

The Kentucky Psychologist

FALL 2022

Inside:

- Connection and Community
- 2022 KPA & KPF Annual Convention
- KPA retreat Update - Together We Will Go Far
- Overcoming Helplessness when the Next Pandemic is Mental illness
- Advocacy For You, By You
- Assessing Leadership Potential
- Kentucky Psychological Foundation News
- Legislative Committee Update: Celebrating victories & looking ahead
- 2022 Legislative Session Update
- VERY IMPORTANT UPCOMING ELECTIONS... TIME TO GET INVOLVED!!
- Three reasons to contribute to the KPA-PAC NOW
- Ethical Psychological Practice in the Time of Anti-Trans Legislation

On the Web:

- Complete Convention Information & Registration
- Continuing Education Offerings
- Exclusive Member Benefits
 - Practice Resources
 - Practice Consultations
 - Ethics Consultations
- KPA Classifieds



KENTUCKY
PSYCHOLOGICAL
ASSOCIATION

PROMOTING PSYCHOLOGY AS A
SCIENCE AND A PROFESSION
TOWARD IMPROVING PEOPLE'S
LIVES

A Note From the Executive Director

Eric Russ, Ph.D. KPA & KPF Executive Director



*“We have an unknown distance yet to run,
an unknown river to explore.*

*What falls there are, we know not;
what rocks beset the channel, we know not;
what walls rise over the river, we know not.”*

- John Wesley Powell

I am writing this while at the end of a course of COVID that has been going through our house the past two weeks and reflecting on how we had hoped for a more stable year. Instead, we find ourselves impacted by new variants, continued changes in healthcare and responding to renewed political assaults on civil rights. These are not small challenges we face as citizens and psychologists. KPA is here to support you, amplify your advocacy voice and connect you with your professional community.

Navigating this uncertainty and working to meet the growing needs of our members and community has been a priority for myself and your Board. I am particularly appreciative of the outreach work Dr. Buehner has led with the communications committee. We had our most successful public facing webinar yet on addressing the increase in student-athlete suicide! KPA will continue this increased outreach work. In his column, Dr. Kniffley describes plans we developed at our annual leadership retreat to address challenges in our field and our community. This was our first in person retreat in 3 years and the passion and excitement was truly energizing.

In addition to the work you'll be reading about in other parts of this newsletter, we have been working on several fronts to continue to enhance your KPA experience. First, we will have a new membership

model for 2023. We're working out the final details but we're including more member benefits and the opportunity to get CEs with some membership models. Second, our Continuing Education committee held a retreat to discuss planning for the future. We're committed to continuing host top tier speakers through both in person CEs and an expanded webinar and home study program. Third, our Foundation arm is working to expand grant supported activities to support our community. The first of these is the money we're raising to launch a Community Mental Health Fund. This will allow us to support patients who need direct financial support to afford psychotherapy. I'm excited about the opportunities these programs will create and hope you will help support this work! Finally, I'm really looking forward to connecting at Convention. Last year at this time I was rewriting my newsletter article again to express my disappointment at a fully virtual convention. This year I expect we'll be able to have our first truly Hybrid convention. We have some excellent programming highlighted in Dr. Uqdaq's column and I also wanted to highlight the 90th Anniversary celebration we'll be having Friday evening November 11th. I am looking forward to joining you all in person in celebration of all we have overcome and accomplished these past 90 years! ▣

2022 KPA & KPF Annual Convention

Aesha L. Uqdah, Psy.D., HSP - Convention Committee Chair



The 2022 KPA convention will be held November 10-12 at the Seelbach Hotel in Louisville, KY. The planning committee is excited to welcome you back to an in-person convention; there will be a virtual track for attendees as well.

This year's convention theme is: "Psychology in a Post*-Pandemic World: Managing Loss, Maintaining Hope, and Finding Meaning." Join us for 3 days and 3 learning tracks that focus on moving forward during an ongoing pandemic and how we can continue to best serve our communities and help heal one another. As always, there will be opportunities to fulfill domestic violence, suicide prevention, ethics, and advanced supervision CE requirements. Other session topics will include managing money in private practice, cross cultural competency, psychological assessments, advancing DEI, indigenous healing, and advocacy work in our profession.

The convention will feature keynote sessions by Dr. Monnica Williams and Dr. Heather Servaty-Seib, Dr. Brian McNeil among many many others! We will have a networking reception showcasing the Leadership Academy, we're bringing back the raffle, and will have an brand new virtual 5K! Friday's lunch will include a presentation by the Young Authors Greenhouse, about writing as a coping strategy.

Our spotlight event is in celebration of KPA's 90th birthday! Join us for a 90s-themed dinner and celebration on Friday evening. Dress the part and wear your favorite 90s era gear! Tickets include dinner, dancing, a souvenir gift, and a chance to win a special raffle! Register at the link below—we hope to see you there!

Register by visiting the KPA homepage www.kpa.org. ▣



KENTUCKY PSYCHOLOGICAL ASSOCIATION

PROMOTING PSYCHOLOGY AS A
SCIENCE AND A PROFESSION
TOWARD IMPROVING PEOPLE'S
LIVES

KPA Board of Directors 2022

OFFICERS

President

Steven Kniffley, Jr., Psy.D.

President-Elect

Patti Weiter, Psy.D.

Past-President

Rachel Buehner, Ph.D.

Secretary

Sunnye Mayes, Ph.D.

Treasurer

Pam Cartor, Ph.D.

REPRESENTATIVES

Appalachian Region

Shari Kidwell, Ph.D.

Bluegrass Region

Bill Stoops, Ph.D.

Ohio River Region

Mariya Leyderman, Psy.D.

Western-Central Region

Maggie Sergeant, Ph.D.

Academic Rep

Rachel Messer, Ph.D.

Masters Rep

Sara Nolan, M.A.

Early Career Psychologist Rep

Amy Taylor, Psy.D.

Child & Adolescent

Section Rep

Courtney Smith, Ph.D.

Clinical Section Rep

Alexandria Pruitt, Psy.D.

Diversity Interest

Section Rep

Clinton Nowicke, Psy.D.

Education & Training

Section Rep

Lali McCubbin, Ph.D.

Health Psychology Rep

Abbie Beacham, Ph.D.

Rural Practice

Don Rogers, M.A.

APA Council Rep

Felicia Smith, Ph.D.

KPAGS Rep

Demi Zoeller, M.A.

At-Large Reps

Aesha Uqdah, Psy.D.

Kayla Veasey, Psy.D.

COMMITTEE CHAIRS

CE-Review

Matt Gilbert, Psy.D.

CE- Program Development

Scott Salathe, Psy.D.

Communications

Rachel Buehner, Ph.D.

2022 Convention

Aesha Uqdah, Psy.D.

Early Career Psychologist

Amy Taylor, Psy.D.

Ethics

Joel Goodrich, Psy.D.

Finance

Pam Cartor, Ph.D.

Legislative Advisory Team

Georgeann Brown, Ph.D.

Membership

A.J. Steele, Psy.D.

Public Issue Response Committee

Rachel Buehner, Ph.D.

KPA-PAC

Felicia D. Smith, Ph.D.

Joseph F. Edwards, Psy.D.

CONSULTANTS, TASK FORCES, WORK GROUPS, ETC.

Federal Advocacy Coordinator

Bill Stoops, Ph.D.

Newsletter Editor

Christ Dewhurst, Psy.D.

CENTRAL OFFICE

Executive Director

Eric Russ, Ph.D.

Director of Professional Affairs

Karen Graves, Ph.D.

KPA Legislative Agent

Sheila Schuster, Ph.D.

Office Manager

Sarah Burress

Marketing & Membership

Coordinator

Samm Ownby

Administrative Assistant

Laura Wittenberg

Chief Morale Officer

Zizou Ownby

KPA retreat Update - Together We Will Go Far

Steven Kniffley, Jr., Psy.D. - KPA President



There is an African proverb that says “if you want to go fast, go alone, but if you want to go far, go together.” From the beginning of 2022, your KPA leadership team has been committed to innovative, courageous, transformational, and committed leadership that will help us go far together as an organization. Your KPA leadership team met on June 10th and 11th 2022 to engage in board and professional development as well as to strategically outline transformative programming for KPA membership and the greater Kentucky Commonwealth. *These programmatic efforts focused on creating a sustainable pipeline of future Kentucky psychologists as well as supporting folks related to gender identity, educators, and correctional officers within the criminal justice system.* Specifically, seven of the projects came out of the leadership team’s discussions:

Fostering interest in psychology among high school students by creating a guest speaker series for Kentucky High schools

Educating college students about career pathways in psychology through the development of an interactive psychology career roadmap tool

Support psychology graduate students by creating an educational platform on the KPA website that includes micro-credentialing

webinars on topics such as student loans, loan forgiveness, getting an LPA, and networking

Promote diversity among early career psychologists by creating leadership development opportunities, such as a KY Minority Fellowship Program, and programming for historically marginalized individuals

Advocate for individuals with historically marginalized gender identities through supportive programming and collaborative partnerships

Honor the experience of Kentucky’s educators by providing impactful programming to address teacher burnout

Equip correctional officers with the tools and services needed to prevent burnout and mental health challenges

The KPA leadership team will not be able to accomplish these tasks alone. WE NEED YOU! If you are interested in working on any of these projects, please contact me at skniffley01@spalding.edu. Together we will go far and will create a space of innovation, collaboration, and support for Kentucky’s psychologists and the greater Commonwealth. ▣

CALL FOR KPA COMMITTEE MEMBERS

Among the many ways, you can get involved with KPA is to serve on a committee. We’re currently looking for members interested in the following opportunities for 2023.

- 2023 CONVENTION COMMITTEE
- CE PROGRAM DEVELOPMENT
- CE PROGRAM REVIEW COMMITTEE
- DIVERSITY AND INCLUSION
- EARLY CAREER PSYCHOLOGISTS
- COMMUNICATIONS COMMITTEE



FOR MORE INFORMATION ABOUT KPA’S COMMITTEES SCAN QR CODE OR EMAIL DR. ERIC RUSS AT ERIC.RUSS@KPA.ORG

Overcoming Helplessness when the Next Pandemic is Mental illness

Rachel E. Buehner, Ph.D., M.Ed. - Past KPA President



Between constant newsflashes on phones, social media blitzes during seemingly daily crises, and chronic cycles of worrisome news, the headlines “[The Next Pandemic: Mental Illness](#)” or “[Children’s Mental Health is in Crisis](#)” can leave us feeling potentially helpless to meet all the needs of all the hurting. While there are many professionals and researchers seeking to answer the call, the fact remains that caseloads are full, and mental health providers are tired. With so much bad news happening, and so much worrisome information coming at us all at once, it can be overwhelming to be hopeful or to feel that we can in fact make a difference.

As psychology providers, researchers, students, and professionals, we may have access to certain tools that we’ve learned about in our training and education which can help us to be part of solutions and ultimately help this country to heal.

First, we know things about resilience, and trauma, and how to recognize and respond to any number of issues with which people might be grappling! As the country (and world) comes to grips with just how harrowing the last few years have been, psychology professionals are ahead of the game in realizing that all of that stress has to go somewhere. It may be useful to be extra prepared to share your knowledge, refer friends and families for therapy, and to get those conversations about how symptoms develop and get addressed effectively, to manage this apparent second pandemic of mental illness. Share what you know! On

social media (please tag KPA!)... With friends and families who are trying to understand why they feel so differently... Share what you know. Do you have something to impart to your church about psychology or mental health? Write that update in the weekly bulletin and share what you know! While we likely have all encountered people who want to talk to us about psychology once they know we’ve gone to grad school for it, this is a moment in time where our collective expertise can save lives. If you have an opportunity to help people understand what’s happening, act on that instinct. You are needed more than ever!

Many school districts, especially those who cannot afford onsite counselors or psychologists, have recognized that educating students about mental health can help children understand mental well-being. In many counties, counselors visit classes to discuss bullying, anxiety, sadness, loneliness, and all manner of topics relevant to students. At the same time, social media has given children and adolescents a whole new outlet for seeing how others live, suffer, heal, and deal, for better or worse. More people are talking about mental health. Encourage your clients, children, and adults, to keep having those conversations around their own kitchen tables, break rooms, churches, etc. Just as we all had to mask up and collectively (for the most part) work together to get through waves of COVID, so too we are tasked with sharing knowledge, working together, and going above and beyond to make sure those around us are safe.

As rates of [social anxiety have increased](#) in recent years as a function of many feeling unprepared to cope in a post-pandemic world, it is increasingly important to encourage our clients, students, and those we hold dear to connect. Keep making those check-in phone calls to those friends from whom you haven’t heard in a while. Find your groups and try to lean into the spaces, places, and faces that make you feel like YOU. Foster efforts in

your clients, students, and those in your personal life to maintain bonds, even if social distancing is necessary or Zoom or text are the best you can do. Don’t forget, too, that taking breaks from the news, social media, and the pain which abounds is also more useful and necessary than ever. Even as the world continues to face unprecedented stressors, we as psychology professionals are undeniably well-positioned to help bring light and promote healing. *Do not go gently into that good night.* Take all that you know and share it. And thank you for all the great work that you do. ▣

A promotional graphic for the Whova virtual platform. It features a laptop with a large QR code on its screen. To the right of the laptop, the word "Whova" is written in a large, blue, cursive font. Below the logo, there is a block of text in a bold, black, sans-serif font. The text reads: "Scan the QR Code to learn more about the virtual platform Whova. You will need this app to access your schedule, network with attendees, visit sponsor booths & attend virtual workshops!"

Scan the QR Code to learn more about the virtual platform Whova. You will need this app to access your schedule, network with attendees, visit sponsor booths & attend virtual workshops!

Advocacy For You, By You

Karen Graves, Ph.D. Director of Professional Affairs



An Overlooked 'Pillar' of Psychological Practice?

According to the KPA website, KPA's Vision Statement is "To be a diverse and inclusive organization at the forefront of psychological practice, science, and advocacy to improve the quality of people's lives." These are three pillars that most psychologists can readily embrace: the practical application of theory in work with clients, scientifically-based theories and practices that explain growth, learning, resilience, and mental health (at minimum), and advocacy for principles and legislation that support the effective practice of psychology.

But to what extent are psychologists today actively engaging in the third pillar – that of advocacy? As psychologists, we spend our time supporting change in the individuals and families we meet in our practices and our classrooms. How often do we go beyond these office encounters to attempt to impact their lives on a grander scale?

The Association as a group has developed a strong voice in Frankfort on issues of practice and regulation, inclusion of mental health services in health care reform, and advocacy for services for the mentally ill. KPA has played a leadership role in developing coalitions with other professions, agencies, and advocates to provide greater coordination of services and public education on mental health issues. <https://kpa.memberclicks.net/why-advocacy-is-important> To learn more about advocacy at KPA go to this [link](#).

What has been your role in their efforts?

There's so much going on. Do I need to get involved now?

Anneliese Singh, Ph.D. said, "I think for psychologists and other mental health professionals, it is imperative for us to prioritize advocacy in our work ... Now is the time we need all hands on deck." Dr Singh is professor of social work at Tulane University, specializing in racial justice and in the resilience of sexual and gender minorities and trans people of color.

According to Megan Mooney, Ph.D. (a licensed psychologist in Texas who works with LGBTQ+ youth), "We have to recognize that the political is professional. Our jobs as psychologists can and should include more than just providing individual therapy, teaching in a lecture hall, or conducting research in a lab ... We are part of a profession that is rooted in science, and we have a duty to share that science with others, not just inform our own work with it." (For more details on the work of these advocates, read [Advocating for Transgender and Nonbinary Youth](#).)

But do these efforts really impact me as a psychologist in Kentucky?

- Have you ever griped about dealing with insurance companies?
- Are you interested in equitable reimbursement for telehealth services?
- Do you think licensed mental health practitioners should be able to use Conversion Therapy?
- Do you think health insurance companies should have to

provide mental health benefits equal to physical health benefits?

- Are you concerned that you may be at risk of censure if you support parents of minors who are considering transitioning?

If you answered "yes" to any of the above, it is likely that your daily practice is, in fact, impacted by advocacy and legislation at the local, state, and national levels. And, if you as a psychologist do not actively use your voice in the legislative process, the practice of psychology and healthcare legislation will be shaped by people unrelated to the profession. And, really, who understands the issues that you're passionate about better than YOU?

Keep in mind: if your policymakers don't hear your voice, whose voice will they hear?

I'm not sure how to be more involved in advocacy in Kentucky

Sheila Schuster, Ph.D., a licensed psychologist and Executive Director of the Advocacy Action Network has stated, "Legislative advocacy – changing public policy to improve people's lives – is important for health and mental health professionals, consumers, family members, and advocates." In her webinar [Effective Advocacy - Every Voice Counts!](#) Dr. Schuster defined Advocacy as "education with passion" clarifying that an advocate is anyone who has a passion for an issue or group of people and is willing to use their voice and act on that passion.

Dr. Schuster encourages would-be advocates to join coalitions that support your cause or at minimum find a mentor who can help you understand the legislative process and steps of advocacy:

- Understanding the process of policy-making (consider taking her [webinar!](#))
- Identifying the policy makers relevant to your cause and region
- Specifying your short and long-term goals in advocacy efforts
- Know your time frames for action
- Engaging others in the fight
- Preparing for the defense of your cause, as well as preparing a strong offense
- Be prepared for the long haul: build relationships, build relationships, build relationships

Where and how can I contribute?

As a well-informed constituent, YOU can influence your elected officials by reaching out to them, reminding them that you vote, and informing them of your opinions and concerns. Perhaps more importantly, as a knowledgeable and committed psychologist, YOU have a unique opportunity to be an effective advocate for others. Here are some places to start:

- **KPA's Annual Psychology Day at the Capitol:** Allows legislators to put a face to our profession and helps

them understand the depth, breadth, and value of our expertise. Volunteers needed to plan and attend the event. https://kpa.memberclicks.net/index.php?option=com_jevents

- **KPA's Political Action Committee:** Contributions of any amount are accepted and are used to support issues important to the practice of psychology with both political parties.
- **KPA Legislative Committee (LC):** A small committee selected from KPA leadership and tasked with monitoring state legislative activity during Kentucky's General Assembly.
- **KPA's Director of Professional Affairs (DPA):** A member

benefit that provides advocacy support as well as direct access to APA resources.

- **Federal Advocacy Coordinator:** KPA's representative to this APA-sponsored group that provides important information on federal legislative activity and advocacy.
- **Support the Communication Committee** in their work educating the public about psychology

Bottom line: If you want to become involved in advocacy and make your voice heard, make connections. Connect with like-minded people in your community and state. Nourish connections with policy-makers. Generate strategies to attract more people to work with you on your cause. And reach out to us at www.kpa.org for more information. ▣

Disability Determination Services

We are looking for clinicians to perform Consultative Examinations.

- One time exam in your office or geographical area
- No treatment involved
- Flexible hours, minimum of 20 hours
- Part to full-time hours, including optional weekends
- Prompt payment



If interested, please Chris Simpson at Chris.D.Simpson@SSA.GOV

FRIDAY, DECEMBER 2, 2022

1:00 – 3:00 PM EST
LIVE INTERACTIVE WEBINAR

POLARIZATION IN INTIMATE AND CIVIC LIFE, 2 CE

PRESENTED BY BILL DOHERTY, PH.D.

During this time of extreme polarization in the country, loyalties to different political tribes create tensions, as do different ways of coping with this stressful environment. Political stress has destroyed friendships and invaded couple and relationships. This is new territory for therapists, and of course we are dealing with our own distress about what's going on the country. The presenter will offer clinical strategies for helping clients deal with relationship struggles complicated by politics, along with examples of how he has applied couples therapy strategies to create community interventions to reduce polarization, via the nonprofit Braver Angels.



SCAN TO REGISTER



Assessing Leadership Potential

Patti Weiter, Psy.D. - President-Elect



Since onboarding to my new role within the Veterans Health Administration, I have been deeply immersing myself in the literature surrounding leadership development and spotting high potential. My position is as a Talent Management Psychologist within the Healthcare Leadership Talent Institute. My hope with this article is to share some information about how you might reflect on your own leadership potential or ways to cultivate this within those around you. Most of my reading has centered on the work of Allan Church & Robert Silzer. They developed a Leadership Potential Blueprint utilized at PepsiCo. This model breaks down factors of potential that might be assessed through various means (i.e. retrieving 360 feedback and assessments of personality, cognition, and learning agility). They posit some dimensions of leadership potential can be augmented through coaching, experiences, education, and activities. These are tied to specific career competency areas and technical skills. Another layer of the leadership dimension focuses on growth - the ability and motivation to learn. Through focused engagement with individuals, these areas remain somewhat malleable. The foundational dimension of their blueprint, however, is more static. Findings related to personality and cognitive capabilities are best addressed through finding ways to leverage strengths and mitigate potential risks - through work around behaviors or an enhanced team surrounding a leader. Building the self-awareness surrounding these traits is key. (Silzer & Church, 2009). Another aspect of my learning has been focused on what we know about what makes a great leader. Taking an evolutionary view of leadership allows us to see how we've arrived at the schemas we hold around a "leader." Leadership has been cultivated from the early days of hunter-gatherer groups, which were smaller, more informal, and egalitarian through the expansion of the human population and the Industrial Revolution, which have led us to a more formal, hierarchical leadership structure (Van Vugt, Hogan, & Kaiser, 2008). Evidence points to people who are more adjusted, sociable, ambitious, and curious to become leaders (Judge, Bono, Ilies, & Gerhardt, 2002) ... but are they any good at it? The best leaders typically show high levels of integrity, emotional intelligence, and humility, as well. As we move in an ever-evolving landscape of "work," psychologists play a key role in using our skills. Whether you hold a formal leadership title, are an informal leader in your work environment, or get involved in leadership development - think about the ways we can cast aside the stereotypes of leaders and reimagine ways for collective action to allow innovation. You may find this aspect of work - improving leader models - can propel process improvement and effectiveness of the outcomes we bring to our clients.

R, Kaiser RB. Leadership, followership, and evolution: Some lessons from the past. *Am Psychol.* 2008 Apr;63(3):182-96. ▫

NOMINATIONS ARE OPEN FOR OUR 2022 KPA AWARDS!

Join us in celebrating the contributions and achievements of our distinguished colleagues by nominating them for one of KPA's prestigious awards:

- Hall of Fame
- Distinguished Career in Psychology
- Psychologist of the Year
- Jack Runyon APA Citizen Psychologist
- Researcher of the Year

SCAN TO NOMINATE!



References: Judge TA, Bono JE, Ilies R, Gerhardt MW. Personality and leadership: a qualitative and quantitative review. *J Appl Psychol.* 2002 Aug;87(4):765-80. Silzer, R. & Church, A. (2009). The Pearls and Perils of Identifying Potential. *Industrial and Organizational Psychology.* 2. 377-412. Van Vugt M, Hogan

Kentucky Psychological Foundation News

Courtney Keim, Ph.D. - KPF President



The Kentucky Psychological Foundation has been active and working hard over the past year to achieve our goal to promote healthy and meaningful lives across Kentucky.

Two of the biggest recent initiatives are 1) getting guidance and consulting from Leadership Louisville and 2) undergoing a strategic planning process at our annual retreat. KPF was chosen by Leadership Louisville's Encore team to receive free consulting, a service provided to Louisville nonprofits. Dr. Eric Russ (KPF Executive Director) and Dr. Courtney Keim (KPF President) met multiple times with the Encore team in early 2022. The Encore team asked clarifying questions about KPF's bylaws, mission, vision, and values, and suggested that KPF engage in a strategic planning process to solidify future directions.

Therefore, the KPF retreat in June of 2022 engaged in that process, where the Board confirmed our vision (*To have all Kentuckians, especially underserved groups, have access to psychological expertise, resources, and clinical services from a diverse group of psychologists*), mission (*Using the science of psychology to support the mental health and wellbeing of Kentuckians through social activism, community engagement, and education*), and values (*Psychological Science, Social Engagement, Integrity, Care and Compassion, Health and Well-Being in the whole population, Diversity, Equity, Inclusiveness, and Justice, Human Dignity and the Inherent Worth of All*).

We developed future goals to live out those values, including:

- To increase the public's access to mental health providers, to increase the application of psychological science in the community's everyday lives (e.g., schools, workplaces, families)
- To increase the number of psychologists in the state of KY, especially those providing clinical services
- To increase the diversity of psychologists in the state
- To increase brand visibility of KPF, and
- To enhance the dissemination of mental health resources to community members.

Each of the example initiatives below shows how we are living out each of KPF's values.

Promoting Equity and Inclusiveness

Laura Wittenberg, the Administrative Assistant in the KPA/KPF office, is organizing KPF's newest initiative, the Community Mental Healthcare Fund. This project is designed to connect Kentuckians directly to a licensed qualified mental healthcare practitioner and provide direct cash assistance to subsidize partial costs associated with a therapeutic treatment plan. Candidates will qualify after answering a short series of questions about their current financial situation and the program will subsidize costs for 22-26 visits of a treatment plan. Program allocations will pay a percentage of the costs associated with care candidates find

Free Ethics Consultations

Have an ethical concern or question?
Request a consultation from the KPA Ethics Committee by completing the Ethics Consult form available by clicking on the Consultations Quick Link on the website.

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

KPA Member Only Services!

visit www.kpa.org for additional information



newvista

We see the good ahead.

Caring professionals serving Central Kentucky since 1966.

- Mental Health
- Substance Use
- Intellectual and Developmental Disability



24-Hour Helpline 1.800.928.8000 | newvista.org

most burdensome, including but not limited to: copays, out-of-pocket deductibles, and costs for providers who do not accept insurance or fall out of the candidates' network.

The overall mental health and wellness of Kentuckians is a vital component in building happier, healthier, and safer communities across Kentucky. By helping citizens access the individualized care that they need we can help community members gain the coping mechanisms, stability, and overall mental well-being they need to interact in a healthy and supportive manner with other community members – directly contributing to happier community interactions and engagement.

This project's pilot will begin connecting those in the Louisville Metro Area with financial assistance first while prioritizing specific neighborhoods in Louisville that have been historically disenfranchised and underserved. We look forward to fundraising for this effort and seeing its impact grow!

Honoring Leadership in Psychology

KPF is happy to announce our new “Future Colleague Award”. These awards will be given annually to undergraduate KPA members interested in applying to graduate school in psychology. The award will go toward graduate school application-related expenses. Criteria for the award include KPA membership (free for undergrads) and interest in applying to psychology graduate programs. We strongly encourage applications from those who represent identities that have historically been excluded from psychology training programs. The amount and number of awards will be based on available funds and announced in advance on an annual basis. Applicants are required to write a short essay on accomplishments, career interests, and specifics on how the funds will be used. The application process will open in early Fall, and awards will be announced by the end of October.

Our undergraduate-graduate student mentorship program is going strong. This program matches undergraduate students with psychology graduate students from across the state to provide support for undergraduate students who are considering or actively applying to graduate programs in psychology. Pursuing a graduate degree can be daunting and we are hopeful that this mentorship program will provide support and networking opportunities to undergraduate students through the application process and beyond. There is no cost for this program. One goal of the mentorship program is to increase the diversity of psychologists in KY by offering individualized support.

Finally, the 2021 Leadership Academy fellows are working to increase access to care, engage KPA membership, and more! We look forward to continuing this program as a key step in increasing the number of psychologists in leadership throughout Kentucky.

Promoting Psychological Research

KPF hosted our first in-person event in March of 2022, the Kentucky Psychological Science Conference (formally called the Spring Academic Conference). The conference theme was: *Building Community Through Psychological Science*. Undergraduate students presented original research projects and proposals, and faculty and students attended networking events to make the best use of the time in person together. Dr. Stephanie Budge offered a workshop on best practices in psychotherapeutic practice with transgender and nonbinary clients. ***The Outstanding Graduate Student Mentor Award was***

given to Hannah Heitz, M.A., the Outstanding Mentor Award Undergraduate Student Division was given to Jennifer Price, Ph.D., and the Outstanding Mentor Award Graduate Student Award went to Amanda Mitchell, Ph.D. Conference attendees played *Psychology Family Feud*, where graduate students were pitted against faculty to guess the most common responses to psychology trivia from undergraduate students. It was a very successful and enjoyable in-person conference!

Encouraging Psychologically Healthy Workplaces

In partnership with the Psychology in the Workplace Collaborative, KPF will be hosting a virtual Executive Leadership Forum this Fall titled, “Building Trust in Uncertain Times”. This half-day forum for executive leaders will combine psychology and business perspectives to explore practical strategies for building trust, communicating effectively, supporting employees, and leading with excellence.

Trust in leadership is important for organizations even in the best of times. It has become increasingly difficult to establish, maintain and rebuild trust during the pandemic, when faced with high levels of uncertainty, staffing and retention problems, remote and hybrid work arrangements, and a politicized health and safety climate.

More details about the forum will be announced closer to the date, tentatively scheduled for October 6, 2022.

Sharing Psychological Resources

The KPF's website now includes a “Roadmap to Behavioral Health”, a “how to” guide on getting started on your mental wellness journey. The roadmap includes links to service providers and resources on types of treatment and how to get started with therapy.

Our website is consistently being updated to offer the public psychological resources, including access to anti-racism and healing trauma resources, COVID resources, and responses to mass shootings or violence. We also have active social media accounts on Instagram, Facebook, and Twitter. Follow along and share!

If these initiatives seem important to you, we encourage you to support The Kentucky Psychological Foundation. If you are interested in serving as a Board member or volunteering in our efforts, please contact Dr. Courtney Keim, KPF President (courtkeim@gmail.com), or Dr. Eric Russ, KPA/KPF Executive Director (eric.russ@kpa.org). If you would like to donate to the Foundation, visit our website www.kentuckypsychologicalfoundation.org and click on DONATE. ▣



SCAN TO DONATE
TODAY!



Legislative Committee Update: Celebrating victories and looking ahead

Georgeann Brown, Ph.D. - Legislative Committee Chair



KPA's Legislative Committee stayed busy during Kentucky's 60-day legislative session (Jan 4th - April 14th). We met weekly with our lobbyist, Dr. Sheila Schuster, every Friday to review current legislation that we were following. Despite some disappointments, we had a successful session in many ways, seeing multiple bipartisan mental health bills pass and reaping the benefits of our advocacy efforts. One such bill was our Psychology Bill, HB 237, Sponsored by Reps. Moser & Willner. This legislation requires 3 of the 39 required CE hours to be related to social & cultural factors; it also allows predoctoral interns to qualify as LPAs for reimbursement purposes, which will improve access to care and promote more training opportunities for graduate students to stay in Kentucky for their training. On July 15th, a few KPA members had an opportunity to attend a bill signing for HB 237 with Governor Beshear (see picture). In the wise words of Dr. Sheila Schuster, it is important to "celebrate every victory, big or small." For more information about which bills we supported that passed, please read the Legislative Update. The Legislative Committee met in May to review the 2022 Legislative session and our process and identify our processes for next year. Last fall, we sent a survey to all KPA members to weigh in on advocacy priorities that are important to you. The KPA Board uses this member feedback, along with information about current needs in our state, to adopt our annual legislative priorities. We also piloted an additional board meeting last year specifically to address legislative priorities before December and review the survey results. This board meeting is already scheduled for this upcoming October. Please look out for another advocacy survey this fall, as your input is important to us. One important advocacy issue that we plan to support

in 2023 is continued funding for the new 988 Suicide and Crisis Lifeline launched in mid-July, 2022. 988 is the new 911 for suicide prevention, mental health, and substance use disorder concerns. If someone is not having a medical emergency and no weapons are present on site, please call 988. In Kentucky, your call to 988 will most likely be answered by the local Community Mental Health Center's Crisis Line operator. While the crisis line currently is operating on federal grant funds and some state funding to get it started, our state will need to allocate funds to make it sustainable and fully staffed. One proposed way to do so is to add a small cellphone monthly fee, similar to how 911 has been funded for years. According to Marcie Timmerman from Mental Health America of Kentucky, "there are currently around 125,000 calls per year to the regional crisis lines. Projections show calls to 988 are expected to double in the first year and could more than triple by 2024," making continued funding a huge priority. In January, the KPA Legislative Committee introduced the weekly Legislative Briefing for all KPA members on Mondays during the legislative session. This served as a tool to keep members up to date on what was happening on legislation that KPA was following, and it also included relevant action alerts. We will continue this for next year. We will also begin planning an in-person Psychology Day this winter at the state Capitol. Please read about the upcoming election in Dr. Schuster's article. In the Legislative update, we have listed the bill sponsors for some of our bills, which is a good indicator of some of our most supportive legislators, those who choose to prioritize mental health in our state. Please help us elect psychology-friendly legislators by giving to the PAC and voting for our supporters. ▫

2022 Legislative Session Update

Eric Russ, Ph.D., Sheila Schuster, Ph.D., and Georgeann Brown, Ph.D.

Thanks to the hard work of our KPA Members and our KPA Advocacy team, we had a tremendous 2022 legislative session. Thank you to every single KPA member who responded to an action alert this session and to all those who attended our virtual KPA Psychology Day. One of the central benefits of your KPA membership is the work that paid KPA staff and volunteer leaders do to work toward a mentally healthy Kentucky. This was a very challenging legislative session and even in that environment, we passed bills that will create more culturally competent psychologists, improve access to psychologists and telehealth services, banned the death penalty for people with Severe Mental Illness, and made several other important changes for Kentuckians with SMI. KPA's lobbyist Dr. Sheila Schuster, President Dr. Steven Kniffley, and Executive Director, Dr. Eric Russ were all able to testify to a number of committees. None of this would be possible without the efforts of our Legislative Committee Chair, Dr. Georgeann Brown, and the rest of our Advocacy Committee (Amanda Merchant, Ph.D., Cay Shawler, M.A., Karen Graves, Ph.D., Pam Cartor, Ph.D., and

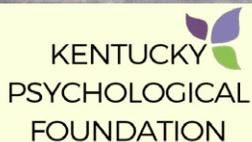
Felicia Smith, Ph.D.) A special thanks to Vanessa Lamoretti, our first KPA Legislative Intern, who provided critical support for Legislative Day and to our committee. Part of our preparation for the 2023 legislative session is to focus on November 8th's General Election – a critical time for our voices to be heard through our votes and our giving to help elect or re-elect psychology-friendly legislators. As psychologists, we can make a major impact through our Political Action Committee (PAC) which identifies candidates supportive of psychology/mental health and makes contributions to support their campaigns. We need your donation NOW to continue this important work! If you're not sure what our PAC does or why we have one, please check out all the info you need here: <http://www.kpapac.org/> [Visit the KPA website for a list of all the mental health bills you helped pass in 2022.](#) Please write a thank you note/e-mail to some of these legislators for helping to pass legislation important to psychologists. Their addresses can be found here: <https://legislature.ky.gov/Legislators/Pages/default.aspx> ▫

KENTUCKY PSYCHOLOGICAL ASSOCIATION &
FOUNDATION
2022 ANNUAL CONVENTION



PSYCHOLOGY IN A POST*-PANDEMIC WORLD:
Managing Loss, Maintaining Hope,
and Finding Meaning

Convention Sponsors



Mental Health
Services, Training,
& Research



To hope and healing.



2022 WORKSHOPS

Thursday, November 10th

8:30 AM

T01. Money Matters in Private Practice: Private Practice Panel Presentation, 3.0 CE - Presented by Amy Greenameyer, Ph.D., Lisa Steelsmith, Psy.D. & Karen Graves, Ph.D.

T02. Psychedelic Medicine: What Psychologists Need to Know, 3.0 CE - Presented by Monnica Williams, Ph.D. This workshop also fulfills the KRS 319 ethics/risk management requirement for psychology professionals.

T03. Psychologists Advocating for the Public Safety Net and Thriving Communities, 3.0 CE - Presented by Sheila Schuster, Ph.D., Georgeann Brown, Ph.D., & Marcie Timmerman

12:00 PM

KPA & KPF AWARDS LUNCHEON

1:45 PM

T04. Psy-Sciences in the 21st Century: Critical and Philosophical Perspectives, 1.5 CE - Presented by Awais Aftab M.D.

T05. Evidence-Based Assessment and Practice in ADHD: Linkage with Research on Phenotype, Theory, Etiology, and Pathways, 3 CE - Presented by Michelle Martel, Ph.D.

T06. Perinatal Mental Health 101: Understanding and Treating Perinatal Mood and Anxiety Disorders, 3.0 CE - Presented by Colby Cohen-Archer, Ph.D. & Joanna Manning, DMA

3:30 PM

T07. Indigenous healing: Sacred Medicine in clinical Settings using sandplay, and creative play therapy, 1.5 CE - Presented by Sonia Luciana, Ph.D.

KBEP - Preparation for Oral Exam - Non Credit

Thursday Evening

KPA EAT & GREET

The Early Career Psychologist Committee invites all Convention attendees to network and mingle with convention speakers and mental health professionals from across the state! Hear from our 2022 Leadership Academy Fellows and join us in a ceremony to welcome our newly licensed psychologists!

We invite you to join us Thursday, November 10th for the reception at 5:00 PM (following your afternoon workshops). Our new licensee ceremony will begin at 5:45 PM. Current KPA ECP Members, stop by the registration desk to pick up a free drink ticket.

We welcome family members (including children) of our guests to attend with you! There will be heavy hors d'oeuvres along with a cash bar.

Friday, November 11th

8:30 AM

F01. Domestic Violence: What Psychologists Don't Know That They Don't Know, 3.0 CE - Presented by Judge Jerry Bowles, JD (ret.) & Kathryn Berla, Ed.D. This workshop fulfills the 3 necessary hours according to the KRS 194A.540 requirement for domestic violence and elder abuse training.

F02. Gratitude and Grief: The Gains and Losses in Life Events, 3.0 CE - Presented by Heather L. Servaty-Seib, Ph.D., HSPP

F03. Trauma-Informed Suicide Assessments for Clinicians Working with Individuals and Families, 6.0 CE - Presented by Laura Frey, Ph.D. This workshop fulfills the KRS 210.366 requirement for suicide prevention training.

12:00 PM

Luncheon: We Can Write Through This with Young Author's Greenhouse Executive Director Jeannette Bahouth

1:45 PM

F03. (cont.) Trauma-Informed Suicide Assessments for Clinicians Working with Individuals and Families, 6.0 CE - Presented by Laura Frey, Ph.D. This workshop fulfills the KRS 210.366 requirement for suicide prevention training.

F04. Collaborative Care for Patients with Treatment Resistant Depression: An Evidence-Based Overview of Psychiatric and Psychological Strategies, 3.0 CE - Presented by Rachel Hershenberg, Ph.D., ABPP

F05. Psychology's Role in Advancing Equity, Diversity, and Inclusion, 3.0 CE - Presented by Vanessa Hintz, Ph.D. This workshop also fulfills the KRS 319 ethics/risk management requirement for psychology professionals.

Friday Evening

KPA IS CELEBRATING 90 YEARS

5:00 pm - Join us for dinner, dancing, and a special program to honor KPA's leadership.

Ticket to include dinner with wine, cash bar, commemorative glass, and a door prize to one lucky winner.

Honored Guests to include Dr. Lisa Willner, Dr. Sheila Schuster, Dr. Katie McBride, Dr. Steve Katsikas, and other members of our KPA and KPF leadership team.

2022 WORKSHOPS

Saturday, November 12th

8:30 AM

S01. The Integrative Developmental Model of Clinical Supervision: Multicultural Approaches to Supervision, 3.0 CE - Presented by Brian McNeill, Ph.D. This workshop fulfills the KRS 319 advanced supervision requirement for KBEP approved supervisors. This workshop also fulfills the KRS 319 ethics/risk management requirement for psychology professionals.

S02. Basic Supervision, 3.0 CE - Presented by Joel Goodrich, Psy.D. This workshop fulfills the KRS 319 basic supervision requirement for KBEP approved supervisors.

S03. Affirming Letter Writing for Transgender and Gender Expansive Individuals, 1.5 CE - Presented by Clinton Nowicke, Psy.D. This workshop fulfills 1.5 out of the 3 hours necessary according to the KRS 319 ethics/risk management requirement for psychology professionals.

10:15 AM

S04. Equitable Protections for Early-Career Psychologists in Kentucky, 1.5 CE - Presented by Edward Wu, Fatma Alboeid

12:00 PM

Annual KPA Membership Meeting: Meet Board Members and Learn About KPA Initiatives

1:45 PM

S05. Pre-surgical psychological assessments: Ethical decision making when collaborating with physicians to improve patient outcomes, 3.0 CE - Presented by Amy Greenameyer, Ph.D., Floyd "Wally" Cole, Ph.D., Clinton Nowicke, Psy.D. This workshop fulfills the KRS 319 ethics/risk management requirement for psychology professionals.

S06. Finding Leadership Opportunities as a Young Professional of Color, 1.5 CE - Presented by Brenda Arellano, M.A.

S07. Neurogenic emotional and behavioral dysregulation: an explanatory neurobiological model, psychology's role, and treatment options, 1.5 CE - Presented by Donald Burton, Ph.D., Leah Brodbeck, M.A.

3:30 PM

S08. Moving from Awareness to Action: Building an Intentionally Anti-Racist and Diversity-Focused Clinical Training Program, 1.5 CE - Presented by Kristi Schultz, Ph.D., Courtney Smith, Ph.D., Jennifer F. Le, M.D.

S09. Treating Comorbid OCD and Depression, 1.5 CE Presented by Brenda Arellano, M.A.

Workshop Track Key

Hybrid Track (in person & virtual)

In-Person Track 1

In-Person Track 2

Important Attendee Information

Whoava Information

Whoava is an online event management platform that offers a comprehensive variety of everything needed to run a convention, such as online workshop space, sponsor pages, discussion groups, etc. All of this can be accessed from computer, phone, or other mobile devices. ALL attendees (in-person & virtual) will need this app to access your schedule, network with attendees, visit sponsor booths & attend virtual workshops! The app is easy to download from your app store and once downloaded you can set up your profile in preparation for Convention. When Convention begins you can then enter into our Convention space in Whoava and attend workshops, connect with people over discussion groups, check out our sponsors, and much more.

Workshop PowerPoints & Handouts

All handouts provided in advance to KPA by presenters will be posted online and available for download.

Special Assistance

If you need special assistance, please let the KPA office know as soon as possible so we may make appropriate arrangements. Questions? Email us at kpa@kpa.org or call at 502.894.0777.

Cancellation Policy

All refund requests must be in writing to KPA, 8004 Lyndon Centre Way, Suite 202, Louisville, KY 40222 or kpa@kpa.org
Cancellations received on/before Oct 23, 2022 - 90%
Cancellations received between Oct. 24 - Oct. 30, 2022 - 50%
Cancellations between Oct. 31 - Nov. 4, 2022 - 20%
No refunds after Nov. 4, 2022.

CE Credits/ Attendance

Psychologists:

KPA is approved by the American Psychological Association to sponsor continuing education for psychologists. KPA maintains responsibility for this program and its content. KPA is also an approved sponsor for the Kentucky Board of Examiners of Psychology.

Social Workers, Art Therapists, & Pastoral Counselors:

KPA is an approved sponsor for the Kentucky Board of Social Work, the Kentucky Board of Professional Art Therapists (Provider #1004) & The Kentucky Board of Pastoral Counselor (201 KAR 38:070, Section 3(1)(b)).

Hotel Accommodations

KPA has negotiated a discounted base rate of \$169 at the Seelbach Hotel in Louisville, KY. KPA's room block will be held until October 14th or until the block is full. The Seelbach Hilton Louisville 500 South Fourth Street Louisville, KY 40202



2022 Annual Convention Registration Form

Registration Information

Name: _____ Degree: _____

Address: _____

City/ State/ Zip: _____

Email: _____

Phone: _____

Licensure Board: _____

Circle the workshops you plan to attend.

Virtual attendees must choose workshops in the Hybrid track. In-person attendees may mix and match workshops from all tracks.

Thursday, November 10th

	Hybrid Track	In-Person Track 1	In-Person Track 2
8:30 AM - 11:45 AM	T01	T02	T03
12:00 PM - 1:35PM	KPA Awards Luncheon		
1:45 PM - 3:15 PM	T04	T05	T06
3:30 PM - 5:00 PM	T07		
5:00 PM	KPA EAT & GREET		

Friday, November 11th

	Hybrid Track	In-Person Track 1	In-Person Track 2
8:30 AM - 11:45 AM	F01	F02	F03
12:00 PM - 1:35PM	Luncheon: We Can Write Through This with Young Author's Greenhouse Executive Director Jeannette Bahouth		
1:45 PM - 5:00 PM	F04	F05	F03 Cont.
5:00 PM	Celebrating 90 Years of KPA		

Saturday, November 12th

	Hybrid Track	In-Person Track 1	In-Person Track 2
8:30 AM - 11:45 AM	S01	S02	S03
10:15 AM - 11:45 AM			S04
12:00 PM - 1:35PM	Annual KPA Membership Meeting: Meet Board Members and Learn About KPA Initiatives		
1:45 PM - 3:15 PM	S05	S06	S07
3:30 PM - 5:00 PM		S08	S09

KPA Status:

- KPA Member
 KPA Student Member* (no CE credit)
 Non-Member - Join NOW & save a bundle!

* Students are also eligible to receive free attendance by participating in the Volunteer Student Program, see KPA Convention event page for details.

EARLY BIRD Convention Registration Fees

Fee includes admission to workshops available through selected modality. In-person registration also includes lunch for each day(s) of indicated attendance. *Early Bird registration ends on September 30th, be sure to register soon before fees increase.*

Registration Fees	3 Day	2 Day	1 Day
General Registration	\$755	\$670	\$495
KPA Member	\$450	\$380	\$225
KPA Member - Non Clinical	\$360	\$315	\$185
KPA Student Member	\$200	\$170	\$110

Indicate Day(s) you will attend In-Person:

Thursday Friday Saturday

Indicate Day(s) you will attend Virtually:

Thursday Friday Saturday

Lunch "Opt Out" Preference - In Person Attendees ONLY

Lunch is included in your registration fee. If you do not want the onsite lunch on the day(s) you are registered to attend in-person, indicate which day below and deduct \$20 per day from your registration fee. *Please note: virtual registration is not eligible for this deduction, as the virtual registration rate was built to help cover the expense of additional audio & visual equipment required to offer livestreaming of workshops. If you have questions regarding this, please email sarah@kpa.org.*

Thursday Friday Saturday

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

Dietary Needs

No Specific Dietary Needs Vegetarian
 Other, please specify: _____

Friday Night Special Event Tickets

Join us for dinner, dancing, and a special program to honor KPA's leadership. Ticket to include dinner with wine, cash bar, commemorative glass, and a door prize to one lucky winner.

Total Special Event Tickets: # tickets x \$90 = \$

Virtual 5K Registration

Run, walk, roll- or move in whatever way works for you- for 5k at your own pace and send in your time and a picture (if you like) to share with your fellow KPA 5Kers! Details to follow by Oct 1st

T-Shirt Size: _____ Registration Fee \$35 \$

Kentucky Psychological Foundation Donation

Make a tax-deductible donation to support scholarships and other initiatives of the KPA Foundation.

Total Donation: \$

KPA - Political Action Committee Donation

Make a tax-deductible donation to support scholarships and other initiatives of the KPA Foundation.

Total Donation: \$

Total Payment Due

Total: \$

- Check enclosed, made payable to KPA
 Credit Card: Visa / MasterCard / AMEX / Discover

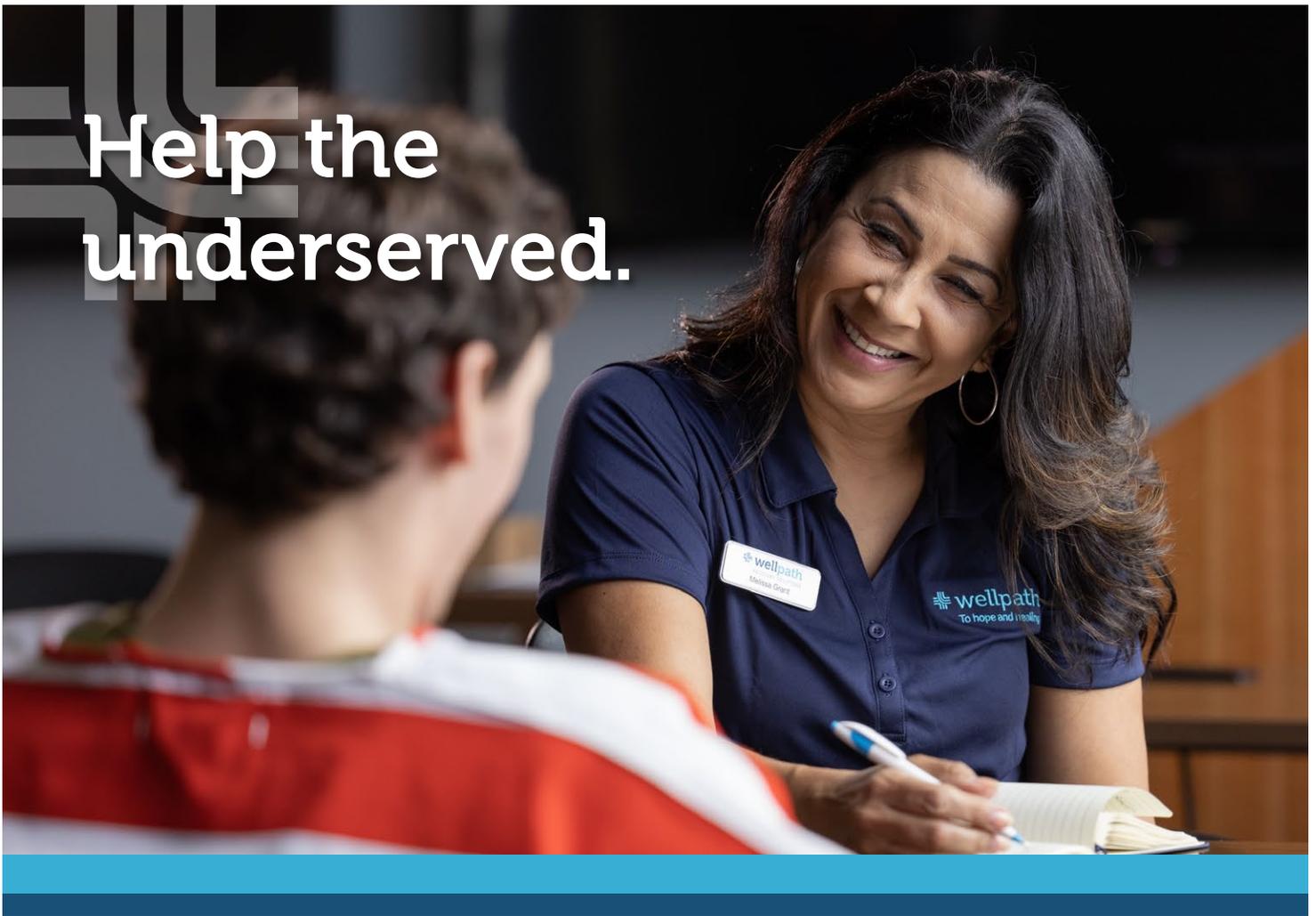
Cardholder Name: _____

Account#: _____ Exp Date: _____

Signature: _____

Mail in Registration: 8004 Lyndon Centre Way, Ste 202 Louisville KY, 40207

Help the underserved.



A Culture of Caring.

If there is one unifying characteristic of everyone at Wellpath, it is the deep desire to make a difference by helping society's most vulnerable and often overlooked individuals.

For those of you whose calling it is to serve others, this is your moment. Your chance to join our family and be a part of our mission to care for those desperately in need, and to do your part to heal the world, one patient at a time.



Great Careers for Licensed Psychologist, Licensed Psychological Associate and Licensed Psychological Practitioner.



Sign-on bonus, full benefits, relocation expenses, new pay scale, and clinical supervision to get licensed in KY!

Learn more:
(502) 389-5822

VERY IMPORTANT UPCOMING ELECTIONS... TIME TO GET INVOLVED!!

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



At a time when our democracy seems very fragile and the integrity of our election process – the root of our democracy – is under attack, there has never been a more important time for all of us to be engaged in the upcoming General Election in Kentucky. On Tuesday, November 8th, voters will have the opportunity to fill 51 (of 100) seats in the KY House of Representatives and 9 (of 19 eligible) seats in the KY Senate.

Also on the ballot will be one race for the U.S. Senate (Republican Sen. Rand Paul vs. Democrat challenger Charles Booker); all six (6) Kentucky Congressional seats (Congressmen Comer, Guthrie, Massey, Barr, and Rogers facing Democratic challengers, plus Democrat Morgan McGarvey vs. Republican Stuart Ray to fill the seat of retiring Congressman John Yarmuth); local elections for city officials, councils and school boards; and judges at all levels of the judiciary (who would have believed how important judges have become in our lives?).

There will also be two important Constitutional Amendments on the ballot:

The first would allow changes in the length of legislative sessions

to be made by a 3/5 vote of the KY General Assembly; would allow the Speaker of the House and the President of the Senate to call for a Special Session (now, the sole purview of the Governor) and change the effective date of bills that are passed. A “Yes” vote would allow these changes: a “No” vote keeps the sessions as they are now in the Constitution.

The second – known as the “Kentucky No Right to Abortion in Constitution” – asks if the voters wish to amend the Kentucky Constitution to prohibit the right to abortion in the state. A “Yes” vote affirms no right to abortion in the Constitution; a “No” vote keeps the Constitution as it is currently, which does not prohibit the constitutional right to an abortion in Kentucky.

Please visit our [online election center](#), accessible from the KPA Homepage, for details on how to be prepared and participate in these critically important elections. Be sure to share this information with your family, friends, social media connections, work, and community colleagues. ▣

Three reasons to contribute to the KPA-PAC NOW

Ben Birkby, Psy.D., KPA-PAC Member



1. You have something to care about. KPA's legislative priorities for 2022 have something for everyone! There are 20 current priorities – click the link to see the full list. Chances are you will find an issue that sparks your advocacy fire. The KPA-PAC works to support the legislative priorities of KPA. When you support the KPA-PAC you support KPA's priorities. <https://www.kpa.org/kpa-legislative-priorities>
2. Demonstrated (and recent) success. It was a good year for KPA and for the KPA-PAC. HB 237 was passed and provides a path for reimbursement to predoctoral interns (an early career and pocketbook issue) and requires continuing education in social and cultural influences on health. Kentucky was a leader and one of the early states to successfully such a CE bill passed, an effort that is happening across the country. The PAC's financial support

of policymakers helps to get important legislation like this accomplished.

3. The timing is right. We are heading into an election cycle and August is when the KPA-PAC begins to make contributions to the political campaigns of candidates who support KPA's priorities. Our collective voices have the best chance of being heard when we can make significant contributions and influence important political decisions, furthering the goals of psychology and behavioral health in Kentucky.

To learn more about the KPA-PAC and watch our videos visit <http://www.kpapac.org/>. ▣



Ethical Psychological Practice in the Time of Anti-Trans Legislation

Holly Brown, Ph.D. & Joel D. Goodrich, Psy.D - Ethics Committee Members



Legislation targeting trans-expansive individuals over the last several years appears to be on the rise, and it has taken several forms, including religious refusal bills, excluding trans-student-athletes from participating in sports teams aligned with their gender, and legislation that criminalizes affirming medical treatment (Human Rights Campaign, 2021). These legal actions, in Kentucky and throughout the United States, may impact providers who serve the LGBTQ+ community, their clients, their families and friends, and colleagues who identify as trans-expansive. We aim to briefly summarize some recent anti-trans legislation, highlight aspects of trans-affirming mental healthcare, review relevant ethical standards and principles, and consider actions psychologists may take to advocate for our profession and trans-expansive people.

Within our field, gender-affirming treatment largely involves providing a space in which clients' identities are respected. It may include diagnosing a client with gender dysphoria, providing psychoeducation and resources related to transition, and writing referrals for gender-affirming hormone therapy (GAHT) or gender-affirming surgeries. For children and adolescents, gender-affirming psychotherapy is largely focused on a client's identity and presentation, and research indicates that supporting a child's social transition may reduce their likelihood of developing depressive or anxious symptoms (Olson et al., 2016). Gender-affirming care for youth may also involve medical interventions such as puberty blockers or GAHT.

Puberty-blockers delay puberty, allowing adolescents time to decide whether they want to go through a puberty that aligns with their assigned gender, or whether they want to initiate GAHT to go through a puberty that aligns with their gender identity. There is an increasing body of evidence indicating that adolescents who receive puberty blockers or GAHT have lower rates of depression and suicidality compared to gender-expansive peers who do not receive these medications (Tordoff et al., 2022).

Anti-trans legislation is a national concern. To date, four states (Alabama, Arizona, Arkansas, and Tennessee) have enacted bans and criminal charges against healthcare professionals providing gender affirming care (American College of Physicians, 2022). Alabama's ban, the result of the "Alabama Vulnerable Child Compassion and Protection Act", which passed into law on April 8 of this year, has the harshest repercussions for providers of trans-affirming healthcare to children and adolescents: a felony charge and up to 10 years in prison. Another frightening ramification of this law is that teachers and school workers may be expected to "out" children to their parents if they experience discrepancies between their gender assigned at birth and their actual gender identity (Vulnerable Child Compassion and Protection Act, 2022). Although Kentucky has not passed any laws restricting gender-affirming healthcare to date, bills on this issue have been proposed since at least 2020. In the 2022 state legislative session, Senate Bill 84 and House Bill 253 did not make it out of committee, but either would have put healthcare providers and their transgender patients at significant

risk. Both bills would have prohibited providing or referring patients under 18 for gender-affirming healthcare; defined gender-affirming care for minors as "unprofessional conduct" and "acting recklessly" for the purpose of tort claims; prohibited use of public funds, Medicaid coverage, or private health insurance coverage for gender affirming care to minors; prohibited tax exemptions for gender affirming care to any age group; and prohibited any requirements for health plan coverage of gender affirming care to any age group (Senate Bill 84, 2022; House Bill 253, 2022).

In Kentucky, the most recently codified legislative attack against trans-expansive individuals was via Senate Bill 83. Senate Bill 83 amended KRS 156.070 to include participation limitations on interscholastic "athletic teams, activities, and sports" for middle and high school students. While the bill highlighted three different types of activity categories (boys, girls, and co-ed), restrictions were only placed on admission to activities involving girls. These restrictions prohibit the participation of males based on "biological sex", which in this case means inspection of one's original birth certificate or sworn testimony from a medical practitioner (An Act Relating to Athletics, 2022). Such a regulation assumes a controversial concept known as *gender essentialism*, which equates one's chromosomal makeup or inspection of one's secondary sex characteristics with a fixed gender identity. This concept is at odds with the well-documented experiences of transgender individuals, and what science informs us regarding the complex nature of gender (Carpenter, 2016; Saguy et al., 2021; Skewes et al., 2018). Though Governor Beshear vetoed this bill, it was overruled by the Kentucky General Assembly and enacted on April 13 of this year. Our ethical codes and guidelines are important resources for psychologists as we consider how to respond to new and potential laws that may impact our clients or the work we do. The American Psychological Association's *Guidelines for Psychological Practice With Transgender and Gender Nonconforming People* (2015) provide some guidance on these issues. These guidelines are currently under revision, so we encourage psychologists to be on the lookout for the updated version once it is released. These guidelines are also aspirational, and psychologists "should be aware that state and federal laws may override these Guidelines" (p. 833).

Guideline 4 draws attention to Standard 2.04 of the Ethics Code, which requires psychologists to base their work on established scientific evidence. It also cautions psychologists to recognize that their "assumptions, biases, and attitudes" regarding transgender and gender-expansive people may impact the therapeutic alliance and psychologists' quality of service. Guideline 8 acknowledges that some of the existing literature has reported that encouraging prepubescent children to align with their gender assigned at birth may provide benefit, while other research has concluded this practice may "cause harm or lead to psychological adversities." Guideline 8 also noted

that the World Professional Association for Transgender Health Standards of Care (2012) considers interventions “aimed at trying to change gender identity and expression to become more congruent with sex assigned at birth” unethical treatment of children and adolescents.

Another important document to consider is APA's *Ethical Principles of Psychologists and Code of Conduct* (2017). Our Ethics Code provides both General Principles, which are aspirational in nature, and Ethical Standards, which are enforceable rules for our conduct as psychologists. All of our General Principles from the Ethics Code relate to issues brought up by legislative restrictions on trans-affirming healthcare. Principle A calls on psychologists to “strive to benefit those with whom they work and take care to do no harm.” Principle B demands we establish trusting working relationships. Principle C admonishes us to “promote accuracy, honesty, and truthfulness in the science, teaching, and practice of psychology.” Principle D asks us to recognize that all people deserve equitable treatment and access to the benefits of psychology. Principle E requires us to respect the “dignity and worth of all people,” and to respect individuals’ rights to self-determination. We know that gender-affirming healthcare reduces mood symptoms and suicidality, so withholding this care will likely cause harm. And we know it is inequitable, unscientific, and a breach of professional trust to deny care on the basis of a person’s identity.

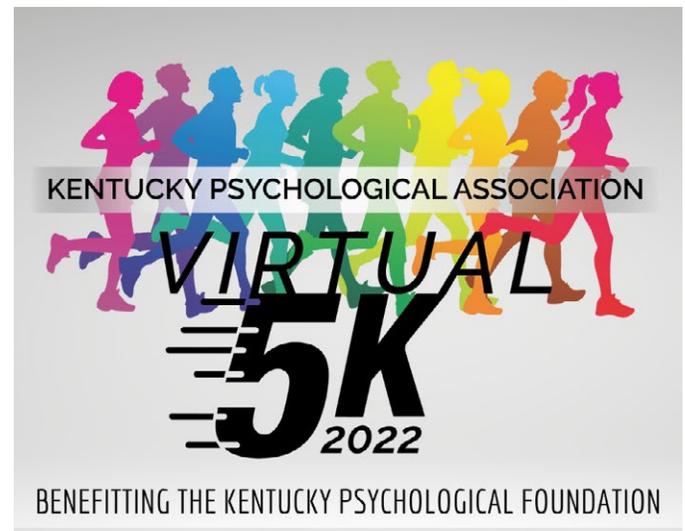
The previous guidelines are aspirational, but many of the Standards laid out in our Code of Conduct are also highly relevant. Psychologists are required to base our work on accurate scientific and professional knowledge (Standard 2.04). Trans youth who are not affirmed experience higher risk than their affirmed peers, meaning that prohibitions against providing affirming care also violate psychologists’ duty to do no harm (Standard 3.04).

If we are not legally allowed to provide services for gender dysphoria, our options are to put ourselves at risk by violating state law, violate our code of ethics by inaccurately reporting the nature of our work (Standard 6.06), or violate our code of ethics by discontinuing work with our trans youth clients without facilitating arrangements for their continued care (Standard 3.12, Standard 10.09, Standard 10.10). If we are forced to terminate treatment or give inappropriate treatment to a client on the basis of their gender identity, psychologists will also be in violation of our duty to avoid discriminating behavior (Standard 3.01). If we attempt to shift treatment toward issues unrelated to our clients’ gender, we risk not only providing inappropriate care but also potentially demeaning our clients by ignoring an important part of their identity, violating Standard 3.03.

How do we resolve conflicts between local laws and our Code of Ethics? Standard 1.02 provides some guidelines. When confronted with a conflict between ethical responsibilities and law, psychologists “clarify the nature of the conflict, make known their commitment to the Ethics Code, and take reasonable steps to resolve the conflict consistent with the General Principles and Ethical Standards of the Ethics Code. Under no circumstances may this standard be used to justify or defend violating human rights.” Standard 1.02 leaves room for interpretation, but clearly states we must resolve ethical conflicts in a manner that respects human rights. Access to beneficial, evidence-based healthcare is a human right.

Although psychologists are facing this ethical dilemma in some U.S. states already, laws restricting access to gender-affirming healthcare have not yet passed in Kentucky. Part of our role as psychologists involves advocating for our clients and the profession when faced with potential laws that would affect our work. There are multiple Kentucky organizations already working to protect trans youths’ access to affirming healthcare. These include the Fairness Campaign (<https://www.fairness.org/legislativeaction/>) and Kentuckians for the Commonwealth (<https://archive.kftc.org/voting-democracy/making-our-voices-heard-ky-general-assembly>). Involvement in psychology-focused organizations like KPA's Advocacy Team (<https://www.kpa.org/ways-to-get-involved>) and the Kentucky Mental Health Coalition (<https://advocacyactionnetwork.wildapricot.org/KMHC>) will likely also provide another avenue for psychologists to take a stand on this issue. For psychologists less experienced with political action, it may be difficult to know where to start. Reaching to the above organizations is one option. It might also be helpful to seek information about how successful advocacy campaigns work (<https://ctb.ku.edu/en>), and we cannot underestimate the importance of reaching out to our state legislators as constituents (<https://apps.legislature.ky.gov/findyourlegislator/findyourlegislator.html>).

See the online version for complete list of references. ▣



Run, walk, roll- or move in whatever way works for you- for 5k at your own pace and send in your time and a picture (if you like) to share with your fellow KPA 5Kers!

**Details to follow
by Oct 1st.**

2023

SAVE THE DATE

EVENTS

**Jan
23**

Effective Advocacy – Making Every Voice Count!, 3 CE

Presented by Sheila Schuster, Ph.D.

Live Interactive Webinar

**Feb
02**

Behavioral Addiction, 3 CE

Presented by Josh Grubbs, Ph.D.

Live Interactive Webinar

**March
28**

Kentucky Psychological Science Conference

Join us in person at Eastern

Kentucky University!

**April
28**

Internal Family Systems, 6 CE

Presented by Frank Anderson, MD

Live Interactive Webinar

Additional Information will be made available on www.kpa.org.

KPF Donors August 1, 2021 - June 30, 2022

Thank you for your generosity!

President's Circle (\$1000+)

Jason Keller, Psy.D.
Chuck Webb, Psy.D.

Director's Circle (\$500-\$999)

Sheila Schuster, Ph.D.

Founder's Circle (\$100-\$499)

Georgeann Brown, Ph.D.
Ollie Dennis, Ed.D.
Edd Easton-Hogg, Psy.D.
Richard Edelson, Ph.D.
Joseph Edwards, Psy.D.
David Feinberg, Ph.D.
David Finke, Ph.D.
Dan Florell, Ph.D.
Karen Graves, Ph.D.
David Hanna, Ph.D.
Carol Held, PhD
Daniel Luchtefeld, Ph.D.
Eva Markham, Ed.D.
Katie McBride, Ph.D.
Liz McKune, Ed.D.
Nancy Moore, Ph.D.
Rollin Rhodes, Ph.D.

Marilyn Robie, Ph.D.
Scott Salathe, Psy.D.
Paul Schmidt, Ph.D.
Frederick Schmitt, Ph.D.
Kristie Schultz, Ph.D.
Robert Sivley, Psy.D.*
McRae Stephenson, JD*
William Stoops, Ph.D.
Kathy Susman, M.A.
David Susman, Ph.D.
Martha Wetter, Ph.D.
Byron White, Psy.D.
Margaret Wright, Psy.D.

Honorable Mention (up to \$99)

Amanda Ables, Ph.D.
Abbie Beacham, Ph.D.
Ronald Botto, Ph.D.
Holly Brown, Ph.D.
Jennifer Burleson, Psy.D.
Jessica Burris, Ph.D.
Bryan Carter, Ph.D.
Aaron Carter, M.A.
Pam Cartor, Ph.D.
Benjamin Coffey
Jonathan Cole, Ph.D.

Jennifer Degler, Ph.D.
Karen DeMoss, Ph.D.
Jean Deters, Psy.D.
Reagan Ashley Dixon
Michael Farina, Ph.D.
Lashawn Ford, M.A.
Richard Gilman, Ph.D.
Holly Gustafson, Ph.D.
Kathryn Haendiges, Psy.D.
John Hanel, Ph.D.
Tammy Hatfield, Psy.D.
Janice Homola
Catherine Hyden, M.S.
James Kassel, Psy.D.
Caroline Kaye
Courtney Keim, Ph.D.
Vanessa Lamoretti
Maria Grazia Levin, Psy.D.
Ines Maynars, Ed.S.
Edie McClellan, Ph.D.
Marianne McClure, Ph.D.
Suzanne Meeks, Ph.D.
Amanda Merchant, Ph.D.
Kathryn Mershon
Lizabeth Moore, M.S.
Michael Nichols, Ph.D.
Ernesto Nillar Fonseca, Psy.D.

Timothy North, Ph.D.
Theresa Nowak, Ph.D.
Patricia Papero, Ph.D.
Joshua Phillips, Ph.D.
Ann Ronald, Ph.D.
Beth Rosen, Ph.D.
Eric Russ, Ph.D.
Cay Shawler, M.S.
Arthur Shechet, Ph.D.
KatieAnn Skogsberg, Ph.D.
Felicia Smith, Ph.D.
A.J. Steele, Psy.D.
Emma Sterret-Hong, Ph.D.
Robin Sublett, Ph.D.
Robert Tiell, M.A.
Sommer Toadvine
Sharon Turpin, M.S.
Kayla Veasey, Psy.D.
Patricia Weiter, Psy.D.
Raymond Williams, Ph.D.
Andri Yennari, Ph.D.
*monthly KPF donors

To donate to the Kentucky Psychological Foundation, please visit
www.kentuckypsychologicalfoundation.org.

Multicultural Professional Development Award

Every year the Kentucky Psychological Foundation honors two recipients with a Multicultural Professional Development Award at the KPA & KPF Annual Convention.

There are two award levels:

The Multicultural Psychologist Professional Development Award for \$500 - Qualified applicants are psychologists who represent a diverse group or population. Award money may be used for a specific multicultural initiative, training, conference, event or membership dues to a multicultural national professional organization.

The Multicultural Student Professional Development Award for \$350 - Qualified applicants are psychology graduate students representing a diverse group or population. Award money may be used for specific multicultural initiative, training, conference, event or dues to a multicultural national professional organization.

Candidates must submit their letter of interest and CV no later than **September 19th**. Candidates must submit a letter that specifies what they would use the funding for and how much is needed, up to the limit of the award. **The award recipients must be KPA members in good standing.**

To Apply:

Send your letter of interest & CV to kpa@kpa.org with KPF Multicultural Award in the subject line. Questions? Call 502.894.0777



KENTUCKY PSYCHOLOGICAL FOUNDATION

USING THE SCIENCE OF PSYCHOLOGY TO
SUPPORT THE MENTAL HEALTH AND
WELLBEING OF KENTUCKIANS THROUGH
SOCIAL ACTIVISM, COMMUNITY
ENGAGEMENT, AND EDUCATION.

**Building a
Psychologically
Healthy Kentucky**

KPF Board of Directors 2022

OFFICERS:

President
Courtney Keim, Ph.D.

Treasurer
Pam Cartor, Ph.D.

DIRECTORS:
Warren Lambert, Ph.D.
McRae Stephenson, J.D.
Tammy Hatfield, Psy.D.
LaShawn Ford
Scott LaJoie, Ph.D.
Walter Malone, Ph.D.

CENTRAL OFFICE STAFF:

Executive Director
Eric Russ, Ph.D.

Office Manager
Sarah Burress

Marketing & Membership Coordinator
Samm Ownby

Administrative Assistant
Laura Wittenberg



Professional Liability Insurance

Peace of Mind Protection for Your Career

We've got you covered

Trust Sponsored Professional Liability Insurance* for psychologists is spot on — with essential coverages that protect you whenever and wherever you provide psychology services, plus a host of features you may not find in other malpractice policies.

We focus on Psychologists

At The Trust, you're not just another insurance policy among so many professional classes. Our malpractice coverage and supporting programs are designed by psychologists and insurance experts to focus on the profession of psychology — especially as it explores and adapts to new and dynamic service delivery models.

Complete Career Financial Protection

- **Telehealth Professional Services** - included at no additional charge
- **Risk Management Consultations** - free, unlimited and confidential
- **Affordable Coverage Options** - choice of claims-made or occurrence
- **Multiple Premium Discounts** - some of which can be combined
- **Free ERP or 'Tail'** - unrestricted, upon retirement, death or disability
- **Prior Acts Included** - when switching from a claims-made policy
- **Free CE & Discounts** - on a variety of live and on-demand courses
- **Free TrustPARMA Membership** - the new home for practice

**The only insurance provider that's truly
for *psychologists*, by *psychologists*!**

* Insurance provided by ACE American Insurance Company, Philadelphia, PA and its U.S.-based Chubb underwriting company affiliates. Program administered by Trust Risk Management Services, Inc. The product information above is a summary only. The insurance policy actually issued contains the terms and conditions of the contract. All products may not be available in all states. Chubb is the marketing name used to refer to subsidiaries of Chubb Limited providing insurance and related services. For a list of these subsidiaries, please visit new.chubb.com. Chubb Limited, the parent company of Chubb, is listed on the New York Stock Exchange (NYSE: CB) and is a component of the S&P 500 Index.



CALL FOR APPLICATIONS KPA & KPF LEADERSHIP ACADEMY DUE OCTOBER 17th!

Applications are now open for the 2023 Cohort of our KPA & KPF Leadership Academy

Across the many settings in which we work, Psychologists face a challenging job landscape. Emerging into the workforce following our training, we are equipped with many of the skills needed to be effective healthcare and industry leaders. Among many other skills, We have a strong analytic ability, the skill to navigate emotionally challenging situations, and the ability to integrate feedback and understand systems. However, many of us lack formal leadership training and a framework or philosophy. This program is here to help!

Applications are open to KPA members of any career stage looking to advance their leadership skills. We offer a year-long leadership development program using the principles of the Leadership Challenge to enhance your knowledge and skills as a psychologist leader and advocate. You will work with a mentor to complete a leadership project and show KPA members at Convention! See reverse side for program components.

Please consider applying to be part of our 2023 cohort! See details below.

*Note that all costs for the program will be covered by KPA
(including Convention attendance).

To Apply:

Please include the following in one document (.doc or .pdf) and send it to kpa@kpa.org with the subject line "**KPA Leadership Application**" by **October 17th**.

**1) Please include a Letter of Interest that describes the following
(Approximately 2 page total- 1pg for a/b and 1pg for c/d):**

- a. Current and previous leadership experience.
- b. How do you plan to use the skills you gain in this program to advance psychology (Please speak to leadership goals you may have in your work setting, community, KPA, and APA)?
- c. Brief Proposal for a Leadership Project- This should be a project where you can take on a leadership role in psychology. You can be creative and think broadly! If you are interested in applying but unsure what this might look like, please reach out to (eric.russ@kpa.org). Questions and dialogue are welcome!
- d. Describe the characteristics of an ideal mentor for you

2) CV

3) Diversity Matrix (visit www.kpa.org)

Kentucky Psychological Foundation Future Colleague Award

KPF is happy to announce the Future Colleague Award. These awards are given annually to undergraduate KPA members interested in applying to graduate school in psychology. The award will go toward graduate school application-related expenses. Criteria for the award include involvement in KPA/KPF (e.g., participation in mentorship programs, attendance at events, etc..) and interest in applying to psychology graduate programs. We strongly encourage applications from those who represent identities that have historically been excluded from psychology training programs. The amount and number of awards will be based on available funds and announced in advance on an annual basis.

Scan for
more
information





Kentucky Psychological Association

8004 Lyndon Centre Way, Suite 202
Louisville, Kentucky 40222

PRSR STD
U.S. Postage
PAID
Permit No. 250
Louisville, KY

The Kentucky **Psychologist**

The Kentucky Psychologist is published annually by the Kentucky Psychological Association, 8004 Lyndon Centre Way, Suite 202, Louisville KY 40222. Contact us by phone: 502.894.0777, fax: 502.894-0635, email: kpa@kpa.org or on the web at: www.kpa.org.



Follow us on Instagram: KPA - [@KYPsychAssoc](https://www.instagram.com/KYPsychAssoc)
KPF - [@KYPsychFnd](https://www.instagram.com/KYPsychFnd)



Like us on Facebook: KPA- [@KentuckyPsychAssociation](https://www.facebook.com/KentuckyPsychAssociation)
KPF- [@KYPsychologicalFoundation](https://www.facebook.com/KYPsychologicalFoundation)



Follow us on Twitter: [@KPA](https://twitter.com/KPA)- [@KYPsychAssoc](https://twitter.com/KYPsychAssoc)
[@KYPsychFnd](https://twitter.com/KYPsychFnd)

Are You a KPA Member?

Here is why you should be!

As a member of KPA you make an investment in the future of your profession - here are a few of the member benefits:

KY Board of Examiners of Psychology Liaison...KPA advocates for licensing issues and obtains the latest news affecting psychologists.

Save Money... Early Bird registration and member discounts at all KPA sponsored Continuing Education Events, including significant savings on Convention registration.

Professional Networking and Referrals... Join the Psychological Services Locator to make your practice easier to find; referral resources at your fingertips.

Get Help with Questions... Need to know how to reach the Board of Examiners? Can't find the rule on how long to hang on to those files? Membership in KPA means you have somebody ready to help you - and it's just a phone call or e-mail away.

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.

Practice Consultations and Practice Updates...Members have access to free consultations with KPA's Director of Professional Affairs on a broad range of practice issues.

Define the Profession... Have a strong voice in how our profession is defined in Kentucky through KPA's advocacy initiatives.

Develop Your Leadership... Through participation on the KPA Board or committees, community outreach, public education, and more.

Have a Sense of Community... Psychologists can sometimes feel isolated. KPA helps you connect through listservs, CE events, academic programs, and more.

*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

