national reputation. And coming up on October 1st, KPA/KPF is partnering with Kentucky's largest school district – Jefferson County Public Schools – and Louisville Metro Government to welcome a very special morning of diversity programming by psychologist and highly sought-after speaker **Dr. Ivory Toldson**. To assist members in meeting the new requirement for training in suicide assessment and prevention, an outstanding workshop on that topic was presented to a full house last spring, and **Dr. M. David Rudd** (back to Kentucky by KPA member popular demand!) will offer a 6-hour workshop on that topic during this year's Annual Convention. (See newsletter insert for complete Convention details.)

KPA continues to offer consultation services to our members, free of charge. Many thanks to KPA's Ethics Committee for guiding members through some sticky situations, and to Director of Professional Affairs **Dr. Laurie Grimes** for sharing her expertise on a wide range of practice issues. New for next year, the KPF Diversity Committee is gearing up to offer Cultural Consultations on an ongoing basis as an exclusive KPA member benefit. Members also have access to KPA's exclusive Psychological Services Locator service, a number of members-only listservs centered around shared professional interests, and other opportunities for on-line and in-person professional networking and resource sharing.

On-deck for 2016 is another year of outstanding Continuing Education opportunities, including a Business of Practice conference; KPA's 2016 Featured Workshop with national presenter Dr. Hanna Levenson on short term dynamic therapy; workshops on cultural competence; mindfulness; neuropsychology for the general practice psychologist, and more.

I invite you to maintain your active involvement in KPA. If you're not a member now, I encourage you to join us. If you'd like to know how to become more active in KPA's work, please contact me. As we work together to promote psychology and to improve health and the quality of life in our state – through psychological practice, research, and public advocacy – your membership, support, and engagement is increasingly vital.

The Healthcare Landscape continued from page 1

Medicaid providers and to be in that reimbursement pool.

With major policy and organizational change comes growing pains which **Dr. Amanda Merchant** has experienced first-hand. As a practitioner, she can attest to the frustration in wanting to provide services to a larger population, yet having difficulty in affording the time and energy for the labor-intensive task of credentialing and completing paperwork for Medicaid. Denied services, sig-

nificantly delayed reimbursement, and lack of payment even after precertification are some of the challenges requiring staff time to manage. To more easily absorb these new demands on practice time and to work out issues with insurers, Amanda recommends accepting a patient or two from each panel, doing a trial run of submitting claims, and waiting for reimbursement before accepting additional patients. As these health care practices evolve, psychologists should provide feedback (both good and bad) in the quest to provide equal

access to quality medical and behavioral health care.

Never has there been more opportunity for psychology to participate in the delivery system, to advocate for inclusion and reimbursement in both physical and behavioral health settings, to see literally more than 1 million newly-insured Kentuckians. KPA stands ready with maps and directions to help psychologists successfully navigate the road of healthcare reform!

Reflections... President's Desk

By David Olson, Ph.D.

As many of you are aware, an Independent Review, also known as the Hoffman Report, to investigate charges that APA colluded with government officials to support enhanced interrogation practices, included some which would be considered torture, has been released to the public. My reaction to the document has been, by various turns, one of dismay, anger, betrayal, and deep disappointment. The Review concluded that APA leaders, in concert with the APA Ethics Director, issued ethics policies that supported the interrogation procedures and guidelines of the Department Of Defense (DoD). Although perhaps speculative, the report surmised that such decisions and actions were an attempt to "curry favor" with government agencies. There was no definitive evidence that APA officials were aware of whether the government was currently employing abusive techniques against detainees, however, the report suggested that the APA deliberately chose to refrain from making inquiries into the nature of their interrogation techniques. In addition, it was noted that following the report of the ethics task force, the ethics director made repeated efforts to defend decisions regarding the involvement of psychologists in interrogation practices in both the media and in debate within the APA Council of Representatives.

Like many of you, I will be observing the manner in which APA responds to this scandal and its ability to rectify and correct the organizational mechanisms, structure, and culture that contributed to the current state of affairs. I understand that the APA Council of Representatives will devote considerable time to the findings of the Hoffman Report and the development of action steps to change APA governance and oversight at their August meeting. We are fortunate that David Susman is our state representative on council; I am sure he will represent us well and

I look forward to reading his report. (*Editor's Note: See "APA Council Report" on page 6.*)

Despite this dark episode in the history of our profession, I am confident that psychologists will remain a critical and valuable societal force in our roles as practitioners, scientists, and educators. As members of KPA, we have a responsibility to adhere to and uphold the ethical standards of our profession and to assure the citizens of Kentucky that our values include the importance of human dignity and our actions serve to benefit society.

On another note, the KPA Board of Directors held its annual leadership retreat in May. The retreat was broadly conceived as a discussion of diverse and less well-known practice opportunities for psychologists as well as challenges faced by our profession, although the issue of prescriptive authority was given special emphasis. John McCarthy, the General Partner of our lobbying firm, offered an illuminating in-depth analysis of how a professional organization can assert itself in the health care field. We also heard excellent presentations from **Laurie Grimes, Steve Katsikas, Eric Russ, Sarah Shelton, and Sheila Schuster**. And we were fortunate that psychologist **Rick Cartor** agreed to serve as our facilitator, helping to guide our dialogue and summarizing the main points of our discussions. I was very pleased with the level of engagement, passion, and thoughtfulness demonstrated by our group of leaders. KPA is in good hands.

On a final note, I am excited at the program that **Marianne McClure** and her committee have developed for our upcoming convention. I look forward to seeing you at the convention this November.



KPA Convention Update

Marianne McClure, Ph.D., Convention Chair

The 2015 annual convention is only 2 months away. This year's convention, entitled "**Creating Our Future in a Transforming Landscape**" will be held November 5th-7th at the Marriott Griffin Gate Resort in Lexington.

On November 5th, **M. David Rudd, Ph.D.** will present *Assessment and Clinical Management of Suicidal Patients*, a 6 hour workshop designed to meet the new suicide assessment, treatment and management statutory requirement for all Kentucky mental health professionals. Dr. Rudd will present an easy to follow and efficient model for risk assessment and clinical management of suicidal



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KPA Advocacy Committee Update

Georgeann Brown, Ph.D., Chair of KPA Advocacy Committee



The Advocacy Committee has been energetic and hard at work this year. One of the highlights of our year was the 2nd annual Legislative Day on February 24, 2015 in Frankfort at the Capitol Annex. Our primary goal for the Legislative Day was to help KPA members start developing relationships with their legislators and share information about legislation important to KPA, including our Duty to Warn bill (SB-51) and Treatment of Minors bill (HB 270). Fifteen KPA members attended our Legislative Day, which was an increase in attendance from last year. Prior to the Legislative Day, attendees participated in a conference call and reviewed materials to help prepare them to discuss talking points with legislators. Members had an opportunity to meet with their legislators in individual or group meetings, where they discussed talking points important to KPA. KPA also hosted a breakfast for all legislators and had a chance to meet with over 29 legislators. This was a great way to increase the visibility of KPA, and we hope to improve and increase the attendance with next year's Legislative Day.

Another highlight for advocacy was the passage of SB 51, the "Duty to Warn" legislation, which allows psychologists to break confidentiality when a patient makes a violent threat or expresses homicidal intent. The previous law only made "duty to warn" legal for patients in an inpatient setting; now, patients in outpatient settings are included in the definition. KPA representatives were present for the bill signing with Governor Beshear on June 16th.

Many of our advocacy committee members also attended the State Leadership Conference (SLC) in March in Washington, D.C., where we learned more effective ways to advocate for our profession, specifically by "telling our stories" in a compelling way to describe the importance of what psychologists do and barriers we face in our profession. A highlight of SLC was meeting with our federal legislators on Capitol Hill to discuss barriers psychologists experience within the Medicare system. KPA members met with the following legislators and/or their staff: Representative Andy Barr, Representative Brett Guthrie, Senator Mitch McConnell, Senator Rand Paul, Representative Hal Rogers, and Representative John Yarmuth. In May, several members of the Advocacy Committee also had a chance to attend a private meeting with Representative Brett Guthrie in Louisville and to discuss Medicare barriers for psychologists in Kentucky.

The Advocacy Committee also had a presence at the 2014 annual convention, where we set up a table with information about advocacy and how to get more involved. We distributed a survey about members' thoughts on KPA starting a Political Action Committee, with the results posted on KPA's website. In preparation for the fall convention, some of our members prepared materials regarding KPA Advocacy Victories, to illustrate how advocacy work matters and has real outcomes. One of the goals for the Advocacy Committee is to increase advocacy opportunities and member involvement.

Members of the Advocacy Committee also helped to monitor and discuss legislation related to psychology during the winter legislative session. We helped to develop a bill-tracking process to track the hundreds of bills that get filed every year, but are still looking for more volunteers to help keep track of legislation that may affect the practice of psychology.

Advocacy-related issues continue to be a priority for KPA now and were a focus at our annual board retreat in May. We discussed the importance of making sure the concerns of psychologists and the people we serve are represented. One of the most important ways we can advocate for ourselves and others is to make sure that our voices are being heard. Please stay tuned for more opportunities to get involved.

KPA Convention Update continued from page 3

patients in day to day practice. **Dr. Rudd** presented at the annual convention in 2012 and the feedback was overwhelmingly positive. He is currently the president of the University of Memphis. In addition to his many other honors, roles, and accomplishments, he is the past President of the American Association of Suicidology.

On November 6th, **John Norcross, Ph.D.** will present *A New Therapy for Each Patient: Treatment Adaptations that Work*. **Dr. Norcross's** workshop will provide integrative methods for adapting therapy to individual clients and their singular contexts. **Dr. Norcross's** presentation will look at the relationship between research and practice in order to help clinician's learn to improve treatment success. On that same day, **Dr. Norcross** will present our luncheon keynote address, *Psychoquackery: Discredited Mental Health Treatments and Tests*. Don't miss this one hour CE presentation during Friday's lunch! **Dr. Norcross** is an internationally recognized authority on behavior change and psychotherapy, a Distinguished Professor of Psychology at the University of Scranton, Adjunct Professor of Psychiatry at SUNY Upstate Medical University, and a board-certified clinical psychologist. Additionally, he is a prolific author and dynamic presenter.

Also on November 6th, **Daniel Walinsky, Ph.D.** will present *Ethics, Relationship, and Hope: Imperatives for Culturally Responsive Professionalism*. In this workshop, sponsored by the Kentucky Psychological Foundation, **Dr. Walinsky** will explore the ethical and relational aspects of addressing cultural diversity in the practice of psychology. **Dr. Walinsky**, teaches in the Psychology Department at Salem State University. He has been extensively involved in research, clinical, and advocacy work related to diversity, and is a former Chair of the Kentucky Psychological Foundation Diversity Committee.

On November 7th, **Mark Epstein, M.D.** will present *Everyday Trauma: Perspectives from Buddhism and Psychoanalysis*. In this workshop, **Dr. Epstein** will explore trauma in our everyday lives. Additionally, he will help participants apply techniques of Buddhist mindfulness and Western psychoanalytic psychotherapy to the treatment of trauma. **Dr. Epstein** is a psychiatrist in private practice in New York City and is currently Clinical Assistant Professor in the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University. He is the author of a number of books about the interface of Buddhism and psychotherapy.

We are also delighted to offer a wide array of workshops ranging from *A (Assessing Autism) to Y {almost Z} (Yoga and Mindful Meditation.)* We are pleased to be able offer workshops that will appeal to Child and Adult Psychologists on each day of the convention.

Finally, it wouldn't be convention without a chance for socializing and networking. On Friday evening there will be a reception and ceremony honoring new psychology licensees. On Thursday evening, there will be a chance to socialize at the UK Art gallery. This event will feature both a tour of and conversation about the exhibition "Bottoms Up: A Sculpture Survey," which addresses formal and psychological issues in the history of sculpture.

The Convention Committee is very excited about the 2015 Convention programming. We hope you will attend and will also be excited about all of the excellent workshop choices. For registration and complete details about the 2015 KPA Convention, please visit the KPA website.

Independent Review of APA Finds Organizational Failures, Collusion

APA Council Representative Report

David Susman, Ph.D.



The last two months have been a flurry of activity since APA's July 10th announcement of the results of a comprehensive eight-month Independent Review of the Association conducted by David Hoffman and his colleagues at the Sidley Austin law firm. The Hoffman Report, commissioned by APA's Board of Directors, found organizational failures and undisclosed collusion between some APA officials and Department of Defense (DoD) psychologists that resulted in less restrictive ethical guidance for military psychologists in national security settings related to the Bush Administration's war on terror.

"The Hoffman report contains deeply disturbing findings that reveal previously unknown and troubling instances of collusion," said **Dr. Susan McDaniel**, APA President-Elect and a member of the Independent Review's Special Committee. "The process by which the Presidential Task Force on Psychological Ethics and National Security (PENS) was created, the composition of the membership, the content of the PENS report and the subsequent activities related to the report were influenced by collusion between a small group of APA representatives and government officials."

The Hoffman report states that the intent of the individuals who participated in the collusion was to "curry favor" with the Defense Department (DoD), and that may have enabled the government's use of abusive interrogation techniques. As a result, the 2005 PENS report became a document based at least as much on the desires of the DoD as on the needs of the psychology profession and the APA's commitment to human rights.

"Our internal checks and balances failed to detect the collusion, or properly acknowledge a significant conflict of interest, nor did they provide meaningful field guidance for psychologists," said **Dr. Nadine Kaslow**, APA Past President and chair of the Independent Review's Special Committee. "The organization's intent was not to enable abusive interrogation techniques or contribute to violations of human rights, but that may have been the result."

Initial Responses to the Hoffman Report

In the weeks since the release of the Hoffman report, there have been a series of reactions and events, including several personnel changes at APA. The APA Board of Directors has been operating with several members recused from the discussion of the Hoffman report. Many individuals named in the Hoffman report have issued official responses, as have several other prominent psy-

chologists, APA Divisions, and state psychological associations, including KPA. APA critics **Drs. Steven Reisner, Stephen Soldz, and Jean Maria Arrigo** and others are being touted as heroes, and Arrigo was given a special commendation at the APA Council meeting for her diligent efforts to uncover the truth.

APA Council Actions in Response to the Report

During the first day of the August Council meeting, David Hoffman clarified the report's finding that collusion between APA and governmental agencies (primarily DoD) was supported, but that they were not able to say that APA "supported torture." He also noted that it is very unusual for organizations to be as open as APA has been in making all the report findings and materials public, and he praised the organization for its transparency.

The main Hoffman-related business item debated by Council was a resolution which would finally and conclusively prohibit psychologists from participation in national security interrogations. In the name of transparency and accountability, a verbal roll call was held on the vote. The vote was 157 in favor, 1 opposed (the Division 19 Military Psychology representative), 6 abstentions, and 1 recusal. There was a large gallery of observers, including media representatives and a vocal graduate student/early career psychologist (ECP) group wearing red "First, Do No Harm" buttons and t-shirts.

The roll call vote was very emotional and there were cheers and applause throughout the chamber after the vote was taken. On a personal note, this was deeply moving and perhaps one of the most indelible experiences of my whole career as a psychologist.

The full text of the resolution which passed may be found on the KPA website.

The Council resolution invokes Ethical Principle A to "take care to do no harm," but it does not amend the Ethics Code, and is not enforceable. Council's implementation plan includes a request that the Ethics Committee consider a course of action to render the prohibition against national security interrogations enforceable under the Ethics Code.

In related actions, Council moved to establish a blue ribbon panel to evaluate and recommend changes to APA Ethics processes, including a review of ethics adjudication procedures. Also, Council moved to establish stricter conflict of interest controls and oversight for all persons serving in APA governance roles. Another two dozen or so Council and Board actions are in development (but not finalized) to address related organizational concerns and issues.

The day after the last Council meeting, **Drs. Kaslow and McDaniel** held an open Town Hall meeting, attended by several hundred people. They apologized publicly on behalf of APA to anyone who may have been harmed or adversely affected by psychologists' participation in interrogations. They also fielded questions from the audience and gave assurances of more sweeping organizational changes in the months to come to "reset the moral compass" of APA.

A longer version of this article is available on the KPA website. If you have specific questions related to these issues, you may contact **Dr. David Susman** directly: susmand@gmail.com



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Is RxP the way forward? An ECP perspective.

By Eric Russ, Ph.D., Early Career Representative to the KPA Governing Board



Being early in our career, we ECPs spend a lot of time thinking about where our field is headed and trying to stay ahead of the curve. A major issue impacting the professional identity of ECPs will be to decide whether or not to pursue prescriptive authority (RxP). I was initially supportive of this movement, but have become increasingly skeptical of the proposed benefits. I think it is important that, as ECPs, we have discussions to develop a shared sense of the course we want psychology to take during our careers. I hope that sharing my thoughts here about RxP will help move this discussion forward.

With the substantial financial backing of APA, several states have either passed or are moving forward with legislation to grant prescriptive authority to psychologists. Three primary concerns have led psychologists down this path. First, our scope of practice is being squeezed by other providers. Seventy-five percent of mental health providers are non-psychologists. That's a lot of folks competing for psychotherapy business. The second concern is partly a consequence of the first: reimbursement rates are down 35% from 2001 to

2014. Third, primary care physicians, who receive minimal training in psychiatry, are doing much of the psychiatric prescribing in the United States. This often results in patients receiving below standard care.

I am confident that a strong prescriptive authority privilege would address these problems. This would clearly distinguish us from other providers and put us in the same reimbursement tier as psychiatrists. However, bills passed in other states have resulted in weak laws with serious restrictions on populations (e.g., no child or geriatric prescribing) and on formulary options (e.g., no stimulants or benzodiazepines). While this foot in the door approach may eventually lead to expanded privileges, the short term benefits are unclear and the long term benefits are uncertain.

Aside from concerns about the current state of RxP legislation, I am seriously concerned that prescriptive authority would mean a huge philosophical change in our field. I worry that it would mean the end of psychologists doing psychotherapy. For those who argue that RxP would give us the best of both worlds, just look at the shift in psychiatry

from a profession focused on psychotherapy to a one almost totally dominated by 15 minute med checks. There is no reason to think we as psychologists will somehow be immune to the lure of financial incentives. It may take a generation, but money strongly reinforces behavior.

It may be that the changing healthcare marketplace and rise of non-psychologists clinicians eventually means RxP is the most sensible way of protecting our professional identity. I hope that we can find another way forward before that becomes necessary, but it may not be possible. For now, I believe the cost in terms of our time, political capital and money are better spent promoting the practice of psychology broadly and psychotherapy specifically.

However we choose to move forward, I am confident that KPA's efforts to develop a stronger political presence are crucial to preserving the role of psychologists in the healthcare market and I urge you all to support those efforts.

ICD-10 Is Blazing Our Way!

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



For those who don't like change, these are trying times. Just as we are finding our way through EHRs, MCOs, and DSM5 (to name a few), now, **in fewer than 100 days**, there will be a major shift in coding procedures when the transition to ICD-10-CM (clinical modification) goes in to effect October 1st. If you are thinking "who cares," are feeling indifferent, or are procrastinating on preparing for the transition, please read on. Here are some things you need to know:

- This ain't yer mamma's ICD. The ICD-10 is a beast – it's complicated, it's comprehensive, and it's cumbersome. You need training and preparation – this is not a pull-an-all-nighter-and-ace-the-test, cram-worthy material.
- Get cozy with the Blue Book, the companion manual to ICD-10-CM's code set, and the home to the clinical descriptions and diagnostic criteria for ICD-10 diagnoses. It's a 267-page download, so take a break from the melatonin and SleepEze and get comfortable.
- The jump from DSM-IV/ICD-9 to DSM-5/ICD-10 is cavernous. Since ICD-9 codes and DSM-IV codes were essentially the same, no effort was required on our part to know the ICD system. This could not be farther from the truth with ICD-10 and DSM-5!! The two systems are quite different. Sure, there is a crosswalk in DSM-5, but it is incomplete and unreliable. The two manuals are not aligned and sometimes are not compatible – there are over 300 differences between them.
- There is no either/or picking and choosing. All HIPAA-covered entities are

mandated to use ICD-10 and CMS – the top dog decision-maker for all things health reimbursement related - will only recognize ICD-10. So you will not be paid by a third-party payer after September 30 if you do not use ICD-10. But don't throw the DSM-5 away and pledge total loyalty to the ICD-10, because DSM-5 diagnostic conceptualization will still be necessary and required for clinical documentation. We have to be bilingual.

- And speaking of your language skills, can you define anakastic? Do you know diagnostic criteria for hyperkenesis? What will you do with your DSM-5-diagnosed Binge-Eating Disorder patient, because there is no such diagnosis in ICD-10? Do know an F from a Z or R code? The language, the diagnostic criteria, the symptom duration requirements, the number of disorder subtypes – there are differences everywhere!
- The ICD covers all health issues and runs thousands of pages long. For the most part, we can focus on Chapter 5, the section on Mental and Behavioral Disorders.

The good news is there is lots of help out there and several resources that will help you get started on your ICD-10 education, or lead you to resources for higher levels of mastery. The clock is ticking...

A longer version of this article and links to resources are available on the KPA website at www.kpa.org.



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Kentucky Psychological Association

2015 Annual Convention

November 5 - 7, 2015

Griffin Gate Marriott Resort & Spa

Lexington, KY



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MARK
EPSTEIN, M.D.



JOHN
NORCROSS, Ph.D., ABPP



DANIEL
WALINSKY, Ph.D.



2015 CONVENTION WORKSHOPS

THURSDAY, NOVEMBER 5

FRIDAY, NOVEMBER 6

8:30 AM

101. **Assessment & Clinical Management of Suicidal Patients, 6 CE. *Meets the 6 CE requirement for suicide assessment & prevention.* David Rudd, Ph.D., ABPP

102. Assessment & Treatment: An Overview of Gottman's Sound Relationship, 3 CE. Ronald Werner-Wilson, Ph.D.

103. Keeping Current with Child/Adolescent Psychological Assessment Measures, Highlighting Revised Tests, 3 CE. Joseph Edwards, Psy.D., NCSP, David Causey, Ph.D., & Edward R. Amend, Psy.D.

104. Helping Psychologists Break into the Patient Centered Medical Home, 1.5 CE. Elizabeth McKune, Ed.D., PCMH CCE, & Abbie Beacham, Ph.D.

10:15 AM

105. Psychology and Public Policy: You Can Make a Difference! 1.5 CE. Sheila Shuster, Ph.D.

11:50 AM

106. Awards Luncheon

Sponsored by the Kentucky Psychological Foundation

1:30 PM

107. Forensic Neuropsychological Evaluations: A Focus on Sexual &/or Violent Offenders, 3 CE. Sarah Wellman, Psy.D., & Susan Vaught, Ph.D.

108. Helping Kids from Hard Places - Working with Internationally Adopted Children & Forever Families, 3 CE. Karen Hutcheson, Psy.D.

109. Preparing for the Oral & Written Licensure Examination/ Becoming an Oral Examiner, 1.5 hours, Non-Credit. Owen Nichols, Psy.D., ABPP, ABMP, & Melissa Hall, M.S.

3:15 PM

110. Kentucky Psychology Laws & Ethical Practice, 1.5 CE. *Fulfills 1.5 of the 3 CE ethics/ risk management requirement.* Gerald Walker, Psy.D., & Eva Markum, Ed.D.

8:30 AM

201. **A New Therapy for Each Patient: Treatment Adaptions that Work, 3 CE. John Norcross, Ph.D., ABPP.

202. Intimate Partner Violence: Clinical & Legal Complexities, 3 CE. *Meets the 3 CE requirement for domestic violence.* Carol Jordan

203. Autism in Young Children, With & Without Co-Occurring Developmental Issues, 1.5 CE. Jennifer Kimes, Psy.D.

204. Understanding & Working with Trans Individuals in Educational & Therapeutic Settings, 3 CE. Jayden Thai, M.Ed., Allison From, Psy.D., & Brenda Nash, Ph.D.

10:15 AM

205. Assessment of Autism Spectrum Disorder in Teens and Adults, 1.5 CE. Tammy Hammond-Natof, Ph.D., BCBA-D.

11:50 AM

206. Luncheon - **Psychoquackery: Discredited Mental Health Treatments & Tests, 1 CE. John Norcross, Ph.D., ABPP.

1:30 PM

207. Demystifying Child Trauma Work: How to Address Common Challenges & Support Healing, 3 CE. Heather Risk, Psy.D., & Aimee Mau, MSW, LCSW.

208. vanced Supervision: Challenges to Microskills Training as the Cornerstone of Clinician Development, 3 CE. *Meets advanced supervision requirement for board approved supervisors.* Linda Hellmich, Ph.D.

209. Addressing Trauma-Related Guilt: Treatment Implications & Unique Considerations, 1.5 CE. Ashley Casto, Psy.D., Autum McCane, Ph.D., & Jessica Harley, Psy.D.

210. **Ethics, Relationship, & Hope: Imperatives for Culturally Responsive Professionalism, 3 CE. *Meets the 3 CE requirement for ethics/risk management.* Daniel Walinsky, Ph.D. *Sponsored by the Kentucky Psychological Foundation*

3:15 PM

211. Treatment Consideration Unique to Treating Veterans with PTSD, 1.5 CE. Autum McCane, Ph.D., Ashley Casto, Psy.D., & Jessica Harley, Psy.D.

Thursday Evening,
November 5, 2015

Social Event: UK Art Museum
5:30 to 7:30 PM

Enjoy an exclusive private tour of the UK Art Museum with
dynamic museum director, Stuart Horodner, M.A.
Libations and hors d'oeuvres.

\$30 per person.
Free and easy parking

Friday Evening,
November 6, 2015

ECP Reception & Swearing-In Ceremony
Griffin Gate Marriott

5:00 pm - Reception and Ceremony Honoring
New Psychology Licensees/KPAGS Social
Sponsored by the KPA Early Career Psychologists Committee.

All are invited to attend a Happy Hour to mingle with colleagues
and to celebrate the swearing-in of new KBEP licensees.
Complimentary hors d'oeuvres and cash bar.
(ECP's get 1 FREE drink on us!)

** Featured Workshop

SATURDAY, NOVEMBER 7

8:30 AM

301. **Everyday Trauma: Perspectives from Buddhism & Psychoanalysis, 3 CE. *Mark Epstein, M.D.*

302. The Changing of Psychological Training & Practice: You Can't Stop the Waves But You Can Learn to Surf, 3 CE. *Tammy Hatfield, Psy.D., Brenda Nash, Ph.D., Christen Logue, Ph.D., Doug Olds, Psy.D., & Norah Chapman, Ph.D.*

303. Basic Supervision, 3 CE. **Meets requirement for first time supervisors.** *Scott Salathe, Psy.D., & Eva Markham, Ed.D.*

304. Advocating for Children & Adolescents via Collaboration with Schools, 3 CE. *Alissa Briggs, Ph.D., NCSP*

11:50 AM

305. Luncheon & KPA Annual Membership Meeting

1:30 PM

306. Ethical Dilemmas in a Variety of Clinical Settings, 3 CE. **Meets the 3 CE requirement for ethics/risk management.** *Vicki Van Cleave, Ph.D., Mike DiBiassi, Ph.D., Erica Pristas, Ph.D., David Susman, Ph.D., & Geogrann Stamper Brown, Ph.D.*

307. Improving Adolescent Emotional & Physical Health Through Yoga & Mindful Meditation, 3 CE. *Erin Royal, M.S.*

308. Disordered Eating in Children: An Exposure & Response Prevention Approach, 1.5 CE. *Stephanie Eken, M.D.*

309. The Role of Psychology in Treating Women's Health Issues, with Special Emphasis on Functional GI Disorders (e.g. Irritable Bowel Syndrome) & Multiple Sclerosis, 3 CE. *Erica Adams, Ph.D., & Sarah Shelton, Psy.D., MPH, MSCP, MSCS.*

3:15 PM

310. The Treatment of Disgust in Anxiety & Related Disorders, 1.5 CE. *Bunmi Olatunji, Ph.D.*

**Complete
Workshop Details at
www.kpa.org**

Hotel Accommodations

KPA has negotiated a discount rate of \$119 per night at the Griffin Gate Marriot Resort & Spa in Lexington. KPA's room block will be held until October 7, 2015, or until the rooms run out. Reservations can be made on-line by following the link on the convention web page or by calling 1-877-901-6632.

** Featured Workshop

Important Attendee Information

Silent Auction

There will be a Silent Auction to benefit the Kentucky Psychological Foundation (KPF) throughout the Convention. Support KPF by donating auction items. Contact kpa@kpa.org to make an auction donation.

Workshop Handouts

To lessen our environmental impact, & to control the sharply rising costs associated with KPA's Annual Convention, there will be very limited use of paper handouts at this year's workshops. Handouts provided in advance by presenters will be posted online & available for download from the main Convention page. Each workshop room will have Internet access, allowing handouts to be viewed online during the workshops. As an added bonus, Convention-goers will have access to digital versions of all Convention handouts, not just those for the workshops you attend!

Special Assistance

If you have a need for special assistance please let the KPA Office know as soon as possible so we may make appropriate arrangements. The facility is fully handicapped accessible. Questions? Call us at 502-894-0777.

Cancellation Policy

95% refund if cancellation received on/before October 15, 2015. 50% refund if cancellation received between October 15, 2015 & October 25, 2015. 20% refund if cancellation received between October 26, 2015 & November 4, 2015. No refunds after November 4, 2015. All refund requests must be in writing to KPA, 120 Sears Ave, Ste 214, Louisville, KY 40207 or kpa@kpa.org.

CE Credits/ Attendance

Psychologists, Social Workers, Counselors, Art Therapists: The workshops in this program have been approved for CE credits by the Kentucky Psychological Association (KPA). KPA is approved by the American Psychological Association to sponsor continuing education for psychologists. KPA maintains responsibility for this program & its content. KPA is also an approved sponsor for the Kentucky Board of Examiners of Psychology, the Kentucky Board of Social Work, the Kentucky Board of Professional Art Therapists & the Kentucky Board of Professional Counselors. (Provider #1004). You must attend workshops in their entirety to obtain CE credit. Offerings are subject to change.

2015 KPA Annual Convention

Registration Information

Name: _____ Degree: _____
Please print name as you want it to appear on your BADGE

Address: _____

City/ State/ Zip: _____

Email: _____

Phone: _____

Licensure Board: _____

CE Registry Member Yes No

Circle the workshops & events you plan to attend.

Thursday, November 5

8:30 AM - 10:00 AM	101 (6 CE)	102	103	104
10:15 AM - 11:45 AM				105
12:00 PM - 1:20 PM	106 - Awards Luncheon			
1:30 PM - 3:00 PM	101 Continued	107	108	109
3:15 PM - 4:45 PM				110
5:30 PM	KPA Social Event: University of Kentucky Art Museum			

Friday, November 6

8:30 AM - 10:00 AM	201	202	203	204
10:15 AM - 11:45 AM			205	
12:00 PM - 1:20 PM	206 - Featured Presentation Luncheon			
1:30 PM - 3:00 PM	207	208	209	210
3:15 PM - 4:45 PM			211	
5:00 PM	ECP Reception			

Saturday, November 7

8:30 AM - 10:00 AM	301	302	303	304
10:15 AM - 11:45 AM			304	
12:00 PM - 1:20 PM	305- Luncheon & KPA Annual Membership Meeting			
1:30 PM - 3:00 PM	306	307	308	309
3:15 PM - 4:45 PM			310	

KPA Status:

- KPA Member
 Sister State Psych Association Member (state _____)
 KPA Student Member* (no CE credit)
 Non-Member - Join NOW & save a bundle!

* Students are also eligible to receive free attendance by participating in the Volunteer Student Program. See website for details. Students

Convention Registration Fees

All Convention Package - Best Buy!

Fee includes admission to all 3 days of Convention and all 3 luncheons!

All Convention	KPA Member	Non Member	KPA Student*
On/Before Sept 26	\$370	\$590	\$190
On/Before Oct 17	\$425	\$650	\$205
After Oct 17	\$500	\$725	\$240

All Convention Fee: \$ _____

Per Day Fees

Fee includes admission to all workshops and lunch on indicated attendance day(s).

Per Day	KPA Member	Non Member	KPA Student*	TOTAL
On/Before Sept 26	\$150	\$225	\$80	x # days = \$ _____
On/Before Oct 17	\$170	\$250	\$85	x # days = \$ _____
After Oct 17	\$210	\$300	\$100	x # days = \$ _____

Indicate Day(s) you will attend:

Thursday Friday Saturday

NOTE: THERE WILL BE NO ONSITE REGISTRATION FOR LUNCH.

Lunch "Opt Out" Preference

Lunch is included in your registration fee. If you do not want the onsite lunch on the day(s) you are registered to attend, indicate which day below and deduct \$20 per day from your registration fee.

Thursday Friday Saturday

Total Lunch Deduction: # days x \$20 = \$ _____

Dietary Needs

- No Specific Dietary Needs Vegetarian
 Other, please specify: _____

Friday's Social Event at the UK Art Museum

Total Tickets: # tickets x \$30 = \$ _____

Kentucky Psychological Foundation Donation

Make a tax-deductible donation to support public education, scholarships, and other initiatives of the Kentucky Psychological Foundation.

Total Donation: \$ _____

Total Payment Due

Total Fees: \$ _____

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Signature: _____

National Currents

Amanda Merchant, PhD ABPP, KPA President-Elect

Ongoing Adjustment to Healthcare Changes

In a review of recent national and state psychological publications, the focus remains on bolstering psychologists' preparedness for changes in the healthcare system. As discussed in James Bradshaw's article on Medicare changes in *The National Psychologist*, the Affordable Care Act was designed with the goals of reducing healthcare costs, improving quality of care, and improving the health of the population. The Kentucky Cabinet for Health and Family Services received a grant from the Centers for Medicare and Medicaid Innovation to design healthcare delivery models aimed to improve population health. Over the past several months, public meetings have been held in Frankfort to engage insurance payors, healthcare providers, advocacy groups, consumers and employers in providing their input on these models of care. Representatives from KPA have been attending to insert the need for behavioral health services. Psychologists in research and academia should play a central role in this healthcare transition by highlighting the strong body of psychological research on interactions between psychological and physical health and by measuring quality outcomes.

Transition to ICD-10

Several publications and postings have presented guides to the October 2015 transition from ICD-9 to ICD-10. The APA Practice Organization has created a checklist specifying where to download the new codes, how to identify your most commonly used codes, and ways to work with insurance companies to submit successful claims (*Good Practice*, Spring/Summer 2015). The article cautioned that there might be a short-term disruption in reimbursements as payors make this transition, so practitioners should plan accordingly. KPA's Director of Professional Affairs, Laurie Grimes, PhD, recently sent out an extremely informative email of ICD-10 resources which can also be found on the KPA website.

Access to Mental Health and Substance Abuse Services

The Affordable Care Act has enabled millions of individuals to gain access to health insurance, but recent surveys are suggesting that this has not necessarily lead to increased access to mental health and substance abuse services. Dana Beezley-Smith, PhD discussed a recent survey conducted by the National Alliance on Mental Illness (NAMI) which found respondents had difficulty finding therapists and psychiatrists accepting their insurance plans, higher rates of mental health and substance abuse care authorization denials, limited access to and high costs for psychotropic drugs, and limited information about benefits and provider panels (*The National Psychologist*, 2015). While an overall shortage of mental health providers, particularly in rural areas, is contributing to reduced access, a large concern is low participation in these plans by providers outside of community health centers. Despite challenging application processes for providers and moderated reimbursement rates, it is vital that psychologists help contribute to improving access to care and improving the health of our population.

The Hoffman Report

Since the Hoffman report was made public at the end of June, the dominant correspondence out of APA and state organizations has been in regard to reactions and responses to this report. More detail about APA and KPA's response is detailed elsewhere in this newsletter.

Are you Ready for ICD-10-CM? (2015), *Good Practice*, Spring/Summer 2015, pp 2-4.

Beezley-Smith, D. (2015, July/August). Increased Access Falling Short. *The National Psychologist*, 24(4), pp. 17, 20.

Bradshaw, J. (2015, July/August). Medicare phasing out fee-for-service. *The National Psychologist*, 24(4), p. 5.



Kentucky Currents

Our members are not only active at work and in their communities but they also share their knowledge and experience through an active approach to the media. The following are some of our KPA members that appeared in the media this year. Did you miss your own media appearance or the appearance of a KPA member you know? Please contact the Public Education Campaign Coordinator Jennifer Price at Jennifer_Price@georgetowncollege.edu

The following KPA Members were invited discussants on the radio with **Stan Frager, Ph.D.**, on "Let's Talk" at 970 AM WGTK:

Cay Shawler, M.S., discussed "Holiday Blues".

Eugene Foster, Ed.D., discussed mental health in the holiday season.

Bob H. Tiell, M.A., discussed career consulting Eva Markham, Ed.D., discussed Tourette Syndrome.

Sarah Shelton, Psy.D., M.P.H., M.S.C.P., discussed Child Abuse.

Dustin Wygant, Ph.D., discussed Psychopathic Personalities.

Kathryn Hopkins, M.Ed., discussed Bullying.

David Susman, Ph.D. received the Sunshine Blogger Award for his new blog focused on recovery from mental illness and addiction. Check it out at <http://davidusman.com>.

Monnica Williams, Ph.D. was awarded the Samuel M. Turner Early Career Award for Distinguished Contributions to Diversity in Clinical Psychology by the Society of Clinical Psychology (APA Division 12).

Tony Sheppard, Psy.D., was appointed to a 2-year term as Chair of the International Board for Certification of Group Psychotherapists (IB-CGP)!

Kim McClanahan, Ph.D. was inducted into the Morehead State University Alumni Hall of Fame.

Sheila Schuster, Ph.D. appeared on CN|2 Politics to discuss the correlation between mental health and violence in the news.

Congratulations to the KPA members for their well deserved recognition!

KPA CE Registry

...because you have better things to do with your time than more paperwork!

Never worry about trying to keep track of all those CE certificates again! When you join the KPA CE Registry, we take care of all the details (and headaches) for you. See a sample report and learn more about the benefits of this service on the KPA web site, www.kpa.org, under the Continuing Education menu.



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Working with Foreign Language Interpreters: Ethical & Practice Concerns

Joni L. Caldwell, Ph.D. and Robert D. Olds, Psy.D., KPA Ethics Committee Members



The United States has seen immense growth in linguistically diverse populations for decades now, and it is inevitable that some individuals with Limited English Proficiency (LEP) will experience a need for psychological services. Multicultural competency in clinical settings, consistent with the aspirational goals of Principle E (APA Ethics Code, 2010), implies an understanding of cultural factors, including language, that may impact a client's potential to benefit from treatment. While Title VI (1964) guarantees LEP clients the right to interpretive services in their own language, most psychologists have not received formal training on the way in which the presence of the interpreter significantly alters the dynamics of the traditional therapeutic relationship. This brief will highlight some of the considerations related to the use of foreign language interpreters in the delivery of psychological services.

Relevant Ethical Codes

Competence. Standards 2.01, 2.03, and 2.04 require that psychologists gain and maintain competence for the population they serve. In the case of LEP clients, the specific competencies needed are cultural sensitivity and the skills to address linguistic barriers with the use of interpreters.

Assessment. Standard 9.06 encourages multiculturally sensitive practitioners to become aware of the limitations of assessment practices, from intakes to the use of standardized assessment instruments.

Use of Interpreters. Standard 2.05 explicitly speaks to the use of interpreters and the psychologist's responsibility to ensure their ethical and competent practice, and specifically avoiding the delegation of "such work to persons who have a multiple relationship with those being served that would likely lead to exploitation or loss of objectivity."

Informed Consent. Standard 3.10 mandates psychologists to provide and obtain the informed consent of the LEP client regarding the benefits and limitations of using an interpreter. This may necessitate a unique informed consent process, including specific documentation.

Research Findings

Systematic research findings (Flores, 2005; Gany et al, 2007; Bauer & Alegria, 2010) suggest the following:

- 1) treatment provided in the client's native language significantly improves outcomes, including greater self-disclosure, more substantive responses to the interviewer, hence more accurate diagnosis;
- 2) use of trained interpreters increases positive treatment outcomes and greater likelihood that clients will continue in treatment; and
- 3) use of inadequate interpreter services is associated with increased clinical errors, as well as client resistance to reporting sensitive and confidential material, thus leading to incorrect estimations of psychopathology.

Implications for Practice

While it is beyond the scope of this brief to review all best practice guidelines regarding psychological treatment of LEP clients, the available research has clearly highlighted the need to employ trained, preferably certified, professional interpreters. Ad hoc interpreters, especially family members, may represent an unknown bias, or may fail to interpret all communications, thus limiting the clinician's awareness. Trained interpreters, on the other hand, are trained to recognize relevant dynamics and navigate cultural impasses by serving as "culture brokers," providing culturally significant background

that can clarify the client's verbalizations.

The complexity of interaction that inevitably occurs when an interpreter is present in the therapeutic encounter has been articulated by Lee (2000). When the dyad becomes a "therapeutic triad," there is a significant shift of power: the interpreter is the only one who knows both languages, and the only communication between client and provider is nonverbal. Such a shift in clinical dynamic can create uncomfortable and awkward interactions. For example, Miller et al (2005) found that it was common for clients in the early stages of treatment to form a stronger attachment to the interpreter than to the therapist. This and other potentially disruptive undercurrents suggest the need for increased competency in our work with LEP clients and foreign language interpreters.

Specific best practice principles regarding clinical work with interpreters may be found in the following online documents:

- Working with Interpreters: A Practice Guide for Psychologists (2013) <http://www.mhima.org.au/pdfs/aps-working-with-interpreters-practice-guide-for-psychologists2013.pdf>
 - Published by Australian Psychological Society
- Working with Interpreters in Health Settings: Guidelines for Psychologists. (2008) <https://www.ucl.ac.uk/dclinpsy/training-handbook/chapters/handbook-pdf/appendix6>
 - Published by British Psychological Society
- Guidelines for Working Effectively with Interpreters in Mental Health Settings. (2006) http://www.imiaweb.org/uploads/pages/812_2..pdf
 - Published by Victorian Transcultural Psychiatry Unit (VTPU), Australia

Additional References:

- Bauer, A.M. & Alegria, M. (2010). The impact of patient language proficiency and interpreter service use on the quality of psychiatric care: A systematic review. *Psychiatric Services*, 61(8): 765-773.
- Flores, G. (2005). The impact of medical interpreter services on the quality of health care: A systematic review. *Medical Care Research Review*, 62(3): 255-99.
- Gany, F., Leng, J., Shapiro, E., Abramson, D., Motola, I., Shield, D.C., & Changrani, J. (2007). Patient satisfaction with different interpreting methods: a randomized controlled trial. *Journal of General Internal Medicine*, 22(2): 312-8.
- Lee, E., ed. (2000). *Working with Asian Americans: A Guide for Clinicians*. NY: Guilford Press.
- Miller, K.E., Martell, Z.L., Pazdirek, L., Caruth, M., & Lopez, D. (2005). The role of interpreters in psychotherapy with refugees: An exploratory study. *American Journal of Orthopsychiatry*, 75(1): 27-39.
- Searight, H.R., & Searight, B.K. (2009). Working with foreign language interpreters: Recommendations for psychological practice. *Professional Psychology: Research and Practice*, 40(5): 444-451.



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- Continuing education presenter for the Kentucky Psychological Association and the Association of State and Provincial Psychology Boards
- Founding presenter for "Navigating Ethics & Law for Mental Health Professionals," a continuing education course approved in 2013 by five state licensure boards

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A Very Good Year... Persistence Pays Off!

Sheila A. Schuster, Ph.D., KPA Lobbyist and
Federal Advocacy Coordinator



For many years, KPA members have made repeated requests of our congressional delegation – Please fix Medicare’s broken reimbursement mechanism, the Sustainable Growth Rate (SGR). On 17 different occasions, Congress took emergency action to stop the cuts posed by the mechanism. 17 times psychologists and other Medicare providers frantically advocated to avoid reimbursement cuts of 20%. Finally, the threat is gone! Congress has repealed the SGR! We owe a big “Thank You” to Sens. McConnell and Paul and Congressmen Barr, Guthrie, Rogers, Whitfield and Yarmuth who voted for repeal. Only Congressman Massie failed to support us. Persistence does pay off!

In Frankfort, our persistence in attempting to fix a problem with the Duty to Warn statute also paid off! After two unsuccessful attempts, KPA and our mental health colleagues successfully passed the revised Duty to Warn legislation (SB 51). The bill clarifies once and for all that the “patient” referred to in the statute includes individuals seen in outpatient settings, not just those in the hospital. Our thanks to Sens. Westerfield (R-Hopkinsville) and McGarvey (D-Louisville) for their leadership and perseverance in making sure this important legislation passed.

The persistent voices of family members affected by heroin were also heard and responded to with passage of SB 192 on the last day of the session. The bill attempts to address the crisis by restructuring criminal penalties, infusing \$10M for treatment, instituting an option for needle exchange, and making naloxone available, along with Good Samaritan protections. On their fifth try, the Alcohol and Drug Counselors passed a licensure bill that raised their education requirement to the Master’s level. We made sure that all aspects of psychological practice were protected in the bill, including the practice of SUD counseling by psychologists with appropriate training.

Not all of our work met with success. KPA supported legislation to establish a comprehensive indoor smoking ban statewide. The bill passed the House, but was not heard in the Senate...a blow for improving the health of Kentuckians. The KPA bill to clarify the provision of mental health services to minors also passed the House, but was not taken to the Senate floor for a final vote. KPA joined a coalition of providers to back SB 120 to

establish a process in the Medicaid program to appeal MCO denials and lack of payment. The bill failed to move, but will likely be filed next session.

KPA advocacy also focuses on monitoring and responding to proposed regulations from the Executive Branch. This year, KPA scored an unprecedented victory in getting numerous, significant changes to the regulations around Medicaid and the CMHC manual. For the first time, all psychology titles under KRS 319 are included by name in all of these regulations! Thanks to **Dr. Jane Brake** for helping to “bird-dog” the regulations and get these changes made.

One can only be effective, persistent and successful in advocacy when one is engaged. **Dr. Georgeann Brown** and her Advocacy Committee have done a wonderful job of organizing KPA’s Day in Frankfort and getting the word out to KPA members about the importance of – and ways to be – engaged. Getting to know your state and federal legislators is critical. Letting them know through calls, emails, and visits of your interests and needs in order to better function as a psychologist is an important next step. Advocacy works...persistence pays off...but only if you are involved and informed! And remember, your voice can be heard when you VOTE.

**IMPORTANT
GENERAL
ELECTION -
NOVEMBER 3, 2015**

**OCTOBER 5, 2015 -
Last day to
register to vote
or to change your
registration.**

KPA Annual Award Winners

Congratulations to KPA’s 2014 Annual Award Winners!

Distinguished Career in Psychology

Myrna Boland, Psy.D

Psychologist of the Year

Elizabeth McKune, Ed.D.

Jack Runyon Community Service Award

Sean Reilley, Ph.D.

Schuster Advocacy Award

Georgeann Stamper Brown, Ph.D.

Distinguished Public Service

Senator Whitney Westerfield

Representative Darryl Owens

KPA Hall of Fame inductee

Nancy Gordon Moore, Ph.D., MBA

KPA Awards Sponsored by the Kentucky Psychological Foundation

2016 KPA CE Event Planning

The KPA CE Program Development Committee is hard at work planning events for the 2016 Calendar year. Here is a glimpse of what is to come:

Featured Presentation – April 15th

Dr. Hanna Levenson, a faculty member of Wright Institute in Berkeley and the author of numerous books and articles will be presenting a 6 hour workshop called *Time-Limited Dynamic Psychotherapy (TLDP)*: An Attachment-based, Emotionally-Focused, Relational Approach. TLDP is an approach that privileges understanding the client’s dynamics and being able to make use of the therapeutic relationship to affect change.

March 18th-19th, 2016 – Business of Practice Conference.

This day and a half conference is a must for practitioners trying to grow in an ever changing marketplace. It is what you need to know to have a successful practice.

Additional CE topics to include:

- Advocacy
- Mindfulness
- LGBTQ
- Neuropsychology

KPF

Kentucky Psychological Foundation



Promoting Healthy & Meaningful Lives

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VISION:

All Kentuckians will embrace the positive value of psychology in their lives.

Mission:

The Kentucky Psychological Foundation works to build a psychologically healthy Kentucky through:

- Promoting healthy behavior throughout life
- Decreasing mental illness and stigma
- Embracing diversity
- Helping all Kentuckians discover and reach their full potential

Save The Date!

The 2016 Spring Academic Conference will take place on Saturday, April 2nd at UK by University of Kentucky Counselling and Clinical Psychology Department.

Kentucky Psychological Foundation Update

Cay Shawler, M.S., President of the Kentucky Psychological Foundation



Kentucky Psychological Foundation continues to evolve! It has been a year balanced with necessary administrative tasks and projects to meet our goals:

PROMOTING HEALTHY AND MEANINGFUL LIVES By:

- Promoting healthy behavior throughout life.
- Decreasing mental illness and stigma.
- Embracing diversity.
- Educating the public on psychological topics, health and mind-body wholeness.

While we continued to dream big, we knew the Foundation Board had to make solid decisions for the present and future. Here are some highlights and an exciting new project!

The Foundation now has its own logo and this will begin to increase awareness as we sponsor events and seek funding.

NEW PROJECT: KPF has partnered with Wordsworth Group to provide expertise and consultation to a publication that reaches all elementary children in the state. The first publication is now in distribution and more copies will need to be printed. The topic was Readiness for Kindergarten. **Joe Edwards, Ph.D., Jessica Beal Korhonen, Ph.D.** and **Jennifer Price, Ph.D.** provided and curated content on information for children, teachers and parents. The

next publication will be in February. An advisory team has been formed that includes **Felicia Smith, Ph.D., Shambra Hulder, Ph.D., Dan Florell, Ph.D., Pat Pernicano, Ph.D., Dede Wohlfarth, Ph.D.,** and **Paul Rosen, Ph.D.**

This information is used by 98% of the teachers even though it is optional. A follow up study showed that in 40% of the homes it was the only printed material available. Copies of Th!nk Magazine will be available at the convention so everyone can see what is being accomplished.

We think this is a fantastic way to get mental health information to all Kentuckians!

Goals for the coming year include work to increase donations to fund additional projects such as reimbursement for psychologists to present to the public, additional psychological information distributed to agencies and offices in local communities, response to disasters in local communities and more.

KPF is needed in so many ways as we seek to “promote healthy and meaningful lives” throughout Kentucky.

Thank you for your support.

Psychology in the Workplace Network

A. Courtney Keim, Ph.D.



The Psychology in the Workplace Network of the Kentucky Psychological Foundation (KPF) is hard at work evaluating organizations for KPF’s Psychologically Healthy Workplace Awards. These awards recognize organizations with programs and policies that foster employee health and well-being while enhancing organizational performance.

Organizations are evaluated on their policies and programs for employee involvement, health and safety, employee growth and development, work-life balance and employee recognition. Psychologically healthy workplaces encourage employee involvement in decision making, stress employee health and wellness, seek to stimulate the growth and development of employees, help employees balance demands from work and life, and formally recognize employee contributions.

Psychologically healthy workplaces can be good business, because employees feel motivated, respected, and valued, which research shows leads to lower turnover and absenteeism and greater job satisfaction and productivity.

Aligned with the educational focus of the KPF, the main goal of the awards program is to have our winners serve as models to educate the public about how the application of psychology can benefit people’s everyday lives.

The organizations that apply go through a rigorous, multi-level evaluation process, including an employee questionnaire, employee focus groups, and a meeting with organizational leadership. The committee creates a detailed feedback report for each organization to aid in strategic planning and improvement. Award winners will also be recognized at KPA’s annual convention in November.

For more information about the award program, including information on how you can join the committee, visit our website, www.kpa.org/PHWA, or email us at kpa@kpa.org.

Spring Academic Conference, 2015

By Jennifer L. Price, PhD, KPA Academic Representative

The Kentucky Psychological Foundation sponsored a meaningful Spring Academic Conference on March 28, 2015 with a theme of "A Call for Compassion: Using Psychology for a Better World." The conference was hosted by Midway College and was attended by 172 participants representing 16 colleges and universities across the state of Kentucky. In addition to the 28th annual Psych Bowl which was won by Bellarmine University, the conference again featured graduate and undergraduate poster competitions. Spalding University's Dean of Students, **Dr. Richard Hudson** presented a workshop related to the conference theme entitled, *The Contemporary Science of Compassion*. This year's conference also included a unique event – a Compassionate Career Fair. Representatives from agencies from various parts of the state attended and shared information about their organizations and their compassionate missions, the qualities that employers seek to carry out their compassionate work, and opportunities for compassionate careers. In addition, the winner of the 2014 Outstanding Undergraduate Mentor Award, **Dr. Janet Dean** shared a keynote address on her career path and experiences with compassion. The annual Outstanding Undergraduate and Graduate Mentor Awards were given to **Dr. DeDe Wohlfarth** and **Dr. Richard Osbaldiston**, respectively. KPF looks forward to another successful conference next year. Academic members of KPA are invited to get involved in planning the conference and recruiting students to participate. Please contact Academic Representative **Dr. Jennifer Price** at Jennifer_Price@georgetowncollege.edu for more details.



KPF Public Education Committee

The goal of the Public Education Committee is to provide education to Kentuckians about a range of psychological issues. **Dr. Jennifer Price**, an Associate Professor of Psychology at Georgetown College, was appointed as the APA Public Education Campaign Committee Chair in January. The committee currently has two members: **Dr. Brigid Kleinman**, a clinical psychologist in practice in Louisville, and **Dr. Pam Cartor**, an Associate Professor of Psychology at Bellarmine University. Over the past several months, members of the committee have presented workshops on stress management and recruited other practicing psychologists to present on work stress and other mind-body health issues. Recently the committee wrote an op-ed on transgender issues that was recently printed in the Louisville *Courier-Journal*. Another recent major public education development is KPF's involvement with providing psychological health content for Think magazine, a Kindergarten Readiness workbook, that was provided free of charge to 10,000 children in Kentucky this summer. The Public Education Committee is actively recruiting new members. People are needed across the state of Kentucky to provide public education in various ways such as presenting educational workshops to your local community (e.g., at local YMCAs, schools, or community organizations/businesses); responding to television and radio media inquiries about psychological issues; writing educational materials for local print and social media; and initiating various other ways of educating Kentuckians about mental health. If you are interested in joining the committee, please contact **Dr. Jennifer Price** at Jennifer_Price@georgetowncollege.edu or 502-863-8330.

KPF Donors

August 1, 2014 – July 31, 2015

Thank you for your generosity!

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KPF Diversity Committee Update

The Kentucky Psychological Foundation would like to announce that **Dr. Amanda Wyrick** is the newly appointed chair of the Diversity Committee. **Dr. Wyrick** is a graduate of the University of Louisville's Counseling Psychology program and is currently an Assistant Professor of Psychology at Berea College. We would like to take this opportunity to thank **Dr. Daniel Walinsky** for his service to the committee and wish him all the best in his new position at Salem State University. We also look forward to his upcoming presentation, *Ethics, Relationship, and Hope: Imperatives for Culturally Responsive Professionalism*, at the KPA Annual Convention.

The Diversity Committee is proud to sponsor the upcoming continuing education event, *Strategies to Reduce Suspensions, Referrals and Improve Academic Success among Diverse Students*, presented by **Dr. Ivory Toldson** on October 1st. This event is timely given the repetitive acts of discrimination towards persons of color, especially Black males, in today's society. We hope you will consider attending this important event. More details and the registration link can be found at http://www.kpa.org/event/Improving_Academic- Success. KPF has partnered with Jefferson County Public Schools and Louisville Metro Government to sponsor Dr. Toldson's visit to Kentucky.

Given the success of diversity consultations at this year's Diversity Mini-Conference, the committee is examining ways to make this a consistent

component of our work. Please look for updates in the coming months about how to access diversity consultations.

Finally, we would like to remind you of the EXTENDED upcoming deadline, September 9th, for the Multicultural Awards Nominations. These awards will be presented at the KPA Annual Convention in November. If you are interested in applying for an award please send a letter of interest and your CV to kpa@kpa.org with KPF Multicultural Award in the subject line. For your convenience, descriptions of the awards are listed below.

Multicultural Professional Development Award

- Qualified applicants are psychologists who represent an ethnic/racial diverse group. The cash award may be used for a specific multicultural initiative, training, conference, event, or membership dues to a multicultural national professional organization. Award recipient must be a KPA member in good standing. Reward amount: up to \$500

Multicultural Student Professional Development Award

- Qualified applicants are psychology graduate students representing an ethnic/racial diverse group. Award money may be used for a specific multicultural initiative, training, conference, event, or dues to a multicultural national professional organization. Award recipient must be a KPA member in good standing. Reward amount: up to \$350



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Kentucky Psychological
Association

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KPA is on Facebook: <http://www.facebook.com/KentuckyPsychAssociation>

Membership IN KPA

A Great Investment in your future!

This annual edition of the Kentucky Psychologist goes out to both members and non-members alike. I would like to personally encourage each of you who are not currently Members of KPA to take a fresh look at the Association. I think you will find a vibrant, active organization!

- | KPA is an organization that works to meet the needs of ALL of psychology in Kentucky.
- | KPA Interest Sections helps Members connect with those sharing similar professional interests. Current sections include Clinical, Child/Adolescent, Education & Training, Health Psychology, and Forensic, and more. Free to members!
- | KPA has an active legislative agenda, and works to promote and protect the profession on both the state and national levels.
- | KPA has one of the highest Academic membership counts in the country and the Annual Spring Academic Conference is estimated to be the largest of any state psychological association.
- | Unlike many other states, KPA includes Master's psychologists as full members and has voting Master's representation on the Board.

Membership in KPA really is an excellent investment in your profession - now and for the future. Here are a few of the "dividends" you can expect:

KPA Members...

- | **Save Money...** special discounts at all KPA sponsored Continuing Education Events, including more than 30% off Convention fees. With the new Monthly payment option, it's more affordable than ever!

- | **Bypass Sticky Situations...** Free access to our Ethics Committee provides you with the tools you need to handle those difficult professional situations, so you can head off a mistake that could possibly threaten your career. Free practice consultations also included in membership.
- | **Conserve Time...** KPA sorts through and summarizes all kinds of information for you, and that information is available 24 hours a day online at www.kpa.org. You'll find information on APA activities, HIPAA Help, consumer information and guides, summaries of national events affecting psychology, and links to numerous psychology-related sites.
- | **Get Help with Questions...** Need to know how to reach the Board of Examiners? Can't find the rule on how long to hang onto those files? Membership in KPA means you have somebody ready to help you - and it's just a phone call away.
- | **Define the Profession...** Have a strong voice in how our profession is defined in Kentucky- through legislation, community outreach, public education, and participation in the statewide mental health community.
- | **Have a Sense of Community...** Psychologists can sometimes feel isolated. KPA helps you connect through list serves, CE activities, Academic programs, and service activities.

Join with your colleagues to protect psychology now and in the future... KPA Members take pride in knowing that their association is well-respected at the national level. Through their support of the Foundation, Members help to educate the public about psychological factors in every day life. Through their dues and support of outreach activities, Members help to nurture and protect the profession of psychology in Kentucky. They recognize their responsibility to give back to the profession that has given them their livelihood. Yet, all of KPA's work to enhance the science and practice of psychology in our state is supported by fewer than half of those who benefit from it.

*If you aren't investing in psychology in Kentucky, isn't it time you did?
Become a Member today and begin to collect those dividends!*

Apply online at www.kpa.org



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