

The Kentucky Psychologist

2016

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Rest, Don't Quit

By Candice Crowell, Ph.D.
KPA Diversity Interest Section Representative



There has been unanticipated, but historically accumulated, bloodshed and trauma this summer. People whose identities are marginalized (LGBT, Latino, Black, Muslim, Women), some of us representing multiply marginalized positions in society, have had to witness massacres, heterosexism, murders by police, rape and rape rhetoric, racism, sexism, anti-Muslim propaganda, and additional injustices at the systemic and interpersonal levels. Some of us are continuing to dismantle the internalized oppression that comes from constant exposure and socialization in the US. This is hard work. It is emotionally back-breaking, not just taxing. It is so difficult that becoming numb seems seductive.

This emotional, social, and cognitive pain looks like weeping when you watch the video of Philando Castile's partner and her little girl be much stronger than they should have to be, rethinking who you call a friend and who you don't call at all, and deciding if and how you articulate your perspective to people you love and people who may not see you as fully human.

On top of this, we have families, careers, and other important life events. The normal, good, bad, ugly, and great life stuff that we experience intersects and competes with these "isms". It takes a toll, and I feel exhausted, yet I am too

young to tap out. I'm really just getting started, and so this Pinterest quote was just the reminder I needed about balance...pace.

"If you get tired, learn to rest, not to quit."

If one or more of your identities has been at the forefront of this summer's tragedies (and life's ongoing tragedies of this nature), rest when you need to. But, come back to the resistance and liberation efforts when you are able, because we need you. I'm sending love to all struggling with the same.

I created the Black Lives Matter Meditation as one form of healing from racial trauma. It is a free, 17-minute guided meditation that uses mindfulness, affirmation, and metta (loving-kindness) to reduce the physiological and emotional toll one may experience while being involved in racial justice work or encountering racism. I created it because I needed it to keep going. I hope this resource, along with many others I have shared on the KPA Diversity Section Listserv is helpful to you, as well as the friends, colleagues, clients, and students with whom you are welcome to share it.

www.drcandicenicole.com/2016/07/black-lives-matter-meditation/

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Update From the Executive Director

By Lisa Willner, Ph.D.



“To promote psychology as a science and profession.” This likely sounds familiar to you as KPA’s long-standing mission statement. Since my arrival as KPA’s executive director in 2009, our vision and values have undergone revision, we have adopted new strategic priorities, established and continually revised a strategic plan, annually developed our legislative agenda, changed bylaws and adapted our governance structure. Throughout these shifts, only our organizational mission has remained unchanged and, perhaps due to its clarity and simplicity, gone largely unexamined. In a recent meeting of KPA’s strategic planning steering committee, one of the members asked a seemingly simple question that led to a philosophical discussion about KPA’s mission and purpose. **“Why does KPA promote psychology as a science and profession?”**

A couple of distinct possibilities: 1) KPA promotes psychology because it is a guild organization concerned with mutual aid to and the protection of our profession, or 2) KPA promotes psychology because we understand and believe in the potential of psychological knowledge, research, and practice to improve quality of life. In my experience, KPA’s leadership and members do feel strongly about protecting our field, but only because we recognize the science and practice of psychology as having intrinsic value to society and therefore, being worth protecting. Promoting psychology, then, is secondary to our more fundamental mission of contributing to the world in meaning-

ful and significant ways, with psychology being the vehicle by which we collectively contribute.

I’m reminded frequently in conversation with KPA members of our shared desire to help others and to do good in the world, and to do so through psychology’s particular lens of rigorous training, ethical standards, intellectual curiosity, empiricism, and a rejection of reductionist or polarized thinking in response to a complex world. These are extraordinary contributions, not to be underestimated in their worth or to be taken lightly! As clinicians, teachers, researchers, administrators, and even policy-makers – and whether in our professional or personal lives – we bring a perspective and expertise that has the potential to improve lives and to make the world a better place. When we join together in professional community, we strengthen that potential.

It is an honor to be the steward of an organization that unites psychology in the common purpose of enhancing the common good! Throughout this edition of *The Kentucky Psychologist*, you will read several examples of KPA members actively engaged in promoting psychology as a science and profession for the shared benefit of our colleagues, and for those who benefit from our knowledge and expertise. Thank you for supporting KPA’s mission with your membership, and for sustaining the life-enhancing work that is KPA and psychology in Kentucky. We can’t do it without you!

APA Council Representative Report

By David Susman, Ph.D.



The APA Council of Representatives held its summer meeting on August 3 & 5, 2016 at the APA Annual Convention in Denver, CO. Here’s a brief update.

Perhaps the most significant issue addressed by Council was approval of a motion to revise the APA Ethics Code. This revision to section 3.04 of the Ethics Code adds explicit language to state that “Psychologists do not participate in, facilitate, assist, or otherwise engage in torture, defined as any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person, or in any other cruel, inhuman, or degrading behavior.” A full revision of the Ethics Code is now commencing, but this will take several years to complete.

Council also voted to send to the APA membership a by-laws revision to add a new “Friends of Psychology” membership category. This would open up membership to Bachelor’s level psychology majors and others with an interest in psychology.

Council passed two new resolutions, one on “Psychologists in Integrated Primary Care and Specialty Health Settings,” and another on “Data about Sexual Orientation and Gender Identity.”

Council discussed but ultimately postponed voting on a new business item which would have permitted military psychologists to provide mental health treatment to detainees. This item was controversial as it was felt to possibly contradict the resolution passed by Council in August 2015 prohibiting psychologists from working in settings where interrogations are being conducted.

Another business item which was postponed until next spring had to do with the use of GRE cut-off scores in admission decisions for doctoral programs in psychology.

In other business, Council received an update from the search committee for the new APA CEO. APA has engaged an executive recruiting firm and the CEO job description has been posted widely. It is hoped that a candidate will be selected by the end of this year.

Council was addressed by Pennsylvania Rep. Tim Murphy (R), who is also a Navy psychologist. He described his mental health reform legislation, the “Helping Families in Mental Health Crisis Act” which recently was approved overwhelmingly by the US House of Representatives. Efforts are now proceeding to pass similar legislation in the US Senate.

Finally, on a personal note, I would like to thank everyone who voted to re-elect me to serve a second term as the KPA representative to the APA Council of Representatives. I believe this continuity of service will allow me to continue to capably represent the interests of Kentucky psychologists over the next three years. Please don’t hesitate to contact me if you have questions or comments regarding APA; my email is david.susman@uky.edu.

Reflections... President's Desk

By Amanda Merchant, Ph.D. ABPP



My basketball coach always told me, "The best offense is a good defense". I took this to heart while playing and it seemed to be a successful approach. As an early member of KPA, I came in with the same mindset regarding how to protect our profession. For example, let's defend against falling insurance rates, let's defend against encroachment on our specialized skill set, let's defend against legislation that reduces access to mental health treatment. But, let's face it, while a good blocked shot is satisfying, offense is way more fun. And KPA's effort to strengthen our advocacy efforts has put us in a better position to play more offense.

More KPA members have generously volunteered their time to be a part of advocating for our profession. We have a Legislative Advisory Team, composed of past KPA presidents, that works with our lobbyist, McCarthy Strategic Solutions, to monitor and quickly respond to legislation. We have a Legislative Day where growing numbers of members go to Frankfort to build relationships with their local legislators. The full Board and numerous generous KPA members have been contributing to our Political Action Committee (KPA-PAC). We have members speaking out at public meetings to protect mental health services.

So where should we focus our future efforts? Of course, given the current healthcare debates going on in our state, defense will remain critical. But how do we continue to improve the quality of mental health treatment, the accessibility of treatment, the opportunities for psychologists? There are large mental health needs in this state. Do we propose legislation to make sure all children with a possible ADHD diagnosis be evaluated and treated by a psychologist before medication is even considered? Should we start laying the groundwork for prescription privileges? Should we be more central to finding solutions for the opioid epidemic? I hope you give KPA your input.

I want to express my continued appreciation about being the KPA President this year. This summer's Board retreat in Bowling Green was full of enthusiasm and action steps for keeping membership strong and improving outreach to new potential members. I was overwhelmed by everyone's generosity of time and their commitment. I hope to see you this fall at the KPA Convention in Louisville. The convention committee, co-chaired by Allison From-Tapp, Psy.D. and Robin From-Tapp, Psy.D., has put together a great line-up of speakers.

KPA Convention Update

By Drs. Allison and Robin From-Tapp,
Convention Co-Chairs



Yay! It is almost time for our KPA family reunion. The exciting annual convention, *Psychological Practice & Relationships Across Diverse Settings*, is just two months away. We have renowned speakers from across the United States as well as some local favorites and new presenters who we think you will really enjoy. Our featured presenters include **Christine Courtois, Ph.D.**, **Roy Huggins LPC, NCC**, and **Arthur Evans, Jr. Ph.D.**, who will cover everything from trauma and diversity to how we become more ethical in the newest age of technology. Whether you work with children or adults, trauma or LGBTQ issues, assessments or psychotherapy, there is something for you. Also, for the first time, we will have a quiet space available beginning Thursday at 3:15pm through Saturday which will include some opportunities for meditation.

Our official social times will include a Friday evening reception to welcome and honor new psychology licensees, and Thursday's special off-site event features the inaugural edition of KPA's Got Talent!! (You're intrigued, we can tell!!) The Thursday evening social (sponsored by the new KPA-PAC) will be hosted in the beautiful, historic Spalding University Mansion and will feature live music from fabulous local musicians. They will be playing slow jams

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The Launching of the Kentucky Colleague Assistance Program (K-CAP)

By Pat Burke, Ph.D. & Sharon Turpin, M.S., Ethics Committee Co-Chairs and the K-CAP Subcommittee



APA is encouraging all state organizations to develop colleague assistance programs to support psychologists. APA provides a simple rationale for this movement:

"It is in the nature of professional work that individuals may develop personal difficulties that impede or impair their personal and professional functioning. While the majority of professionals, including psychologists, sustain a career of competent service delivery, at various times many experience stress levels that would be aided by seeking assistance and support. In addition, a few professionals develop sufficient difficulties in behavior or competence that may require outside assistance or intervention" (Advisory Committee on Colleague Assistance (2006) Washington, DC: American Psychological Association.)

While professional impairment is addressed in many fields, psychology as a discipline has struggled to address similar issues of professional distress or impairment. Beginning in the 1980's, with a focus on alcoholism and substance use/abuse, and the "wounded healer", there has been a gradual increase in interest in and attention to professional competence, strengths and resilience in fostering recovery from stress and life challenges. To this end, a focus on self-care, prevention, and early intervention have become priorities of APA and the ACCA's efforts and has developed into a national movement.

Prevention and early intervention by self-referral before professional functioning is compromised are more desirable than remediation through a State Board. The link of intervention between impairment and a licensing board may lie in the ability of a psychologist to self-refer for assistance. Self-referral often takes the form of seeking consultation with a peer or personal

therapy. Self-referral to a CAP is now another viable option. A

CAP provider is specifically in tune to the needs of a colleague who may be approaching or is at the tip of a slippery slope. In addition, a whole other level of intervention emerges when a psychologist determines that there is concern for the functioning of a colleague, ranked among the highest stressors for psychologists.

With the formation of a CAP it is hoped that a climate change will take place from fear of embarrassment, criticism and censure to one with a view of the impact of personal feelings and problems as a normal part of life that happens to psychologists at all professional and life stages. The highest goal of a CAP is to avert any potential harm to consumers and professionals by promoting this shift in perspective.

To this end the KPA Ethics Committee and governing Board are proud to announce that the conceptualization, groundwork and formation of the Kentucky Colleague Assistance Program (K-CAP) was approved by the KPA Board of Directors in May of 2016. Upcoming e-newsletters and other communications will provide details about this establishment of a referral service for any psychologist in the state who seeks services, as well as the opportunities for psychologists to indicate their interest in being part of this service. As more information becomes available, please consider using your talents to help fellow psychologists by becoming a K-CAP provider of services.

Please check the KPA website regularly. Look for the history and informational materials of the K-CAP, the provider registration and list of providers, nuances in treating fellow professionals, and ways to access services.

KPA CONVENTION UPDATE continued from page 3

to help our taste buds relax while we sip bourbon with expert tasting guide Carla Carlton, "The Bourbon Babe" (www.thebourbonbabe.com). Then, the exciting talent competition begins as KPA members have an opportunity to share their vocal talents (or other talents they may want to reveal) with Live Karaoke! Whether you are a solo performer or want to get some "group process" going, you'll have the opportunity to perform til your heart's content! If you have the courage to sing, the band will play your favorite song while your friends and colleagues cheer you on. For those of you brave enough to try, please send song requests to afrom@spalding.edu by October 2nd to give the band enough time to rehearse. For those who need the bourbon to discover their bravery, I'm sure the band will be able to come up with something for you on the fly!

We are so excited to see you all in November. Register now for best pricing and to make sure you don't miss out!

Convention Registration is now open for The Kentucky Psychological Association's 2016 Annual Convention - Psychological Practice and Relationships Across Diverse Settings.

Full details about the Convention, which will be held November 3rd through 5th at the Crowne Plaza in Louisville, are available on the KPA website at www.kpa.org.



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Update from the ECP Committee

By Norah Chapman, Ph.D. ECP Committee Chair



Greetings from the Early Career Psychologist (ECP) Committee! My name is Norah Chapman, Ph.D., and I am the current chair of the Early Career Psychologist Committee (comprised of psychologists less than 10 years post graduation). I thought I would take this opportunity to share a brief description of the initiatives we are working on as a committee this year and solicit an understanding of what needs ECP's are facing around the state.

The ECP committee routinely has 4 primary initiatives that take various forms and are in differing developmental stages, including a Mentoring Program, Consultation Groups, maintaining an online presence, and creating social opportunities. ECPs often newly enter the professional world with many questions, fears, and uncertainties on how to navigate the next steps of

their first "real jobs." Our initiatives are designed to support those various individualized needs. First, the Mentoring Program offers an opportunity to provide individualized support as much as possible for the various needs ECP's may come in with to this next chapter. If you are interested in being a mentee or a mentor for a student or ECP, please contact me at the email below and I am happy to share more details. Second, you may be interested in joining or initiating a consultation group where a small group of professionals come together to consult on common topics or work settings. For example, one consultation group that exists currently is comprised of practitioners in private practice looking for a place to gain support and consultation around their clinical work. Other groups could be those teaching undergraduate and/or graduate psychology

courses. Our committee also has a Facebook page titled the KPA Early Career Psychologists - please like us and feel free to email me if you have content you are interested in posting. Finally, I believe it is important that we connect with each other in this common career stage. Please look for our ECP social opportunities at convention this year. We are hoping to have multiple opportunities to connect as well as a table with resources designed to specifically learn about and support ECP needs. If you have questions about our initiatives, would like for me to bring particular ECP related needs to the committee, or would like to know how to get involved, please do not hesitate to let me know at nchapman02@spalding.edu.

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National Currents

By Katie McBride, Ph.D., 2016 KPA President-Elect



In the February 2016 KPA e-newsletter, I focused on ways we psychologists must adapt to our increasingly electronic systems. Our ethics around maintaining a strong protective wall around our clients' privacy and confidentiality have helped us more easily comply with laws like HIPAA, and they also serve as a reassuring anchor as we are being asked (by clients, by related collateral parties, and by payor systems) to alter our practices to accommodate their wants and needs.

Recently in Minnesota, a grassroots organization of more than 500 psychotherapists and other health care providers successfully challenged a law mandating that all health care providers adopt Electronic Health Records (EHRs; S. Huey, Ph.D., *The National Psychologist*, May 4, 2016). The group campaigned to highlight the serious concerns about such a requirement given the actual security risks of the health care records system as it stands today. Their concern was that mandates limit clients' choices with regard to security around their personal information.

Cyber threats abound with the ease of stealing login and password information using keylogging programs and hacking large databases. Healthcare organizations are increasingly targets: Anthem, Premera Blue Cross, and Excellus BlueCross BlueShield were three of the seven largest data breaches in 2015 (S. Huey, Ph.D., *The National Psychologist*, May 4, 2016). The motivation for breaching medical records security falls into three categories: stealing credit information, stealing medical identity (can be used to pay for expensive procedures), and ransom schemes to threaten to reveal medical information unless paid; the last of which would be particularly worrisome for psychologists and other therapists (S. Huey, Ph.D., *The National Psychologist*, May 4, 2016). Of note too is that liability insurance for providers may be affected by these security risks. For example, on some recent renewals of APAIT Business Office Insurance Policy there is a section about rules for exclusion for "Access Or Disclosure Of Confidential Or Personal Information."

The Minnesota governor ultimately signed into law an exemption for all individual providers and group providers who do not receive third party payments. The goals of EHR implementation are to improve quality of patient care by facilitating ease of communication among providers. This grassroots group wanted to highlight the need for providers to maintain vigilance around vulnerabilities of existing systems and to be discerning about the overreaching application of connectivity.

Shifting focus...

"With most disasters – even big ones that take a while to come back from – once they're over, they're over, and people can start recovering. In Flint, though, 'people are experiencing a lot of frustration and sadness and a feeling that you can't depend on anyone else'" (Valerie Cole, Ph.D., manager of Disaster Mental Health for the American Red Cross.)

Psychologists and other mental health clinicians are responding to the impact of the lead crisis across the Flint community (J. Thomas, *National Psychologist*, July 26, 2016). Significant levels of fear and anxiety among adults and children had been ongoing for many months prior to the eventual break of the news onto the national front. Lauren Tompkins, Ph.D., chief clinical officer at Genesee Health System, identifies multiple overwhelming issues being faced by the citizens of Flint. Escalating rates of distress stem from extreme parental concern for the long-term physical, cognitive, and behavioral impact

of lead exposure in their children, as well as chronic worry, anger, and deep mistrust of their government. In an interview with the New York Times, the Genesee Health liaison to local hospitals identified that people are coming to the hospital with anxiety, depression, and suicidal ideation directly related to the despair they feel from not being able to provide basic care to their children (T. DeAngelis, *APA Monitor*, July/August 2016, Vol 47, No. 7; Goodnough and Atkinson, *New York Times*, April 30, 2016).

Genesee Health Systems praises the state's decision to expand Medicaid under the Affordable Care Act, but the anticipated needs of Flint individuals and families (>100,000 pop.) far exceed existing mental health services. Combining local, state and federal resources, Genesee Health System is coordinating a network of community-based work groups to develop public communication, crisis outreach, workforce stress management, and mental health needs assessments. Working with a \$500,000 emergency state grant, Genesee Health System created the Flint Community Resilience Group. Its mission is to identify and address the long-term psychological impact of this water crisis. The group has identified a severe shortage of professional mental health clinicians in the area. Mental health clinicians and graduate student trainees from across the state have volunteered to provide crisis counseling and support at local churches and the public library and have conducted community meetings on stress management.

For more information about ways you can engage, you can visit either APA Disaster Response Network www.apa.org/practice/programs/drn/index.aspx or, for local needs, contact **KPA's Dr. Ginny Frazier**, Chair of KPA's Disaster Response Network.

Reflections on Current Events

For these KPA newsletters, the President-Elect is charged with writing a topical overview of relevant "currents" in our field of psychology around the country. With these past tumultuous weeks and months in the general news, we psychologists have likely been inundated with questions of "How and why are these things (fill in the blank) happening?" Many times over this past year, our country has been forced to turn toward the heartbreaking results of societal and governmental neglect of whole communities and witness intense counter-reactions to efforts to illuminate longstanding underlying problems. Psychologists are in a unique position to respond to all these news events. We may be called to stretch beyond our comfort zones, and we must differentiate whether our responses are rooted in personal reaction or in our professional expertise. We have deep access to highly relevant social and individual psychology research and theory—ranging from bias and attribution theory, family/tribal social dynamics and survival skill development, and the nervous system's response to acute and chronic fear stimuli.

We are experts in human individual and group motivation and underlying drives and behavior, and so more pressure may come to bear from within our social circles and workplaces. We may be asked to explain what was once the unimaginable to some, and what has been all-too-familiar to others. I choose to see this pressure as opportunity. Psychologists are being given more openings to speak about what we know about the underlying factors. We should use our bridging skills to lend a more complex context to situations that are so often overly simplified, rigidified, and polarized along social and group boundaries.

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Animal-Assist Therapies (AAT): Paws with a Purpose

By Sarah Shelton, Psy.D., MPH, MSCP, Communications Committee Chair



Humans and animals have shared a special bond throughout history. Many types of animals, most often dogs and horses but certainly other species too, have a long heritage of working with humans in a myriad of ways. For example, the military has utilized horses, dogs, pigeons, and even dolphins in their missions. Animals have worked farms by pulling plows, herding sheep, and guarding property for centuries. The many ways animals and humans have learned to work together are a testament to the unique human-animal bond.



“Dr. Shelton and Gwendolyn graduating the first level of training toward Therapy Dog Certification.”

There are three different categories of animals that relate to health and wellness. Service dogs (and sometimes miniature horses) have been specifically trained to assist individuals with disabilities including but not limited to blindness, deafness, paralysis or limited mobility, seizure disorders, diabetes, autism spectrum disorders, and psychiatric conditions such as post-traumatic stress disorder. For example, a Service Dog may be trained to help someone without sight or hearing cross a busy intersection, to fetch insulin during a diabetic episode, to recognize and intervene in tic-like behaviors, or to alert to an impending seizure, panic attack, or PTSD flash-back. Service animals are the most highly trained of the three categories and fall under the purview of Title II and Title III of the Americans with Disabilities Act (ADA). Service animals are allowed to accompany their human

partners in public places where animals are typically not allowed.

The second and newer category of assistance animals are Emotional Support Animals (ESA), which are not necessarily trained to perform certain tasks (though they may be) but directly reduce symptoms of mental health conditions such as anxiety or depression by virtue of attestation from a licensed mental health provider. Emotional Support Animals are governed under different laws than Service Dogs. While they are not covered under the ADA, they are regulated by the Aircraft Carrier Access Act (ACAA) and the Fair Housing Act (FHA) which allows them access to air travel without charge and to reside with their human partner in permanent and temporary housing, even if it would not ordinarily allow pets. The use of ESAs, though legitimate, has been controversial due to abuse of these privileges by individuals who do not truly suffer from a mental health condition and exploit the situation in conjunction with unethical and unscrupulous providers willing to dole out the appropriate documentation for a fee with minimal or no evaluation.

A related but distinct category is a Therapy Animal, which is used in Animal-Assisted Therapies (AAT) of many different types and forms. While horses and dogs tend to dominate the Therapy Animal role, other animals are often integrated into the therapeutic process and have included pigs and chickens among other furry and feathered friends. The utilization of animals in various therapy modalities is becoming more mainstream and is increasingly recognized in scientific literature in multiple areas of mental and physical healthcare. While a Therapy Animal is not required to be formally trained or certified, several registries exist that require extensive training protocols and passage of exams in order to obtain voluntary certification. At minimum, these animals should be able to be trusted to behave in public environments in a safe and appropriate manner consistent with environmental expectations of hospitals, assisted-living facilities, correctional facilities, schools, etc. For example, Therapy Animals cannot be aggressive, bark excessively, or be reactive to atypical stimuli such as wheelchairs, walkers or sounds made by monitors, equipment, or sirens. Therapy Animals,

unlike Service Dogs and Emotional Support Animals, do not have legal rights to access public places or transportation. However, Therapy Animals, especially if they are trained and certified through a reputable program, are often granted access at the discretion of and by consent of the facility.

Research has repeatedly demonstrated that the presence of an animal is therapeutic. For example, just the act of petting a dog has been shown to lower blood pressure, to increase the “feel good hormones” of serotonin, dopamine, and oxytocin, and to decrease the “stress hormones” of cortisol, epinephrine, and norepinephrine.

I personally have a therapy dog in training who accompanies me to my private practice every day. While she is only in the first year of a two-year training protocol leading to certification, patients are already reporting positive experiences and benefits of her integration into their care. For other KPA Members who may be interested in Animal-Assisted Therapies (AAT), KPA has a Special Interest Group for this area that was founded by Jennifer Sutherland, M.S., Ed.S.. You do not have to be actively engaging in AAT to become a member. The group exists to share information and experiences and to be a resource for those who recognize the value in this special niche of psychological treatment.

NATIONAL CURRENTS continued from page 6

An article in the New York Times, written by Amanda Taub, on July 12, 2016, cited the research and opinion of psychologists from Yale University and Ohio University about the visceral nature of social group cohesion and how perceived threats make for increased insularity. Another New York Times article (7/15/16 written by Katie Rogers) on the stress effects of being in a chronic news cycle of violence cited psychologists from Washington and England, as well as **Dr. Anne Marie Albano** from Columbia University in New York, who was a KPA featured presenter just this past September. To access these articles please go to the KPA website at www.kpa.org.

COMPOSABLE SYSTEMS



Composable Systems is a Louisville-based software development company that works closely with physical and mental healthcare organizations providing database management solutions, SharePoint administration and development, and software customization.

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Kentucky Psychological Association - Political Action Committee

KPA-PAC

By Felicia Smith, Ph.D., Co-Chair



SEVEN THINGS TO KNOW ABOUT THE KPA-PAC

1. The KPA-PAC provides a way to connect with political candidates and educate them on topics *that are important to the psychology community.*
2. Through financial contributions to political candidates, the KPA-PAC helps to get *psychology-friendly policy makers elected.*
3. The KPA-PAC enables KPA to *become visible* in the policy making process.
4. Our KPA elected leadership are strong supporters of the KPA-PAC and have *established a goal of 100% donor participation among eligible Board members.*
5. The KPA-PAC is a tool for building relationships with policy makers and *ensures psychology professionals have a voice in public policy.*
6. By reporting back about the important issues, the KPA-PAC can *increase the psychological community's awareness of the political process.*
7. *Psychology is a non-partisan topic.* The KPA-PAC is our opportunity to communicate to legislators and candidates across all

parties that we are engaged in the process.

WHAT YOU CAN DO

- Donate! Contribute to our efforts. PAC donors will be acknowledged at the KPA annual convention and in member communications. Donate online at www.kpapac.org.
- Attend KPA's annual Legislative Day in Frankfort and meet legislators to begin building personal relationships with them.
- Develop an ongoing relationship with your legislator or candidate and educate them on issues that matter to psychology.
- Attend the PAC social event at the KPA Convention on Thursday, November 3, 2016.

The KPA-PAC our voice for psychology in the political process. With your support, KPA will continue to monitor and initiate legislation that impacts psychological health and psychology practice in Kentucky. The KPA-PAC needs your support now!

NOW is the Time to Get Active in the Political Arena!

by Sheila A. Schuster, Ph.D.

With the election cycle in full swing, NOW is the time for psychologists to get active in the political arena! Not only will we be electing the U.S. President on November 8th, we will also be choosing one U.S. Senator, all six of our Congressional Representatives, and 72 of 138 members of the Kentucky General Assembly (66 in the KY House, and 6 in the KY Senate). The voices – and votes – of psychologists, their colleagues, families, clients and students, can make a difference!

Please go to the KPA website for a complete listing of the incumbents and the challengers. If you are unsure which district you live in, go to www.lrc.ky.gov and enter your home address and zip code. Then, register to vote (deadline is October 11th) and get active in supporting your chosen candidates. Contribute to the KPA-PAC, host a neighborhood gathering, put out a yard sign, walk the district, volunteer with your local political party...but above all – VOTE.

As political science professor Larry Sabato described it: "Every election is determined by the people who show up." Be one of those people!

KPA is Busy and Successful in the 2016 Legislative Arenas

By Georgeann Brown, Ph.D., KPA Advocacy Chair & Federal Advocacy Coordinator

KPA had an active and successful legislative season, both in Frankfort with a 60-day session and a new governor, and in Washington with continued advocacy around mental health bills. It was also a very busy time for me in taking on the new role of Federal Advocacy Coordinator. Internally, KPA made changes by establishing a **Legislative Response Team** to be able to respond quickly and strategically to issues during the legislative session.

Our 2016 legislative priorities established by the KPA Board included:

- Protecting **psychology** title and practice from intrusion
- Supporting funding in the biennial budget

for Medicaid Expansion and other health needs

- Bringing psychology to the table whenever health issues are discussed
- Improving provider protections under Medicaid managed care
- Promoting statewide smoke-free legislation, which KPA has endorsed as a health promotion issue
- Supporting KMHC legislative priorities for expanded SPMI outpatient services, substance abuse, domestic violence, and child protection

After adoption by the KPA Board in December of these legislative priorities, the Legislative Re-

sponse Team was assembled and met weekly from

January to April. Participating on the team with Libby Milligan from the McCarthy firm, KPA ED **Lisa Willner, Ph.D.**, and myself, were KPA Past Presidents **Felicia Smith, Ph.D.**; **David Hanna, Ph.D.**; **David Susman, Ph.D.**; **Art Shechet, Ph.D.**; and Director of Professional Affairs **Laurie Grimes, Ph.D.** The team gave KPA the ability to respond quickly to developments, to make decisions about issuing Advocacy Alerts, and to take other strategic actions.

Action Alerts:

To encourage involvement of the broader KPA membership, the Quick Action Legislative



–continued on page 11



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We can give you 23,483* more.

Passport Health Plan is the only provider-sponsored, community-based Medicaid plan operating within the commonwealth. So, it's no coincidence that Passport has the highest NCQA (National Committee for Quality Assurance) ranking of any Medicaid MCO in Kentucky.

Our providers make the difference.

*Passport's growing network of providers now includes 3,720 primary care physicians, 14,014 specialists, 131 hospitals, and 5,619 other health care providers.

Ratings are compared to NCQA (National Committee for Quality Assurance) national averages and from information submitted by the health plans.



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We take the time to care .

KPA IS BUSY AND SUCCESSFUL IN THE 2016

LEGISLATIVE ARENAS continued from page 9

Response Team sent out information and multiple action alerts on the following bills to KPA members:

SB 18: Requires insurers to follow strict guidelines in communicating about changes in an existing agreement with a provider. [Bill passed]

SB 20: Creates an administrative appeals process for providers regarding denials or lack of reimbursement by a Medicaid MCO for services provided. [Bill passed]

HB 6: Mandates the continued expansion of Medicaid. [Bill did not pass]

HB94: Creates a new court procedure to order – and monitor – outpatient treatment for an individual without having to first commit the person under a 202A process. [Bill did not pass]

KPA Legislative Day:

KPA's 3rd annual Legislative Day saw our largest attendance of KPA members (28) and our greatest number of legislative meetings [30 plus] between members and their legislators. We also added a public education fair during our Legislators' Breakfast during which a large number of LRC staff and legislators attended and engaged with KPF educational materials. The Legislative Day was planned by members of the Advocacy Committee; **Jennifer Price Ph.D.**, chair of the KPF Public Education Committee, and McCarthy Strategic Solutions, with support from the KPA office, and in consultation with **Dr. Sheila Schuster Ph.D.**, and the KPA Legislative Response Team.

Members had an opportunity to meet with their legislators in individual or group meetings, where they discussed talking points important to KPA and shared more information about psychology. The overall feedback was positive from attendees, who felt like it was a good experience in talking with legislators about psychology and our advocacy issues. Several legislators expressed interest in supporting or co-sponsoring our legislative priorities. We hope to further develop the KPA Legislative Day on a larger scale next year, with more members and legislators involved.

Advocacy at the Federal Level:

In this role, I have sent multiple action alerts about 2 pieces of legislation, including the **Helping Families in Mental Health Crisis Act of 2015, H.R. 2646**. On July 6th, the U.S. House voted 422-2 to approve an amended version of H.R. 2646. This bipartisan legislation would reform federal mental health policies and programs to increase patients' access to effective and evidence-based care, particularly for those with serious mental illness (SMI).

The other piece of legislation I have sent action alerts on and will continue working on is the **Medicare Mental Health Access Act (H.R. 4277/S. 2597)**, which would add psychologists to the Medicare Physician Definition. KPA members will be asked to send letters to their members on the House Ways and Means Committee and the Senate Finance Committee, encouraging them to cosponsor these important bills.

We Need YOU to Be Involved:

The more involved and active psychologists are in legislative and advocacy issues, the stronger our voice and the greater our influence! To find out more ways to get involved, please contact me at: georgeanns@hotmail.com. If KPA is to be successful, we need you to be involved, informed and active!

Do RUC Surveys Matter?

By Debra Lansey, MPH

In short, yes, they do. They matter very much.

Why? Because the American Medical Association's RUC (Relative Value Scale Update Committee) provides information to the Centers for Medicare and Medicaid Services (CMS) for the Medicare fee schedule. The fee schedule is the basis for payments to psychologists and other practitioners in the Medicare program. Even more important for the average practitioner, the Medicare fee schedule frequently sets the bar for the fee schedules of commercial health insurers, too.

The AMA's RUC surveys are the primary vehicle used by specialty societies like APA to advocate for appropriate values in the Medicare fee schedule. For every CPT code that psychologists use, there is a relative value connected to it. The relative values are the result of recommendations that the APA Office of Health Care Financing (OHCF) makes based on data collected from our members in the RUC surveys.

RUC surveys are conducted because either a) CMS has required that a service's relative value be carefully reviewed by the specialty performing the service, or b) the specialty society has determined that there is sufficient

evidence that the relative values need to be reviewed for potential updates. Either way, the specialty society has to collect data from people in active practice by way of standardized surveys developed and administered by the AMA RUC.

The compiled data from survey responses become the basis of the arguments for adjusting the relative values. If you are asked to complete a RUC survey, it's critical that you do it.

OHCF is actively involved in the RUC process and regularly comments on initiatives underway in the RUC process and in the Medicare fee schedule process. They advocate for psychology's tangible value to the Medicare system.

To help you understand how the RUC process works, OHCF has posted a PowerPoint presentation showing the flow of the RUC process; it can be viewed here www.apapracticecentral.org/reimbursement/ruc-survey-presentation.pdf.

If you have questions about the RUC process or about the Medicare fee schedule, please contact the APA Office of Health Care Financing at ohcf@apa.org.

KPA Member Benefit Highlight

Free Ethics Consultation

Have an ethical concern or question?

Request a consultation from the KPA Ethics Committee by completing the Ethics Consult form available under the Members Only section of the website.

How it works...Your request will be forwarded to the current KPA Ethics Committee Chair, Dr. Pat Burke, who will consult with the entire ethics committee and review ethical guidelines prior to issuing a response. Response time averages around 10 days depending on the depth of the consultation request.

A KPA Member Only Service!



About the Noble H. Kelley Psychological Services Center (PSC)

The PSC is a psychology clinic, training and research facility.

The PSC is staffed by doctoral students in Clinical Psychology who are supervised by Licensed Clinical Psychologists.

The PSC is operated by the Clinical Psychology program of the University of Louisville. The Department of Psychology has been accredited by the American Psychological Association since 1973.

PSC Services

- **Psychotherapy**
 - individuals
 - couples
 - families
- **Child and Adolescent Treatment**
- **Assessment and Testing**
 - Intellectual/academic testing and psychoeducational assessment for Adults and Children
- **Information and Education**
- **Community Service**
- **Resource Referral**

Our Mission and Goals

As part of the mission of the PSC the center has four main goals: Direct Service Delivery, Training, Research, and Outreach & Continuing Education.

Direct Service Delivery

The UofL Clinical Psychology faculty is composed of experts who are nationally known for their contributions to a greater understanding of mental health issues. The PSC is committed to offering services which assist persons in managing problems they may experience in their daily lives. Clinical psychology graduate student therapists are closely supervised in their work with persons receiving services at the PSC.

Training

Licensed clinical psychologists serve as supervisors for graduate students who receive their training at the PSC. Supervision consists of intense study and application of techniques that have been proven to be effective in treating a wide range of mental health problems.

Research

Graduate students and the clinical psychologists who supervise them are actively involved in research aimed at developing a greater understanding of various psychological problems. In addition, research is directed toward developing effective diagnostic and treatment methods, in order to better serve our clients.

Outreach and Continuing Education

The PSC is actively involved in offering professional development seminars. In addition, the PSC provides education and outreach programming for the general public in the University and Louisville communities.

CROWNE PLAZA
LOUISVILLE, KY

NOVEMBER
3-5

KENTUCKY PSYCHOLOGICAL ASSOCIATION 2016 ANNUAL CONVENTION



PSYCHOLOGICAL PRACTICE & RELATIONSHIPS ACROSS DIVERSE SETTINGS



2016 FEATURED PRESENTERS



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COURTOIS**
PH.D., ABPP

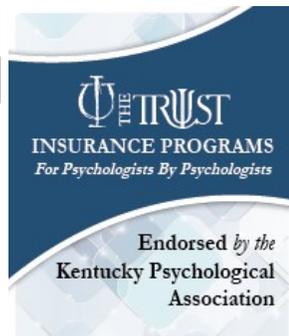


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EVANS, JR.**
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TherapyNotes



Pathways

**COMPOSABLE
SYSTEMS**

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UNIVERSITY**

2016 CONVENTION WORKSHOPS

THURSDAY, NOVEMBER 3

8:30 AM

101. **Complex Post-Traumatic Stress Disorder and Dissociation: A Treatment Overview, 3 CE.**

Christine Courtois, Ph.D., ABPP

102. Rorschach Performance Assessment System (R-PAS): Introduction and Overview for Clinical and Forensic Practice, 3 CE. *Patricia Pernicano, Psy.D.*

103. Understanding and Treating Perinatal Mood and Anxiety Disorders, 3 CE. *Colby Cohen-Archer, Ph.D.*

104. Working with Adults with DD/ID: The Patient Belongs to the Community, 1.5 CE. *Susan Vaught, Ph.D. and Sandra Medley, Ph.D.*

10:15 AM

105. Why We Can't All "Just Get Along" and What To Do About It: Working Through the Biological and Psychological Roots of Cultural and Political Conflict, 1.5 CE. *Dan Wolverton, Ph.D.*

11:50 AM

KPA Annual Awards Luncheon

Sponsored by The Kentucky Psychological Foundation

1:30 PM

106. Opportunities in Psychological Practice: Reproductive Technology, 3 CE. *Amy Greenamyre, Ph.D.*

107. Addressing Domestic Violence: Beyond the Power and Control Wheel, 3 CE. **Meets the 3 CE requirement for domestic violence.** *Rus Funk, MSW and David Hanna, Ph.D.*

108. Trans Health: Ethics, Practice and Advocacy, 3 CE. *Barbara Beauchamp, Psy.D., Lori Caloia, M.D., Bridget Scott Hagood, Psy.D., and Tristan Vaught, M.A.*

109. Pawsitive Impact: The Benefits of Animal-Assisted Therapies (AAT) in Mental Health Practice, 1.5 CE. *Sarah Shelton, Psy.D., MPH, MSCP*

110. Preparing for the Oral and Written Licensure Examination./ Becoming an Oral Examiner, Non-Credit. *Melissa Hall, M.S. and Jamie Hopkins, Ph.D.*

3:15 PM

111. Fitness and Mental Health: Working the Body to Strengthen the Mind, 1.5 CE. *Christen T. Logue, Ph.D.*

FRIDAY, NOVEMBER 4

8:30 AM

201. **Population Health: How Can Psychologists Address Social Determinants to Improve Health Outcomes, 1.5 CE.**

Arthur C. Evans, Jr., Ph.D.

202. Basic Supervision, 3 CE. **Meets the initial requirement for supervisors of record with the KY Board of Examiners of Psychology.** *Scott Salathe, Psy.D.*

203. Mindfulness for the Reluctant Client, 3 CE. *Robin From-Tapp, Psy.D.*

204. Mental Health Needs in the School Setting: Meeting in the Middle, 1.5 CE. *Mackenzie Leachman, Ph.D., Kristen Studle, M.A. and Antonio Melton, M.A.*

10:15 AM

205. **Promoting Health Equity: The Intersection of Culture and Health, 1.5 CE.** *Arthur C. Evans, Jr., Ph.D., Brandy Kelly Pryor, Ph.D., Hannah Drake, Theo Edmonds, JD/MHA, MFA, and Monica Wendel, DrPH, M.A.*

206. Maladaptive Daydreaming in Children and Adults: Reality or Fantasy? 1.5 CE. *David Causey, Ph.D.*

11:50 AM

207. Luncheon Presentation: **How psychological training can shape the transformation of complex behavioral healthcare systems, 1 CE.** *Arthur C. Evans, Jr., Ph.D.*

1:30 PM

208. Addressing the Public Health Crisis of Addiction: Scientific Advances of Standards of Care, 3 CE. *Kristen Andrews, Psy.D.*

209. Instilling Hope Not Fear: The Problems with the Reactive Attachment Disorder Diagnosis, 3 CE. *Heather Risk, Psy.D. and Amiee Mau, MSW*

210. Advanced Supervision: Collaborative Supervision for Navigating Challenging Topics, 3 CE. **Meets the advanced supervision requirement for KY Board of Examiners of Psychology approved supervisors.** *David Susman, Ph.D., Sean Reilley, Ph.D., and Rebecca Asher, Psy.D.*

211. Advocating for Psychology: What KPA Is Doing and How You Can Help 1.5 CE. *Georgeann Brown, Ph.D., and Sheila Schuster, Ph.D.*

3:15 PM

212. Sticky Situations: Ethical Challenges Without Clear Resolutions, 1.5 CE. **This workshop fulfills 1.5 of the 3 CE requirement for ethics/risk management.** *Moderator: David Hanna, Ph.D. Co-Presenters: Jamie Hopkins, Ph.D., Gerald Walker, Ph.D., and others.*

Friday Evening Social Event

Reception Honoring New Licensees and Swearing-In Ceremony—Crowne Plaza Hotel

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. (ECPs get 1 FREE drink on us!)

Thursday Evening Social Event

5:30 PM—7:30 PM

Spalding Mansion, Spalding University

Sponsored by the KPA-PAC

Enjoy an evening with the **Bourbon Babe** and live music featuring "KPA 's Got Talent" with live karaoke.

Libations and hors d'oeuvres

Cost: \$35 Free Parking

Come meet the board members of KPA-PAC and join us in ensuring psychology has a strong voice in Kentucky!

2016 CONVENTION WORKSHOPS

SATURDAY, NOVEMBER 5

8:30 AM

301. **Digital Ethics in the Office: Security According to HIPAA and the APA Ethical Principles of Psychology, 3 CE.** This workshop fulfills the 3 CE requirement for ethics/risk management. Roy Huggins, LPC NCC and Katie McBride, Ph.D.

302. Health Care Collaboration: From Health and Wellness Promotion to Full Integration, 3 CE. Jessica Beal, Psy.D.

303. Understanding, Assessing and Remediating Reading Difficulties, 3 CE. Joseph Edwards, Psy.D. and Stephen McCracklin

304. A Survey of Traumatic and Acquired Brain Injury From A Behavioral Medicine/Neuropsychological Perspective, 1.5 CE. D. Bradley Burton, Ph.D., Hannah Kersting, M.A., and Brittany McCoy.

10:15 AM

305. Cancer Care: What Every Psychologist Needs to Know, 1.5 CE. Elizabeth Cash, Ph.D.

11:50 AM

Luncheon & KPA Annual Membership Meeting

1:30 PM

306. **Digital Ethics in Online Presence & Graduate Ethics Classes: Issues of Modern Psychological Practice & Education, 3 CE.** This workshop fulfills the 3 CE requirement for ethics/risk management. Roy Huggins, LPC NCC and Katie McBride, Ph.D.

307. Using Structured Role Play to Demonstrate Evidence-Based Group Psychotherapy, 3 CE. Tony L. Sheppard, Psy.D., CGP, FAGPA

308. Assessing and Decreasing Suicidal Behaviors with Dialectical Behavior Therapy: What Works from Clients Perspective, 3 CE. This workshop fulfills 3 of the 6 hours suicide training requirement KRS 210:366. Martha Wetter, Ph.D. and Allyson Bradow, Psy.D., HSP

309. Building Resiliency in Our Schools: Lessons Learned From the Bounce Coalition, 1.5 CE. David Finke, Ph.D., Beverly WInsch, Ph.D., and Betty Adkins, M. Ed.

3:15 PM

310. Adapting Psychological Practice to Diverse Settings: Flexibility, Sensitivity, and Clinical Competency 1.5 CE. Laurie Grimes, Ph.D., Amy Greenamyre, Ph.D., Lisa Powell, Ph.D. Tina Bryant, Ph.D. and Susan Rhema, LCSW, MSW

Hotel Accommodations

KPA has negotiated a discount rate of \$119 per night at the Crowne Plaza Louisville Airport in Louisville.

KPA's room block will be held until October 15, 2016, or until the rooms run out. Reservations can be made on-line by following the link on the convention web page or by calling 1-888-233-9527.

Complete workshop details at www.kpa.org

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, and to control the sharply rising costs associated with KPA's Annual Convention, paper handouts will not be provided. Handouts provided in advance by the presenters will be posted online and available for download from the main convention page. Each workshop room will have Internet access, allowing handouts to be viewed online during the presentations. All convention attendees will have access to 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 handicap accessible.

Cancellation Policy

95% refund if cancellation received on/before Oct 16, 2016. 50% refund if cancellation is received between Oct. 17 –Oct. 23, 2016. 20% refund if cancellation is between Oct 24—Nov 1, 2016. No refunds after Nov. 1, 2016. All refund requests must be in writing to KPA, 120 Ave, Ste. 214, Louisville, KY or kpa@kpa.org

CE Credits/Attendance

Psychologists, Social Workers, 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 these programs and their content. KPA is also an approved sponsor for the Kentucky Board of Examiners of Psychology, the Kentucky Board of Social Work, and the Kentucky board of Professional Art Therapists (Provider #1004). You must attend workshops in their entirety to obtain CE credit. Offerings are subject to change.

Registration Information

Name: _____ Degree: _____

*Please print your name as you want it to appear on your badge

Address: _____

City, State, Zip _____

Email: _____

Phone: _____

Licensure Board: _____

Are you a member of the CE Registry? Yes No

Circle the Workshops & Events you plan to attend

Thursday, November 3

8:30 AM - 10:00 AM	101	102	103	104
10:15 AM - 11:45 AM				105
12:00 PM - 1:20 PM	Awards Luncheon			
1:30 PM - 3:00 PM	106	107	108	109
3:15 PM - 4:45 PM				110
5:30 PM	KPA Social Event : Spalding Mansion			

Friday, November 4

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
5:30 PM	ECP Reception			

Saturday, November 5

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

KPA Status:

KPA Member

Sister State Psych Assoc. Member (state: _____)

KPA Student Member (no CE credit)**

Non-Member—Join now and save a bundle!

Convention Registration Fees

ALL CONVENTION PACKAGE - BEST BUY!

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

All Convention	Early Bird (Before Sept 25)	Pre-registration (Sept 26–Oct 16)	Onsite
KPA Member+	\$370	\$425	\$500
Non Member	\$590	\$650	\$725
KPA Student Member **	\$190	\$205	\$240

All Convention Fee: \$_____

Per Day Fees

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

Per Day	Early Bird (Before Sept 25)	Pre-registration (Sept 26–Oct 16)	Onsite	TOTAL
KPA Member+	\$150	\$170	\$210	x__# days =
Non Member	\$235	\$260	\$315	x__# days =
KPA Student Member**	\$80	\$85	\$100	x__# days =

+ You must be a current member of KPA as of 11-3-16 in order to take advantage of the KPA Member discounted rate.

Indicate day(s) you will attend:

Thursday Friday Saturday

NOTE: THERE WILL BE NO ONSITE LUNCH REGISTRATIONS

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:

None Vegetarian Gluten Free

Other, please specify _____

Thursday Evening Social Event

_____ # tickets x \$35 = _____

Kentucky Psychological Foundation Donation

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

Total Donation: \$_____

Payment Method: Total Due \$_____

Check enclosed, made payable to KPA

Credit Card: Visa/Mastercard/ AMEX/ Discover

Cardholder Name: _____

Account #: _____

Exp. Date: _____ CVV: _____

Signature: _____

Send registration form, along with payment to KPA,
120 Sears Avenue, Louisville KY 40207 or fax to 502-894-0635

Legal Tips for the Psychologist- A Subpoena Is Not Client Consent, Part One.

By guest contributor, Mark R. Brengelman, JD, MA



This article begins a multi-part series covering legal tips for the psychologist in Kentucky relevant to a large portion of KPA members. This first article covers in two parts how a court or administrative subpoena is not client consent which would otherwise allow the release of a psychologist's records to the requesting person under state law.

This article's first part provides a general outline of why a court or administrative subpoena does not negate the requirement for other written documentation of client consent in order to release the subpoenaed information. Another article in a future issue will cover legal exceptions to this requirement that may apply.

Psychologists should be aware of and informed of basic legal requirements in their everyday practice. Even outside the narrow practice of forensic psychology, most psychologists who are treating therapists in practice will have patients who are involved in legal proceedings or who will be during the course of the psychologist-client relationship. A patient may put his or her entire mental health status at issue in a legal case by raising one's mental health fitness, diagnosis, or treatment in some legal proceeding not otherwise involving a legal claim for or against the psychologist.

While a complete, decades-long history of a patient's mental health will not likely be of merit in the legal case, it is, however, very common for recent mental health treatment and outcomes to be important in some current legal action. Those legal actions may be in a judicial court, such as a child custody case or motor vehicle accident case, or administrative forum, such as a worker's compensation case or unemployment insurance proceeding before a hearing officer or administrative law judge. This article will refer to court and administrative subpoenas equally since the same legal principles apply.

In many legal proceedings, the patient is represented by an attorney. But the same steps would be true even if the patient, or another party, represented himself or herself. Here is an example of this process in a child custody action where the patient has been in therapy with the psychologist. The patient's attorney may serve a subpoena upon the psychologist, either by a local law enforcement official in person, or more commonly by certified mail, for a copy of the patient's psy-

chologist's current treatment records – even for the psychologist to testify at some upcoming legal proceeding.

Under this example, the patient's attorney has concluded there is legal relevance of the patient's treatment when the patient has been in therapy and has made substantial progress. The attorney may use the successful treatment to show the patient is fit to have timesharing with the children of the parties. This is why the attorney serves a subpoena on the psychologist - to produce the patient records by a certain date, and perhaps to appear in court to testify on another future date.

But without any additional written release, the mere existence of a subpoena by itself is not sufficient for the psychologist to provide the records or to testify. When the psychologist's own patient's attorney is the requesting person, the psychologist may at first presume consent of the patient, but steps must be taken to secure written consent. Kentucky law in the Code of Conduct of the Kentucky Board of Examiners of Psychology, 201 KAR 26:145 § 7(8) provides:

Release of confidential information. The credential holder shall release confidential information upon court order or to conform with state law, including KRS 422.317, or federal law or regulation.

Simply stated, a court or administrative subpoena is not a court order or written client consent. KRS 422.317 and the conformance to state or federal law will be covered in exceptions in the next article.

Otherwise, psychologists have a broad duty to keep patient information confidential. Receiving a subpoena by itself is no such exception. 201 KAR 26:145 § 7 is titled "Protecting the Confidentiality of Clients:"

201 KAR 26:145 § 7(1) states in part:

Except as provided in this section, the credential holder [the psychologist] shall obtain the informed written consent of the client prior to disclosing confidential information.

A subpoena is simply one party's mere request in a legal proceeding to seek information that party believes is relevant and helpful to whatever legal proceeding is at hand. It does not reflect a court

order or client consent. A psychologist receiving the subpoena must object to the release of such information on the patient's behalf in the absence of a court order or written client consent. This may be easily done as follows.

Upon receipt of a subpoena, the psychologist may contact the requesting party and seek the written consent of the patient. As our example here, when it's the patient's own attorney requesting the records of the patient's own psychologist, the written consent will be easily obtained. The patient will sign a release for the records they want as requested through their own attorney by subpoena. The process is different if a party who is opposed to the psychologist's own patient has served the subpoena to make the request, and that will be covered in exceptions in the next article.

In conclusion, a psychologist must obtain the written consent of the patient prior to disclosing confidential information – by releasing patient records or by testifying, even in response to a patient's own attorney's subpoena to the psychologist, whether that be a subpoena issued by a court of law, or an administrative subpoena issued by an administrative tribunal where a legal case is pending involving the patient as a party.

2016 Silent Auction for the Ky Psychological Foundation.

Your generosity has been so important to the success of this event every year. Attendees at the convention look forward to all the items for bid. We ask for your support to continue the activities of the Foundation that are highlighted in the newsletter and will be on display at the convention. Donated items can be sent to the KPA office or contact Cay Shawler for pick up if items. Bring them to the next Board meeting on September 9th as well.

Thank you!!

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- School difficulties or refusal
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- Disruptive behaviors in children
- Coping with trauma
- Substance abuse and smoking cessation
- Educational or occupation problems
- Health and weight management
- Coping with chronic conditions or diseases

Spalding University's School of Professional Psychology is pleased to announce that we are the recipients of a 2.6 million dollar federal grant (\$650,000/year for four years) for **Graduate Student Scholarships for Disadvantaged Students**. The grant will provide significant **tuition assistance for doctoral students in our clinical psychology program**. The award was made possible through a grant from the **Health Resources Services Administration**.
T08HP30220-01-00

We continue to welcome applications from potential students interested in pursuing careers working with underserved populations. Applications are due January 15, 2017 for fall admission. For more information visit: <http://spalding.edu/degree/doctor-of-clinical-psychology/> or call 502-585-7127

Directions

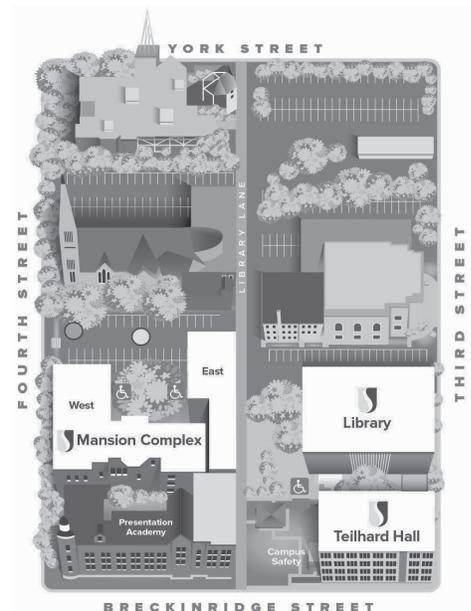
The Center is located on Spalding University's campus in the east wing of the Mansion Complex. Follow either Third or Fourth Street to York Street and then head south on to Library Lane.

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www.apa.org/ed/accreditation 750 First Street, NE
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HIPAA Audits: Phase 2

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



Rather than recreate the wheel, I am borrowing the following announcement from my DPA colleague in California to alert you to the second phase of the HIPAA audits. Please read, because practices small and large could be targets.

We want to alert you to the fact that The Department of Health and Human Services Office for Civil Rights (HHS OCR) recently initiated its "Phase 2" HIPAA audit program. These HIPAA audits are currently underway and could potentially affect you. So, now is a good time to make sure that your practice is HIPAA-compliant.

What we know:

- Any HIPAA-covered provider can be audited by the HHS OCR
- Potential audit targets will be sent a "pre-screening questionnaire"

- Using the pool of potential targets, a smaller group of targets will be randomly selected
- When audits reveal a serious compliance concern, a compliance review may be initiated that could lead to civil fines

What You Can Do to Be Prepared:

Although the chances of actually being audited appear to be relatively low, it is recommended that you review your practice's privacy and security policies and procedures and make any needed updates. This will help you be prepared in case of an audit and will also help ensure the ongoing protection of your clients' confidential health information.

Free resources from APA are available on the KPA website.

Member Highlights

Congratulations to **David Susman, Ph.D.** - named by APAPO Psych Central as one of the "21 Mental Health Doctors & Therapists You Should Be Following on Twitter!" To take Psych Central's advice, follow him @DavidSusman

Congratulations to KPA Member and past KPA Executive Director, **Nancy Gordon Moore, Ph.D., MBA** on her appointment this year as Executive Director for the new APA unit, Strategic Programs

Congratulations to KPA Member **Sheila Schuster, Ph.D.** on being named a 2016 Woman of Distinction by the Center for Women and Families. Dr. Schuster is richly deserving of this prestigious honor.

KPA member and past director of the University of Louisville Center for Mental Health Disparities, **Monnica Williams, Ph.D.** has recently been widely cited in popular media including NPR, Public Radio International, Fortune Magazine, Psychology Today and others, for her work on racial trauma and the link between racial trauma and post traumatic stress disorder.

Congratulations to **Courtney Keim, Ph.D.**, chair of the KPF Psychology in the Workplace Network (PWN), on her appointment to the national APA PWN Steering Committee! According to APA's announcement, Dr. Keim was selected in part for her research focus (at Bellarmine University) on organizational wellness with an emphasis on stress in the workplace, job insecurity and personality. Under Dr. Keim's leadership at the state level, we recently celebrated Passport Health Plan in 2016 as Kentucky's first national winner of a Psychologically Healthy Workplace Award.

Congratulations to licensed psychologist and KPA member **James Gedra, Psy.D.** on his appointment as Deputy Commissioner of the Department for Behavioral Health, Developmental and Intellectual Disabilities, recently announced by the Cabinet for Health and Family Services. Dr. Gedra recently served as a director at Central State Hospital in Louisville where he was responsible for integrating the recovery center's holistic approach across all hospital departments and activities. His background also includes forensic psychology, substance abuse treatment, community-based behavioral health programs, and a background in academia as an assistant professor of psychology at Murray State University and the University of Findlay.

Congratulations to KPA member **Tom Miller, Ph.D., ABPP** on his inclusion in the just-published APA Handbook of Clinical Psychology. Inclusion is by invitation only and provides the membership and our professional community with the most current theoretical, applied and research in psychological practice and science.

2017 Featured Workshops

The KPA CE Program Development Committee is hard at work planning events for the 2017 Calendar year. Here is a glimpse of KPA's featured presentations. Additional workshops will be posted on-line soon!

Featured Presentations:

March 21, 2017 Presented by Janina Fisher, Ph.D.

Transforming Shame and Self Loathing, 6 CE

Shame has an insidious impact on our traumatized clients' ability to find relief and perspective even with good treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. This workshop will introduce participants to understanding shame from a neurobiological perspective that helps clients relate to their shame with greater curiosity, discriminate the cognitive, emotional, and physiological components of shame responses, and transform shame-promoting cognitive schemas

April 28, 2016 Presented by Daniel Taub, Ph.D.

Legal and Ethical Risks and Risk Management in Professional Psychological Practice Sequence VII: Working with Couples and Families, Risk Management with the Suicidal Patient, and Legal and Ethical Issues Presented by Retirement, 6 CE

The times they are a changing. The continued dominance of managed care companies over third party reimbursement and the new uncertainty created by the Affordable Care Act in both the private and public sectors have increased the complexity of the legal and regulatory environment faced by psychologists. In this unpredictable environment, the need to avoid adverse disciplinary events remains an important priority and an active risk management strategy is still an essential element of professional practice.

After a brief introduction describing The Trust's Risk Management Philosophy and Strategy, this workshop will focus on three specific topic areas: working with couples and families, working with potentially suicidal clients, and the ethical and legal challenges of developing a professionally and personally appropriate retirement strategy.

This workshop meets the ethics/risk management requirement of KAR 26:175 and 3 of the 6 hours of suicide training in KRS 210-366.

Interested in joining a KPA or KPF Committee?

Complete the application form at kpa.annual.kpa.org/?page=CommitteeApplication

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CBT FOR DEPRESSION WORKSHOP

When: December 3-4, 2016, 8:15am - 4:00pm

Where: Vanderbilt University
Nashville, TN

Cost: \$600

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Dr. Broder will focus on evidence-based, cognitive behavioral methods to individualize conceptualization, establish the therapeutic relationship, instill hope, and use effective cognitive and behavioral strategies with clients suffering from depression.

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Francine Broder, Psy.D., is an expert faculty member at the Beck Institute where she provides cognitive behavior therapy to clients, presents workshops and other trainings, and conducts consultation for therapists and community organizations.

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KPA Annual Award Winners

Congratulations to KPA's 2015 Annual Award Winners!

Hall of Fame Inductees:

Joseph E. Willet, Ph.D.
Robert Sivley, Sr., Ph.D.

Distinguished Career in Psychology

Michael Nichols, Ph.D.

Psychologist of the Year

Felicia Smith, Ph.D.

Distinguished Public Service Award

Senator Julie Raque Adams
Senator Morgan McGarvey

Schuster Advocacy Award

Joseph Edwards, Psy.D.

Multicultural Student Professional Development Award:

Adriana Pena
Roberto Abreu

Psychologically Health Workplace Honorable Mention

Republic Bank

KPA Awards Sponsored by the Kentucky Psychological Foundation



KPF Disaster Resource Network

By Virginia S. Frazier, Psy.D., HSP, KY DRN Coordinator



After I drop my children off at school and settle into my office, I field emails from members of the American Psychological Association's Disaster Resource Network (DRN) advisory committee. Others started before me, coordinating with the American Red Cross (ARC), to gather resources to support the growing number of individuals, including members of the Louisiana Psychological Association's DRN, affected by the rising flood waters. An "all hands on deck" alert was sounded. Members from the DRN and ARC from all over the U.S. continue deploying to the area. Today, this is our focus. Another day it was responding to an act of violence; or contaminated drinking water. As an APA practice directorate, we strive to provide accurate information and critical emotional support to mitigate the impact of disaster.

Psychologists who volunteer with the DRN receive specialized training to work in the community with individuals, families, and first responders who experience the physical and emotional disruption associated with natural and/or man-made disasters. The continuum of involvement within disaster work is flexible and varied. Some members teach courses on disaster mental health, provide public education, and/or serve as referrals for those affected. Other members may deploy directly to affected areas, providing their professional skills on the site of a distressing local or national event. Volunteering requires flexibility, patience, and resilience under stressful working conditions; and to recognize one has the capacity and the skill to deal with often tragic circumstances.

To become involved with disaster, crisis management, and preparedness activities in Kentucky, volunteers may train and participate in multiple capacities. The American Red Cross holds a memorandum of understanding with the

American Psychological Association to train independently licensed psychologists in Disaster Mental Health (DMH) for local and national projects, providing services by phone/internet with a Disaster Action Team (DAT), and/or administering Psychological First Aid and crisis intervention in various types of areas with urgent need. Additionally, The Kentucky Community Crisis Response Board (KCCRB) trains rapid response teams of volunteer responders to deliver crisis intervention and disaster behavioral health services in the aftermath of crisis and disaster.

Both organizations provide invaluable services and effective support to those impacted by man-made and natural disasters. To join your Kentucky Psychological Association DRN program, please contact Ginny Frazier, PsyD, at virginiasfrazier@gmail.com.

The American Psychological Association's Disaster Resource Network (DRN) is a network of state and provincial psychological association disaster programs. These programs are comprised of licensed psychologist volunteers who help individuals and communities prepare, respond and recover from disaster. Approximately 2,500 psychologists participate in the program from across the U.S. and Canada.

The DRN supports APA's mission to apply psychological knowledge to benefit society and improve people's lives.

Save The Date!

The 2017 Spring Academic Conference will take place on Saturday, April 1st at Spalding University.
Sponsored by the School of Professional Psychology

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August 1, 2015 – July 31, 2016

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KPF Public Education Committee Defends Psychology

By Jennifer Price, Ph.D., KPF Public Education Campaign Committee Chair



The KPF Public Education Committee recently published an op-ed in the *Lexington Herald Leader* about the effectiveness of psychotherapy and the importance of careful regulation of its providers. Primarily authored by psychologists **Dr. Eric Russ, Dr. Brigid Kleinman, and Dr. Brian Belva**, the article details key scientific findings about how psychotherapy improves mental health and quality of life as well as how psychological testing is critical for accurate diagnosis and treatment planning. The op-ed was lauded by many local mental

health professionals and was distributed nationwide via the American Psychological Association Public Education Campaign Committee network.

As **Dr. Thomas Miller** indicated in his response to the op-ed, the article “clearly provides the public with an accurate understanding of the recognized benefits of the licensed professionals who provide well established psychotherapeutic intervention to the benefit of mental health and wellness of persons in our society.” Sophie Bethune, Director of Public Relations and Special Projects for the

American Psychological Association Practice Organization responded as well by saying, “This is an excellent piece that outlines the value of psychology in clear plain language. It also educates the public on the role of the licensing board in protecting the public.”

The KPF Public Education Committee intends to continue this type of advocacy by publishing additional articles. *-continued on page 27*

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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

Summary of the KPF 2016 Spring Academic Conference, Georgetown College, Kentucky

By Steve Katsikas, Ph.D., SAC Chair



The annual 2016 KPF Spring Academic Conference (SAC) was held on Saturday, April 2nd at the beautiful Georgetown College campus in Georgetown Kentucky. The SAC gives undergraduate and graduate students from across the Commonwealth an opportunity to share their scholarship, dialogue with peers and faculty, and learn about graduate school and careers in psychology. This year’s conference included students and/or faculty from 16 Kentucky Schools (plus Xavier from Ohio). Nearly 200 attendees enjoyed the one-day conference, which carried the theme: “Psychology for a Diverse World.”

Dr. Danelle Stevens-Watkins, from the University of Kentucky, provided a stimulating workshop on the necessity and challenges of conducting research with underrepresented individuals in forensic settings. Additional workshops included: “Negotiating Your First Salary”; “Getting Into and Succeeding in Graduate School”; and “Problem-Based Learning: Strategies for Faculty.”

One of the highlights of the conference, as always, was the Psych Bowl competition. Perennial juggernauts Bellarmine University and Thomas More College faced off in the final round for the ninth straight year! Bellarmine won the competition for the 5th year in a row. There were 24 Graduate Division posters and 49 Undergraduate Division posters entered in the poster competition this year - all competing for cash prizes totaling \$900. Graduate poster winners were **Cassie Studler, Cassandra Walter, Richard Osbaldiston, Ph.D. (Eastern Kentucky University)** for “Effectiveness of Employee Wellness Programs in the Workplace,” and 2nd place went to **Christine A. Lee, Richard Milich**,

-continued on page 27

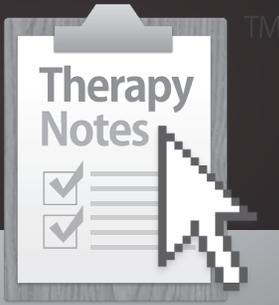
UPDATE FROM THE KENTUCKY PSYCHOLOGICAL FOUNDATION *By Cay Shawler, M.S.*

The Kentucky Psychological Foundation continues to work on bringing psychology to the public. The Foundation supports five committees, Diversity, Public Education, Psychology in the Workplace, Disaster Resource Network and the Spring Academic Conference. KPF’s newest Board member is **McRae Stephenson**. Ms. Stephenson, an attorney who has worked with other Foundations, brings the needed knowledge and connections for the Foundation to move forward financially.

Here are a few recent highlights of activities by The Board and committees.

- Our second publication for children and caregivers has been distributed across the state. It is entitled, “Hello Tomorrow” with an emphasis on kindergarten readiness. A team of child psychologists added their ideas for mental health information. (A copy will be on display at the November Convention.)
- The **Disaster Resource Network** committee distributed information on “Talking With Children” after the Orlando shootings. Hopefully you have accessed these links for information and used them in your community or practice.
- Two informational articles were published in the Opinion-Editorial sections of the *Courier Journal* (on understanding transgender) and in the *Lexington Herald* information on the benefits of psychological assessment and psychotherapy).
- The Foundation participated in **KyGives Day 2016**. Thanks to all those who donated. We plan to continue this effort.
- We are pursuing grant opportunities to fund staff time to develop a separate KPF website to include multiple resources to benefit the public.

There will be a table at the 2016 Annual Convention with more information and updates on activities. Thank you for your support as we work to promote a psychologically healthy Kentucky!



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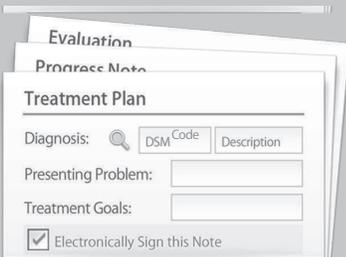
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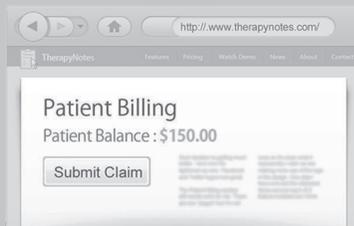
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Elizabeth Lorch, Steven W. Evans, Kate Flory, Julie Sarno Owens, & Lee Van Horn (University of Kentucky) for “Inferences as mediators between ADHD symptoms and social outcomes.” Undergraduate poster winners were **Nicholas Gregorich, Cory Moore, Jana Hackathorn, Ph.D. (Murray State University)** for “Stressed the F@&\$ Out: The Relationship Between Profanity and Anxiety” and, tied for 2nd place were: **Hunter Gatewood, Jennifer Price, Ph.D. (Georgetown College)** for “The Divide Between Implicit and Explicit Transphobia: An Examination of the Role That Gender Role Beliefs Have on Levels of Transphobia,” and **Sydney Henderson, Wendy Williams, Ph.D. (Berea College)** for “Don’t Forget the Condoms: The Effects of Delivery and Social Norms in Prevention Programs on Healthy Sexual Behaviors.” The winners of the Graduate and Undergraduate Mentor Awards were **Dan Florell, Ph.D.** from Eastern Kentucky University and **Bethany Schneider Jurs, Ph.D.** from Transylvania University.

The Spring Academic Conference represents a terrific tradition for KPF/KPA, and serves to meet the needs of students and academic members in the diverse association. The SAC remains one

of the largest academic conferences hosted by a state association in the country. Special kudos goes to the KPA staff and the committee who helped plan and execute the conference:

- Pam Cartor, Ph.D. (Bellarmine University)
- Norah Chapman, Ph.D. (Spalding University)
- Megan Church-Nally, Ph.D. (Bellarmine University)
- Janet Dean, Ph.D. (Asbury University)
- Gina De Arth-Pendley, Ph.D. (Midway University)
- Courtney Keim, Ph.D. (Bellarmine University)
- Sally Kuhlenschmidt, Ph.D. (Western Kentucky University)
- Edie McClellan, Ph.D. (Midway University)
- Melinda Moore, Ph.D. (Eastern Kentucky University)
- David Olson, Ph.D. (Morehead State University)
- Jennifer Price, Ph.D. - Chair (Georgetown College)
- Jeff Reese, Ph.D. (University of Kentucky)
- Gregory Smith, Ph.D. (University of Kentucky)
- Lisa Willner, Ph.D. (Bellarmine University)

Additionally, the conference would not have been possible without the generous support of the following sponsors: Georgetown College, University of the Cumberlands, Spalding University, Murray State University, and Foundation for a Healthy Kentucky.

continued from page 25

tional articles outlining the effectiveness of psychotherapy for specific mental illnesses and by continuing to offer educational talks on mental health related topics to the community. If you are interested in scheduling a talk for a local agency or community group, please contact the Public Education Committee chair, at Jennifer.Price@georgetowncollege.edu. Also, stay aware of our events through our Facebook page at [www.facebook.com/KYPsychological-Foundation/](https://www.facebook.com/KYPsychologicalFoundation/).

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Louisville, KY

The Kentucky **Psychologist**

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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 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.
- **Free Practice Consultations...** with KPA's Director of Professional Affairs, Dr. Laurie Grimes.

- **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.
- **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 member highlights.
- **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 or email 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 listservs, 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

