

## Kentucky Psychological Association

# e-NEWS

October 2016

### Exciting News from KPA in October

#### Upcoming 2016 KPA CE Events

##### November 3-5

KPA 2016 Annual Convention  
Crowne Plaza  
Louisville, KY

Complete details and registration information can be found on the [KPA Event Calendar](#).

#### Next KPA Board of Directors Meeting

December 9, 2016  
KPA Board Meeting

[View the KPA Board of Directors](#)

#### Community Bulletin Board

A forum is available to any KPA member who would like to post information that the psychology community may find interesting or helpful or for which psychology input is requested. Visit the [Community Bulletin Board](#) to view current messages or to post a new message.

#### Members in the Media

**Tom Miller, Ph.D., ABPP** was recently inducted into the Science and Technology Hall of Fame at his undergraduate alma mater, St. John Fisher College.

**Monnica T. Williams, Ph.D.** was featured on the 7/16/2015 edition of NPR's Science Friday discussing the effects of racism on mental health

*Please send your announcements to [kpa@kpa.org](mailto:kpa@kpa.org) so that your news may be shared with the KPA membership.*

#### KPA Interest Sections

Joining KPA Interest Sections is free and participation on the listservs is an exclusive

Here's the October edition of the KPA e-NEWS, a regular e-newsletter, to enhance communication about psychology across the state.. What follows is a sampling of psychology-related news and opportunities across the Commonwealth. Check out the column on the left for upcoming KPA Social and CE events, meetings, Kentucky Currents (member news items), and more. For more updates, visit the KPA website and join KPA on Facebook: simply click "Like" on the Kentucky Psychological Association Facebook page.

### Congratulations to our newly elected KPA Board of Directors!

President-Elect:**Sarah Shelton, Psy.D., MPH, MSCP**  
Treasurer:**Don Rogers, M.A.**  
Central Rep.:**Nick Watters, Psy.D.**  
Greater Fayette Rep.:**Michael Dibiasie, Ph.D.**  
Northern Rep.:**Jean Deters, Psy.D.**  
ECP:**Bethany Simon, Psy.D.**  
Education & Training Interest Section Rep.:**Jeff Reese, Ph.D.**  
Science & Research Interest Section Rep.:**Janet Dean, Ph.D.**

Thank you to all of the candidates and all who participated in this year's KPA elections.

### Update from KPA Executive Director

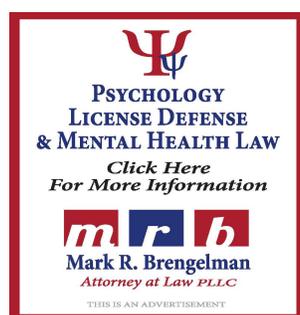
*by Lisa Willner, Ph.D., KPA Executive Director*

I often use my executive director column to highlight some of the contributions of our many KPA member leaders who generously devote their time, talents, and expertise to our shared mission of promoting psychology as a science and profession. In the final days before the KPA Annual Convention - our annual family reunion of Kentucky psychologists! - I want to

member benefit. Many ideas, resources, and requests for treatment recommendations and other opportunities flow through the KPA listservs daily. Here is an excerpt from a post on the KPA Clinical listserv: "Thank you to everyone who shared their experiences with me. I was quite surprised at the variability of your responses.....Nice to have a community to call on for advice when such situations arise!" If you want to expand your resources and deepen your own sense of community within KPA, visit the KPA Interest Section webpage for instructions on how to join a KPA Interest Section.

[Interest Section Details](#)  
[Listserv Details](#)

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**Join KPA and KPAAGS on Facebook!**

KPA has always been an organization that works to be inclusive of all psychologists in the state. Kentucky Psychological Association is officially on the popular social networking site, Facebook.com, and currently has over 700 "friends". All you need to do to join the Kentucky Psychological Association on Facebook is to

use my column space to give shout-outs to three amazing people whose work may otherwise go unnoticed and under-appreciated.

Focusing on the KPA Central Office, a tremendous thank you to KPA's Operations Manager, **Joy Kaplan**. Although Joy has been with us for just over a year and a half, she has invested so much of herself into the position and has been such a thoughtful steward of KPA's resources and ambassador of the organization, that it's almost hard to remember a time when she wasn't here, working till all hours, managing the smallest details, and thinking big thoughts about next steps for making KPA more responsive and efficient. Beyond the strong work ethic and skills that Joy brings to her position, I appreciate and enjoy her as a most companionable office mate!

As for **Sarah Burress**, well... what can I say?! In an unforeseen turn of events KPA has, for the second year in a row, had an administrative assistant give notice and accept a new position just days before our Annual Convention. And for the second year in a row, Sarah has come to Central Office's rescue! Sarah brings a wealth of experience, a deep knowledge of KPA's inner workings, great humor and enthusiasm, and a profound sense of commitment to KPA and our members. Sarah is beyond question an important member of our KPA family, and I know that you'll enjoy seeing her in action and catching up with her at Convention again this year. (She may be the one donning a superhero cape!)

KPA's office volunteer of the year is, without a doubt, Spalding doctoral student **Jenny Owens**. Jenny started out as a KPA volunteer at last year's Convention, and has been a loyal and reliable Central Office addition ever since. Jenny's services to KPA have included filing, data entry, proofreading and editing, organizing other volunteers, creating documents, helping with a number of KPA events, finalizing the Annual Report.... In short, if it's something that happens in the KPA office, then Jenny has helped to make it happen. Her gentle humor and calm efficiency have been gifts to us throughout the past year. Jenny will be volunteering with us for all three days of Convention - I hope you have a chance to meet her!

**Hoping to see you at Convention!**

select the "Like" button after finding our group on Facebook. Please be sure to search for "Kentucky Psychological Association "and review the KPA Social Media/Forum Policy. The KPA Graduate Students (KPGS) are also on Facebook! Stay up to date with the latest KPGS news and communicate with other psychology graduate students from around the state! Click here to join KPGS on Facebook: <https://www.facebook.com/MyKPGS>

**Advertise in the KPA e-Newsletter!**

The bi-monthly editions of the KPA e-Newsletter, are distributed to over 1100 KPA members. The eNewsletter is sent via blast email at the end of Feb, April, June, Aug, Oct, and Dec with submissions accepted at any time. Complete information and pricing details are available on the KPA Advertising webpage.

**Support KPA During in 2016 via Shopping on Amazon.com**

You can support KPA when shopping on Amazon by clicking the Amazon link on the main KPA website as a first step in making purchases on Amazon.com. Up to 3% of every purchase made on Amazon when you click their link on the main KPA website benefits KPA.

**The Easiest Way to Accept Payments**

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**KPA Home Study Series Opportunities**

Under revised KRS CE regulations, you can now earn up to 12 credits per licensure cycle for home study courses. See what KPA has to offer...

[Integrating Psychology and Primary Health Care: Psychologists and Physicians as Collaborators-2015 Webinar Series Recordings](#)

# Kentucky Psychological Foundation News

## Congratulations to the 2016 KPA Annual Award Winners:

- Psychologist of the Year: **William W. Stoops, Ph.D.**
- Distinguished Career in Psychology: **Martha Wetter, Ph.D.**
- Jack Runyon Community Service Award: **Dong(Dan) Y. Han, Psy.D.**
- Schuster Advocacy Award: **Jennifer Price, Ph.D.**
- Distinguished Public Service Award: **Representative Rick Rand**
- Distinguished Public Service Award: **Senator Ralph Alvarado**
- Friend of Psychology Award: **Theodore T. Myre, Jr.**
- Multicultural Professional Development Award: **Shambra Mulder, Ph.D.**
- Multicultural Professional Development Award, Student Category: **Gabriella Puleo, M.S.**

We will honor these distinguished individuals at the Annual Awards Luncheon held Thursday, November 3, 2016 during the KPA Convention at the Crowne Plaza in Louisville.

## Prevention and Awareness

*Jennifer L. Price, PhD*

The Georgetown College women's volleyball team organized a Suicide Prevention and Awareness themed match for their biggest game of the season this year. The game was held on September 22<sup>nd</sup> and over 350 people attended. GC volleyball seniors, Courtney Grafton and Ashlee Howe, organized the event in honor of individuals they have lost to suicide.



Public education campaign coordinator and Kentucky Psychological Foundation board member, Dr. Jennifer Price, provided information to spectators about suicide, depression, and mental illness. She and Courtney both spoke about the importance of positive health behaviors and how to decrease the

[Helping Students Make Psychology Work for Them](#)

[Working Together Toward Recovery](#)

[KPA Diversity Conference - Cultural Connections: Competence, Quality, and Equity in Mental Health Care](#)

[Exploring Attachment: Clinical Insights Across the Life Span, Seasons 1&2](#)

[Religion, Spirituality, and Clinical Practice Webinar Home Study Series](#)

View the [KPA Home Study Page](#) for additional options.

**Thank you to our Convention Sponsors!**

stigma of mental illness. All proceeds from the game, bake sale, and the GoFundMe campaign leading up to the game went to support the Kentucky Psychological Foundation whose mission is to build a psychologically healthy Kentucky. The GC women's volleyball team raised over \$2000 to support KPF and its efforts to reduce the stigma of mental illness.

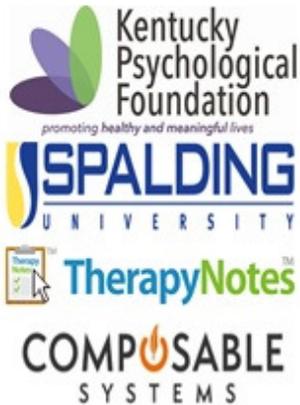
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## National Depression Screening Day Event

*Shelby Burton, Student Member of the KPF Public Education Committee*



In honor of Mental Illness Awareness Week, and in particular recognition of National Depression Screening Day on October 6th, KPA's Public Education Committee held an event at the Kroger on 28th and Broad in West Louisville. Brian Belva, Shelby Burton, and Norah Chapman, the committee members located in Louisville, organized a tabling event outside of the grocery store, speaking with the general public, offering free depression screeners, and advertising APA-related materials pertaining to depression, anxiety, and suicide. As one of the members of the committee is a doctorate student at the University of Louisville, many other students joined in on the project, including Marie Coma, Maame Safowaa Geary, Laura Hammer, Brooks Harbison, Luke Huckaby, Leah Richmond, and Danielle Wakaba. To take even further action, the students used this event as an opportunity to promote free counseling services at their university-run Cardinal Success Program located at the NIA Center, just next door to where the event took place. Overall, the event was quite successful, with over 25 referrals, 30 depression screeners, and 75 visitors in the four-hour time span.



UNIVERSITY of the CUMBERLANDS

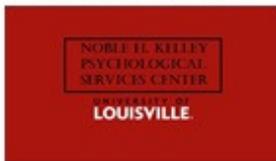
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## Telepsychology Within and Across State Boundaries

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

For several years now, telepsychology has been an emerging field of practice. Telepsychology refers to the provision of psychological services using telecommunication technologies (e.g., telephone, mobile devices, interactive videoconferencing, email, chat, texting, and internet sites including blogs and social media), which can be synchronous (i.e., real time videoconferencing or telephone) or asynchronous (i.e., email, online sites). Telepsychology has been touted as a new modality for accessing hard-to-reach populations such as those in rural settings or those with limited mobility or transportation options that restrict their access to behavioral health care. Studies have shown that the effectiveness of telepsychology services is on par with in-person care across many populations, disorders, and settings. While the utility of telepsychology may be an easy sell, the nuts and bolts of delivering services this way can be complicated. Informed consent, confidentiality, practitioner competence, secure (i.e., HIPPA compliant) platform, patient risk, reimbursement, and standards of care are some of the many practice issues that need adaptation in a telehealth format, but interjurisdictional issues are some of the stickiest matters to resolve.

To address the barriers to practicing across state lines (e.g., psychologist in Kentucky, client in Tennessee), which introduce a host of concerns regarding licensure and oversight, the Association of State and Provincial Psychology Boards (ASPPB) is pursuing interjurisdictional compacts. The ASPPB's Psychology Interjurisdictional Compact (PSYPACT) was created to facilitate "telehealth and temporary in-person, face-to-face practice of psychology across jurisdictional boundaries" in order to increase access to care and facilitate continuity of care when clients travel or relocate while ensuring

consumer protection. These cooperative agreements between participating states are exceptional because the provisions of the compact take precedence over conflicting state laws. Though PSYPACT was approved by the ASPPB board in early 2015, it will not be operational until seven states enact PSYPACT legislation. Once enacted, licensed psychologists in participating states will apply for ASPPB certificates to practice telepsychology in PSYPACT states. Arizona is on the vanguard of telepsychology as the first state to enact PSYPACT legislation; many other states have legislation planned for the 2017 legislative sessions. Implementing PSYPACT requires legislative action and collaboration between licensing boards and state psychological associations. In Kentucky, PSYPACT is being discussed within KBEP and KPA.

Even adding telepsychology services within state lines takes training and ample preparation to comply with state regulations, credentialing, insurance contracts, liability and malpractice considerations, and clinical ethics standards. Competence to provide face-to-face therapeutic services does not translate to delivering remote, technology-mediated services; practitioner competence includes clinical, cultural, and technological skills as well as awareness of communication and environmental considerations in the community being served. Reimbursement policies cannot be assumed to be the same either; Medicare's rates are comparable to in-person rate (within the specific allowances for telehealth services), but Medicaid varies by state, and private payers vary in coverage and rates by payer and by state. Kentucky has enacted telehealth coverage mandates that include psychologists as providers. Review the following links to Kentucky's statutes and regulations:

- 201 KAR 26:310. Telehealth and telepsychology: <http://www.lrc.state.ky.us/kar/907/003/170.htm>
- [www.lrc.ky.gov/KRS/319-00/140.PDF](http://www.lrc.ky.gov/KRS/319-00/140.PDF)

For more information on telepsychology and PSYPACT see:

- The APA telepsychology guidelines that have also been endorsed/approved by The Trust and ASPPB: <http://www.apa.org/practice/guidelines/telepsychology.aspx>
- Ken Pope's website has a section on telepsychology that will have many helpful articles and resources: <http://bit.ly/KenPopeTelepsychologyResources>

- This summer the AMA put out "Ethical Considerations Prompt New Telemedicine Rules" (may be included on the Pope website).
- Formal training can be accessed at <http://telehealth.org>
- <http://www.americantelemed.org/home>
- Learn more about PSYPACT at [www.psypact.org](http://www.psypact.org)

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## **KPA-Colleague Assistance Program**

*KPA Ethics Committee*

As mentioned in the September print edition of "Kentucky Psychologist," a referral service has been established for any psychologist in the state who seeks psychological services: the KPA-Colleague Assistance Program. To find out more about this service, go to:the website, [www.kpa.org](http://www.kpa.org)

Click on the KPA-CAP header

You will find inside the KPA-CAP Section:

-An overview with detailed information about CAPs in general and KPA-CAP in particular.

-KPA-CAP Provider Registration link.

Names of those who wish to become providers of psychological services to colleagues will be listed on this part of the website in the near future. Please consider becoming a provider, and use your talents to help fellow psychologists who would be aided by seeking assistance and support. Practitioners who have opportunities for the prevention or early intervention of stressors and life challenges can prevent or ameliorate professional stress, distress and even possible impairment. The KPA-CAP recognizes the unique occupational vulnerabilities of psychologists and the need to emphasize health and wellness. CAPs shift the tendency to view competency as an individual response to one where competence is rooted in community, which provides a resource for renewal, support, and sustainability.

Please consider becoming a provider with KPA-CAP. More information and updates will be forthcoming in future e-newsletters.

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## **Having the Most Difficult Conversation**

*Kristin B. Webb, Psy.D. & Alexis T. Franzese, Ph.D., North Carolina  
Colleague Assistance Committee Members*

*[Previously printed in The North Carolina Psychologist Vol  
65(3), 2013]*

*You work in a small private practice with two other  
psychologists, one doctoral and the other master's level. Over  
several weeks you overhear a client of the latter referring to him  
as "Dr. Smith." You worry that you can't say something without  
insulting your friend and business partner. Is it even a problem?  
Is it worth a potentially angry response?*

*A colleague who successfully manages her bipolar disorder has  
recently begun to share concerns regarding your work. She  
believes you have acted unethically on several occasions and  
describes in detail how your actions may be harming patients.  
She has extensive documentation of these details. She has  
mentioned that she would like for you to discuss her concerns  
with her, at length, and for you to ask forgiveness of your  
patients. You strongly believe that you have not acted  
unethically or harmed any of your patients in any way.  
Additionally, you suspect that her concerns are symptomatic of  
a manic episode. How can you get her to back off and stop  
telling you that you're unethical? Can you ask her if she is  
taking her medications? Can you suggest to her that she needs  
to return to treatment for her bipolar disorder?*

### **If It's About a Colleague**

The APA Ethics Code is vague about how to deal with such ethical conundrums as a case of colleague who is exercising poor judgment or is distressed to the point that it interferes with his or her work, or who may be impaired.

As psychologists, we are enjoined to seek informal resolution. Although we are generally well trained about and accustomed to having difficult conversations with clients, we sometimes avoid having such conversations with colleagues. Our reluctance to approach a colleague might reflect a desire to maintain a professional and/or personal relationship, our own feelings about confronting others, or myriad other concerns.

The NCPA Colleague Assistance Committee offered a workshop on this topic in April 2012. Our presentation, from which this article is taken, is based on a review of research on this topic, on CAC members' experiences, and on comments offered by NCPA members.

If you're concerned about a colleague who appears to be in distress or is struggling with substance use or other potentially problematic behavior, the following guidelines may be helpful in considering whether and how to approach him or her.

- Consider why you are concerned. What are your motivations? Do you want to express concern, lecture, or punish or criticize? If you want to do anything other than express concern, stop.
- Pick the time and place—Make sure you have enough time for a roomy conversation, and enough privacy for both of you to feel comfortable. Don't attempt to engage a person when she or he is in an altered or clearly distressed state unless it's urgent.
- Don't feel the pressure of having to "know" if someone has a problem or not. If you're worried, that's worth a conversation. Start with affirming the connection between the two of you, whatever it is (i.e., "We've been friends for a long time..."), and talk in terms of "I'm concerned about you, not "I think you have a problem." Be prepared with specifics of times that have concerned you.
- Be ready with resources.
- Don't worry about scripting each word—The conversation is likely to be awkward yet may still be helpful.

If you are rebuffed and your colleague's behavior is of great concern, first remember that the person you care about has heard you, regardless of denial or defensiveness. However, if the behavior is dangerous and your colleague is unwilling or unable to address it, take it to the next level, which may mean consulting the CAC, the Ethics Committee, or the North Carolina Psychology Board. Remember, decisions about these situations need to be informed by the APA Ethics Code and relevant state and federal law.

### **...Or Topsy Turvy**

The complexities involved in us approaching a colleague with concerns also apply when we think about how to respond to a colleague who approaches with us with concerns about our behavior.

- Express appreciation for the contact (even if you disagree with the facts or the opinion being expressed).

- Recognize that it's most likely coming from a place of concern.
- Limit defensiveness and argumentativeness. Respond inquisitively rather than argumentatively (e.g., “What did you notice that caused discomfort?”; “What caused you to bring this issue to my attention now?”)
- Use your listening skills to get a good understanding of the facts being presented.

Take time before responding, but do not ignore your colleague’s approach and do respond to it eventually. Seek consultation. It is crucial to remember that this is a colleague's attempt at managing the issue informally which is ultimately for your benefit and in your best interest.

### **In Any Case**

In conclusion, the APA Ethics Code provides for both autonomy and responsibility. By allowing, and expecting informal resolution, the Ethics Code is respecting the competence and ability of psychology’s professionals. Therein lies the responsibility to protect our discipline and profession and to care for our colleagues and those we serve.

*The APA Advisory Committee on Colleague Assistance (ACCA) seeks to promote the health and well-being of psychologists by providing resources to help them prevent burnout and to thrive and flourish in their personal and professional lives. It also seeks to help organizations in which psychologists work to promote their well-being. ACCA has a threefold mission:*

*1. To prevent and ameliorate professional distress and impairment and their consequences among psychologists.*

*2. To foster and provide resources via linkages to state associations to this end.*

*3. Thereby, to better protect the public. ACCA attempts to attain these goals in three ways: By promoting an understanding and acknowledgment of the unique occupational hazards of psychologists’ work, supporting the development and maintenance of state level assistance programming, and encouraging appropriate linkages between state ethics committees, regulatory boards and assistance programs.*

By working in these areas, ACCA hopes to serve the interests of the public and the professional community. Resources to help psychologists and their professional organizations can be found

on the ACCA web page: (<http://www.apa.org/practice/leadership/colleague-assistance.aspx>).

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## **KPA-PAC**

The KPA-PAC is grateful to the following individuals, the inaugural donors, who generously made financial contributions to the Kentucky Psychological Association Political Action Committee (as of October 29 2016):

**Leadership Circle - \$1,000 and Over:** Virginia Frazier, Katrina McBride, Amanda Merchant

**Platinum Level - \$500 to \$999:** Georgeann Brown, Lois Doan, Joseph Edwards, David Hanna, Brighid Kleinman & Eric Russ, Sarah Shelton, Tanya Stockhammer

**Gold Level - \$250- \$499:** Pamela Cartor, Brandon Dennis, Jessica Beal Korhonen, David Olson, Felicia Smith, David & Kathy Susman, John Urey, Lisa Willner

**Silver Level - \$100 - \$249:** Erica Adams, Barbara Beauchamp, Michael Dibiasie, Allison From, Laurie Grimes, Tammy Hatfield, Paul Hager, Steve Katsikas, Tony Sheppard, Sharon Turpin, Charles Webb

**Bronze Level – contributions of under \$100:** Candice Crowell, Susanne Rogers

## **KPA Member Benefits:**

**KPA CE Registry:** Never worry about trying to keep track of all those CE certificates again! When you join the KPA CE Registry, we take care of all the details (and headaches) for you. Click [here](#) to get started.

**Professional Issues Consultation** - KPA's Director of Professional Affairs, Dr. Laurie Grimes, is available to consult with KPA members concerning problems with third party reimbursement and will work with KPA members to bring these issues to the attention of insurers, regulators such as the KY Department of Insurance, and, in coordination with the KPA lobbyist, with legislators. She will also communicate as necessary with KY Board of Examiners of Psychology concerning legislative and regulatory issues which affect KPA membership and their ability to provide and be reimbursed for psychological services. Click [here](#) to fill out a request.

## **Clinical Psychology – Overview and Effectiveness**

PowerPoint courtesy of KPA Member Eric Russ, Ph.D., University of Louisville. Click [here](#) to access the Powerpoint presentation.

## **Post-Ferguson Resources for Coping, Learning, and Teaching**

Resources courtesy of the Georgia Psychological Association. Click [here](#) to access the webpage with listed resources.

**Ethics Resource** - The KPA Ethics Committee has developed a list of resources for KPA members aimed to help psychologists find resources about self-assessment, self-care and the development of skills, relationships, and personal qualities that will allow them to be less vulnerable to ethical breaches and "slippery slopes" in their professional careers and foster ethical awareness that leads to optimal practice. The posted resources define and discuss the stress—distress—impairment continuum, and the vulnerability at any point along the way to an ethical violation. They touch on topics such as risk factors, prevention of impairment, intervening with an impaired colleague, treatment options and the national movement toward establishing colleague assistance programs. Click [here](#) to fill out an Ethics Consult Request Form.

### **Have an Idea or Contribution for the KPA e-newsletter?**

Contact the KPA Central Office or Brandon Dennis, Psy.D., KPA e-Newsletter Editor at [brandoncdennis@gmail.com](mailto:brandoncdennis@gmail.com). Deadlines for submission are the 15th of the month the newsletter is scheduled for distribution (Feb, April, June, Oct and Dec).

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