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## Kentucky Psychological Association

# e-NEWS

Feb/March 2016

Upcoming 2016 KPA CE  
Events

### Friday, March 18

Live CE: Louisville, KY

[Business of Practice  
Conference Multiple Presenters,  
Multiple CEs.](#)

### Saturday, April 2 - Spring Academic Conference

Live CE: Georgetown, KY

[Applying Psychology to a Diverse  
World](#)

*Danelle Stevens-Watkins, Ph.D.  
1 CE.*

### Wednesday, April, 6

Interactive Webinar: 12-1pm  
EST

[Family Integration and Couple's  
Treatment: Issues of Veterans  
Returning From Service](#)

*Steven Sayers, Ph.D., 1 CE*

### Friday, April 15

Live CE: Louisville, KY

[Time Limited Dynamic  
Psychotherapy](#)

*Hanna Levenson, Ph.D., 6 CEs.*

### Wednesday, April, 27

Interactive Webinar: 12-1pm  
EST

[Behavioral Health Interventions  
for Veterans with mild TBI](#)

*Douglas Cooper, Ph.D.,  
ABPP-CN  
1 CE*

### Wednesday, May, 18

Interactive Webinar: 12-1pm  
EST

[Pain and Pain Management for  
U.S. Military Veterans](#)

*Robert Kerns, Ph.D., 1 CE*

### Friday, May 20

Live CE: Louisville, KY

[Assessment & Clinical  
Management of Suicidal Patients](#)

*M.Daivd Rudd, Ph.D., ABPP 6  
CEs.*

### Friday, June 10

Live CE: Louisville, KY

## Exciting News from KPA in February

Here's the February edition of the KPA e-NEWS, a regular e-newsletter, to enhance communication about psychology across the state. Numerous opportunities exist in 2016 for meeting your goals of financial security, increasing knowledge, enhancing organization, planning, and practice opportunities, and cultivating new personal and professional relationships. 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.

## Update from KPA Executive Director

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

As usual, lots going on at KPA and KPF! Several highlights of the year in progress....

I'm happy to be working with our current Central Office staff members. Operations Manager Joy Kaplan is coming up on her one-year KPA anniversary and has proven herself invaluable to the organization. Administrative Assistant Marsha Green joined us in January. Both have been remarkably quick studies, and there is a growing sense of team spirit in the KPA Central Office. Rounding out the support staff is Sarah Burress who continues to do some contract work for KPA and Bellarmine psychology student McKenzie Prince, carrying out a part-time undergrad internship with us this semester.

The start of a new calendar year means welcoming and orienting newly elected board members, getting a new year of committee activities up and running, hosting the annual KPA Legislative Day, program planning for the Annual Convention and following year CE calendar, rolling out the [current year CE offerings](#), preparing for State Leadership Conference in Washington, DC and - on the [Kentucky Psychological Foundation](#) (KPF) side of things - putting details in place for the annual [KPF Spring Academic Conference](#).

This year has also seen deep engagement in a new KPF initiative, the Hello Tomorrow! project. 20,000 Hello Tomorrow! workbooks will soon be distributed to Kentucky 4-year olds with the goal of increasing Kindergarten-readiness and promoting at-home learning experiences between children and their caregivers. KPF thanks the CE&S Foundation for their generous funding of this project, and the team of KPF psychologist volunteers who committed their time and expertise to the project. Watch for more details to be posted soon on the KPF pages of the KPA website, including a full-color, downloadable PDF of the workbook. If you are interested in [supporting the work of the Kentucky Psychological Foundation, we welcome your tax-deductible contributions to this worthy cause!](#)

Meanwhile, several of us are preparing for our annual DC adventure at the APAPO State Leadership Conference (SLC) where we will be learning about opportunities for "[Expanding the Practice Spectrum](#)," networking with state psychological colleagues from across the US and Canada, and visiting our KY legislators on Capitol Hill to advocate for our profession. Two members of the Kentucky SLC delegation, Dr. Laurie Grimes and Dr. Monnica Williams, will be presenting at this year's conference, and past KPA President Dr. Felicia Smith will be attending in her national leadership role as Chair Elect of the Committee of State Leaders. As usual, we will be sending a follow-up SLC report to the membership to share our experiences along with new knowledge and ideas.

Neuropsychology for the Non-Neuropsychologist  
Bradley Folley, PhD, ABPP  
Rebecca L.H. Stilp, PhD 3 CEs.

At the first 2016 KPA Board meeting of the year on March 11, we will not only be welcoming several new board members, but also ringing in a brand new board seat. In 2015, the KPA membership voted almost unanimously to amend the bylaws to include a brand new Diversity Interest Section Representative seat on the KPA Board. Congratulations to Dr. Candice Crowley for being the first KPA member to serve in that newly created position.

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

As always, I thank you for your membership and engagement in KPA. If you are looking for ways to deepen your engagement in this vibrant organization, I hope you will contact me!

For psychology and a psychologically healthy Kentucky,  
Lisa

### New 2016 KPA Webinar Series:

#### Treatment Updates for Clinical Practice: Bringing Home Lessons from the Front Lines

Come spend an hour per webinar from April through June on the "front lines" with leading psychologists who care for our service members through their research and clinical work with veterans' mental health issues. And then, bring this expertise back into your own practice with your clients - both military and civilian. Much of what we have learned from extensive work with issues so prevalent in our military population- suicide prevention, sleep disturbance, family transition, traumatic brain injury and pain management - also applies to many of our other clients. Too often, however, we assume this research bears little on what we do, when, in fact, we can learn much that will benefit our clients much more broadly.

**All workshops: Noon to 1 PM** (EST/EDT as noted).  
**Location: In the comfort of your own office or study!**

**Intended audience:** Psychologists, Physicians, Nurses, and other health-care providers.

Click [HERE](#) to view the Webinar Schedule and to sign-up.  
NOTE: These workshops are Live Webinars. You must be able to access the Internet during the webinar. (Broadband DSL or Cable preferred.) Valid email address required at registration in order to receive instructions and access codes.

### Advertisements:

Advertisement for Psychology License Defense & Mental Health Law. It features a logo with the Greek letter Psi (Ψ) and the text "PSYCHOLOGY LICENSE DEFENSE & MENTAL HEALTH LAW". Below the logo, it says "Click Here For More Information" and "Mark R. Brengelman Attorney at Law PLLC". At the bottom, it states "THIS IS AN ADVERTISEMENT".

Logos for Bellarmine University and Wayne Institute for Advanced Psychotherapy. The Bellarmine University logo features a shield with a cross and a tree, with the text "BELLARMINE UNIVERSITY". The Wayne Institute logo features the text "WAYNE INSTITUTE FOR ADVANCED PSYCHOTHERAPY".

## Kentucky Psychological Foundation News

The Kentucky Psychological Foundation's mission includes educating the public on a broad range of health, mind-body, and behavioral topics in order to build a psychologically healthy Kentucky. More information can be found at <http://www.kpa.org/KPF>

**Next KPA Board of Directors Meeting**  
March 11, 2016  
Public Library, Frankfort, KY

[View the KPA Board of Directors](#)

### 2016 Spring Academic Conference is Coming!

Location: Georgetown College, Georgetown KY

#### KPA Book Corner

The KPA Book Corner highlights books written by KPA Members and those recommended by KPA speakers, including those from the 2013 Convention. [Click here to take a look at our current listings.](#)

The 2016 Kentucky Psychological Foundation Spring Academic Conference will be held on Saturday, April 2nd at Georgetown College. The conference provides a unique opportunity for graduate and undergraduate students to present their research in juried competitions, develop practical skills, and network with fellow students from across Kentucky. The featured workshop for faculty and students, Research in Correctional Facilities: Considerations for Investigators, will discuss rewards and challenges for conducting research in correctional settings, identify socio-contextual factors that contribute to prisoners being identified as a vulnerable

If you have presented for KPA or are a KPA Member author, please send your suggested items to [kpa@kpa.org](mailto:kpa@kpa.org). (If you order Book Corner recommendations or other items through Amazon, remember to access the Amazon site by clicking on the Amazon link on the KPA home page - Amazon donates a small percentage of these purchases back to KPA!)

### 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

**Sheila Schuster, PhD.**, will be honored as a 2016 Woman of Distinction award by the Center for Women and Families on Feb. 26 at the Seelbach Hilton Hotel.

The following members appeared on "Let's Talk" at 970AM WGTK with fellow KPA member Stan Frager, Ph.D.

**Karyn McKenzie, Ph.D.** discussed Healthy Relationships

*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 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.

[Listserv Details](#)

population, cover racial disparities among prisoners, and discuss issues related specifically to research involving drug use and HIV research in correctional settings.

Students are encouraged to nominate a faculty member as Outstanding Graduate or Outstanding Undergraduate Mentor. Faculty members are invited to participate in the conference as judges, mentors, and coaches. Undergraduate students have the opportunity to talk with graduate students about "how to get into graduate school," and graduate students may also serve as judges for the undergraduate poster competition. There will also be a Faculty/Student Luncheon that is included with your registration. The 29th Annual Psych Bowl will be a featured event, with undergraduate team vying for the top slot as 2016 Psych Bowl Champions!

Additional details and registration available on [KPA's Spring Academic Conference homepage](#).

## PASSPORT HEALTH PLAN RECOGNIZED FOR PROMOTING EMPLOYEE WELL-BEING AND PERFORMANCE

### Receives National Level Psychologically Healthy Workplace Award from American Psychological Association

Louisville, KY, February 24 — In recognition of its efforts to create a healthy, high-performing work environment, Passport Health Plan will receive the American Psychological Association's (APA) 2016 Psychologically Healthy Workplace Award at a ceremony in Washington, D.C. on Feb 27. One of six employers from across North America to receive the award this year, the organization won in the medium not-for-profit category. Passport is a previous winner of the Kentucky Psychological Foundation's (KPF) state-level Psychologically Healthy Workplace Award, qualifying it to be nominated for the APA award.

Passport excelled in its efforts to foster employee involvement, health and safety, employee growth and development, work-life balance and employee recognition. The organization's comprehensive wellness program, behavioral health services, team-building and education and kudos peer-to-peer recognition program are several examples of the workplace practices that helped it earn a national 2016 award.

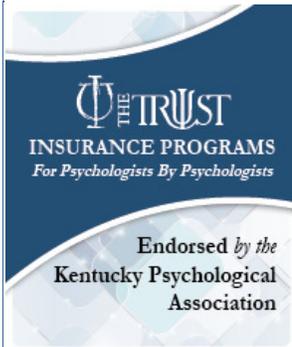
Passport's psychologically healthy workplace practices have reaped rewards for both the organization and its employees. Since embarking on its "Cultural Change" program in 1997, the organization has enjoyed higher staff job satisfaction and increased productivity. Moreover, looking to promote from within, Passport has had 76 internal promotions within the last two years.

"Passport employees truly embrace and care for one another, as evidenced by the family-like support and strong relationships we saw across all levels of the organization on our evaluative site visit to the organization," says Courtney Keim, Ph.D., Chairperson for the KPF awards committee.

Passport supports a robust wellness program, and management continually offers new services and programs such as lifestyle awards, walking challenges, preventive screenings, healthy lunches and fresh produce delivery from a local farm. Passport offers onsite training for continuing education credit, management training and coaching, among other things.

A job at Passport comes with domestic partner benefits, flexible spending accounts, robust medical coverage and a work-from-home option for some positions. The "Passport Cares" fund lets associates apply for an emergency loan.

"During our site visit, we could see how important programs like 'Passport Cares' are. One employee who received this assistance was moved to tears as she told us of the help and support she received from her coworkers," said Keim. "This unique program helps to reduce employee stress that can occur from unexpected, non-work demands."



Join KPA 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 378 "friends". All you need to do to join the Kentucky Psychological Association on Facebook is to 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.

**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 Jan, March, May, July, Sept and Nov with submissions accepted at any time. Complete information and pricing details are available on the KPA Advertising webpage.

**Support KPA During in 2015 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.

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The Kentucky Psychological Association is pleased to offer member merchant accounts - credit and debit card processing for your practice. A merchant account provides your clients with a convenient and immediate payment option and makes it easy for them to pay you for your services. Accept payment for consultation fees,

Passport also offers employees health plans that include 24-hour access to free services including confidential face-to-face visits with a behavioral health professional. The Most Valued Professional award recognizes associates for their service. Nominated by their peers or management, each recipient is awarded cash, a plaque and a dedicated parking space.

"Employees notice when an organization legitimately cares about their well-being and are more likely to be satisfied with their jobs, committed to the organization and motivated to do their best," says David W. Ballard, PsyD, MBA, head of APA's Center for Organizational Excellence. "Organizations like Passport Health Plan recognize the importance of creating a work environment where employees and the organization can thrive."

APA's Psychologically Healthy Workplace Awards are designed to showcase the very best from among the award winners recognized by APA's affiliated state, provincial and territorial psychological associations. Nominees are evaluated on their workplace practices in the areas of employee involvement, health and safety, employee growth and development, work-life balance and employee recognition. Awards are given to for-profit and not-for-profit organizations, as well as government, military and educational institutions.

More information about APA's Psychologically Healthy Workplace Award winners is available at <http://www.apaexcellence.org/media>. Organizations interested in learning more about creating a psychologically healthy workplace or applying for an award in their state, province or territory can visit <http://www.apaexcellence.org>. The Psychologically Healthy Workplace Program is a public education initiative from APA's Center for Organizational Excellence.

## Research Colloquium Travel Award

The Kentucky Psychological Foundation has created an initiative to support the presentation of research colloquia by psychologists in academic or research settings within the Commonwealth of Kentucky. The purpose of this initiative is to foster inter-institutional networking between Kentucky academic or research institutions, promote the exchange of ideas, and provide career-development opportunities for academic and research psychologists within the Commonwealth. [Click here for details.](#)

[Help support the Kentucky Psychological Foundation by making a donation today!](#)

## Proposals for KPA 2016 Annual Convention and/or 2017 KPA CE Calendar

If you are interested in presenting a Continuing Education workshop during the 2016 Annual Convention or the 2017 calendar year, please complete a CE proposal form by clicking the [CE Open Call link](#).

## KPA President's Reflection

*By Amanda Merchant, President of KPA*

I am very grateful for the opportunity to be in the role of KPA President for 2016 and to share what I see as some of the strengths of this organization. I would first like to thank our 2015 President, David Olson, PhD, for his service and dedication over the past year.

Through his flexibility and creativity in leadership, KPA was able to respond to unexpected issues while still focusing on its long-term goals.

Starting out in KPA as the health psychology interest section representative, it became quickly evident to me that this was a Board that could get things accomplished. I remember attending one of my first retreats with Past President Felicia Smith, PhD at the helm and

counseling sessions and insurance co-pays. With a merchant account, you can:

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### KPA Home Study 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...

[A First Step in Understanding the Affordable Care Act and Its Potential Impact on the Health and Mental Health of Kentuckians](#)

[Assessment of Religiousness and Spirituality in Clinical Practice, 1 CE](#)

[KPAF Diversity Conference Home Study Courses](#)

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

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

being amazed at how thoughtful, targeted discussion lead to specific, goal-oriented action. KPA's strength as a local, state organization is the nimbleness to respond to what we see happening day-to-day in our profession. For example, as healthcare changes occurred with the ACA and ICD-10, our Director of Professional Affairs, Laurie Grimes, PhD, provided the KPA membership with timely information and created an Insurance Task Force to share experiences and solutions. As new requirements for continuing education got proposed this year, KPA members used their research expertise to inform the discussion. We were also able to provide our members with timely access to education to fulfill these requirements. And, as our need to be more engaged and proactive in the face of a changing political climate, (and to survive the pending retirement of our irreplaceable Sheila Schuster, PhD), we created the Legislative Response team to regularly review legislation pertinent to mental health care, education, and healthcare generally.

The energy of our members was clear at KPA's Legislative Day in Frankfort in February, organized by Georgeann Stamper Brown, PhD. Over 40 psychologists participated and met with their legislators; a number that continues to grow each year. We were also able to educate legislators and staff about the importance of mental health with displays and brochures provided by Jennifer Price, PhD, the Chair of the Kentucky Psychological Foundation's Public Education Campaign Committee. I am so encouraged that the composition of our active members includes psychologists who have been dedicated to KPA for years and know the history of the organization as well as early career psychologists that bring knowledge of the changes in the current educational and healthcare landscape.

If you're like me, there's only so much time in a day- we want to use our resources efficiently. Please consider contributing your strengths to this very active, and engaged organization. KPA's Executive Director, Lisa Wilner, PhD, is wonderful at matching your interests with the needs of the organization. I look forward to working with you.

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## New Members Needed - KPA CER Committee

by Matt Gilbert, Psy.D., Chair

The KPA Continuing Education Review (CER) Committee is currently seeking new members. We are in need of one fully-licensed doctoral psychologist (we currently lack representation from the Western, Central, and Northern regions) and would also like to invite a graduate student in clinical or counseling psychology to join.

The mission of the CER committee is to maintain the quality of KPA's Continuing Education (CE) program. We review and recommend approval/disapproval of all CE proposals submitted to KPA via the Continuing Education Program Development Committee, other KPA entities, or by other organizations/individuals seeking KPA co-sponsorship.

Additionally, we evaluate and recommend approval/disapproval of appeals from individuals denied CE credit by KPA.

We conduct the bulk of our business by email and ordinarily only meet in person once per year at the annual convention. This committee is a great way to get more involved with KPA with a minimal time investment and is a great CV addition.

Anyone who's interested can contact committee chair Matt Gilbert, PsyD directly at [dr.mattgilbert@gmail.com](mailto:dr.mattgilbert@gmail.com).

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## Suicide CE Regulation Deadline

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

In response to several inquiries I have had about the suicide prevention CE regulation, I am sending this reminder about this MUST DO for licensure renewal.

There is a deadline!! The first 6 hours of training must be taken **by JULY 2016**.

If you need to renew your license before July 2016, you do not have to include the suicide prevention CE hours in your renewal.

If you have taken the suicide prevention CE before July, but don't renew your license until

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120 Sears Ave, Ste 214  
Louisville, KY 40207  
502-894-0777  
kpa@kpa.org  
www.kpa.org

after July, you can use them for your 2019 renewal. If you attended the KPA-sponsored suicide prevention CE in February 2015 or at the convention in November 2015, or if you plan to enroll in the May 20, 2016 seminar, these all count towards the requirement. The regulation requires 6 hours every 6 years, so these will be within that window for all Kentucky psychologists since we have a 3-year license renewal cycle. (Register for the May 20 seminar at <https://kpa.siteym.com/events/register.aspx?id=713664&itemid=03b369fe-3e50-4329-b9af-07c3771d5ede> )

There are some exemptions, but they will not apply to the vast majority of psychologists. A summary of the regulation stipulations is provided below, and the full reg can be found at <http://www.lrc.ky.gov/Statutes/statute.aspx?id=41814>.

- Licensees will be required to have a six-hour CE on suicide assessment, treatment, and management within the first year of licensure and every six years thereafter.
  
- There will be flexibility regarding the distribution of course work hours and who offers the CE course as long as they are approved sponsoring organizations, such as KPA; other organizations are outlined in the regulation.
  
- Exemptions will be granted under the following circumstances:
  - A new licensee will have the requirement waived for the first 6 years if s/he has completed a 3 semester hour graduate course in suicide and crisis assessment, prevention, and intervention during graduate education.
  
  - The requirement will be waived if, during the 6-year licensing period, the licensee:
    - is primarily employed in a JCAHO or nationally accredited healthcare entity that requires a suicide risk assessment with each patient that is seen
    - teaches a graduate-level course in suicide assessment, training, and management
    - teaches a continuing education course in suicide assessment, training, and management at least once during the 6 year period.

## DSM-5 Coding Updates

OOPS. The codes for Trichotillomania and Kleptomania were transposed. That and other errors are addressed in the American Psychiatric Association's release, "Coding Updates for DSM-5." There are some important changes in the Major Neurocognitive Disorders when the "with behavioral disturbance" is used, and some places where the crosswalk is inadequate or incorrect are addressed (e.g., Social Anxiety Disorder to Social Phobia or the schizophrenia type differentiations).

All DSM-5 users should crosscheck their most frequently used diagnoses and codes. The corrections supplement can be found on the American Psychiatric Association's DSM-5 Implementation and Support page (this site works best with Google Chrome or Mozilla Firefox). To download the ICD-10-CM, visit the Centers for Disease Control and Prevention website and go to "FY 2016 release of ICD-10-CM" section. Select ICD-10-CM PDF format to access a PDF version of the document. It directs you to an index of compressed zip files. Within that index, select ICD10CM\_FY2016\_Full\_PDF.ZIP. This zip folder contains five files. Open the final file labeled 'Tabular.'

Laurie

Contact me at [laurie@kpa.org](mailto:laurie@kpa.org) with questions.

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## National Currents

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

- A lot has been happening across the country in our field of psychology: themes distill around:
1. Emerging/evolving impact of the ACA on psychology practices
  
  2. Reinforcement of ethical psychotherapy treatment for people within various gender

identities and sexual orientations.

3.>And, the ever-evolving practices for secure electronic records, communication, and storage...

### **1. Impact of the Affordable Care Act (ACA) on Psychologists**

Expanding access to health care in our country is a promising notion for many of us, especially with the new laws requiring parity for mental health and substance abuse care (ACA as of Jan., 2014). However, the full impact of transitioning to many of the new practices and requirements of the law (ACA) remains to be seen. In fact, there are a number of concerns that have been raised about the potential for significant narrowing of psychology practice (Beezley-Smith, 2015; APA Monitor, 2012). A psychologist (cited by Beezely-Smith, National Psychologist, 2014) in Massachusetts--the state whose 2006 state health care reforms served as a basis for the ACA--described "unpredictable insurance reimbursement as the greatest threat" to independent practice and recommends that "psychologists cultivate additional revenue streams independent of insurance reimbursement." Dan Taube (APA, from The Trust, 2012) predicts that the increased accountability, monitoring, and emphasis on more "manualized" sorts of approaches will ultimately make it "harder to sustain solo private practice in this environment."

While increasing numbers of clinicians and psychotherapy clients may operate apart from the third-party payor system in order to sustain their flexibility, limits on individual/family resources render this unfeasible as a mental health care system. Psychological treatment should not be relegated to "luxury" status. Additionally, within the ACA environment, there are requirements of medical providers that may offer a number of additional opportunities for psychologists.

Billing for our collaborative work within medical systems is one part of reworking our roles (Koocher, cited in National Psychologist 2014; KPA Convention, Louisville, KY, 2015). "There is no reason psychologists shouldn't be the leaders in whatever integrated care system they become involved with" (Jane Martin, Ph.D., CEO of The Trust, 2014).

Those of us fortunate to see Gerald Koocher speak at last year's KPA convention will remember some of these new directions. We are charged with repositioning psychological diagnostic and psychotherapy skills as essential rather than incidental to the provision of comprehensive health care. Psychologists must not take it for granted that medical doctors will decide who will be the leaders in accountable care organizations (ACOs) and patient-centered medical homes (PCMHs). Finally, in line with our mission within KPA, psychologists must become more politically active as part of educating lawmakers, other professionals, and the general public. (Thomas, National Psychologist, 2014).

### **2. Psychotherapy treatment for people within various gender identities and sexual orientations**

"The most important fact about 'reparative therapy,' also sometimes known as 'conversion' therapy, is that it is based on an understanding of homosexuality that has been rejected by all the major health and mental health professions." (Just the Facts About Sexual Orientation & Youth: A Primer for Principals, Educators and School Personnel", Just the Facts Coalition, 1999)

In addition to Washington, D.C., Illinois, New Jersey, Oregon, and California are the four states that have enacted laws prohibiting the practice of so-called "conversion therapy" on minors by licensed mental health professionals (as of January, 2016). Governor Cuomo of New York recently introduced legislation around these harmful practices (the outcome to be determined this month). There are some interesting trends starting even in this early period of action. The earlier legislation (D.C., NJ, OR, CA) charges psychology licensing boards to discipline therapists employing these unethical practices. The more recent Illinois law states that because its basis falsely claims that homosexuality is a disease, "gay conversion therapy violates the state's consumer fraud act and allows people who have been subjected to the practice to seek action against the provider" (National Psychologist, November, 2015). APA's Council of Representatives recently adopted 16 guidelines for working with transgender and gender non-conforming (TGNC) individuals (2015 APA Convention, Toronto). A 2009 task force identified an inadequate knowledge base of psychologists and graduate students. The guidelines include the understanding that "gender identity and sexual orientation are distinct but interrelated constructs" and encompass issues of lifespan development, stigma,

discrimination, and barriers to care (November, 2015, National Psychologist). Here is a link to the APA Practice guidelines document itself if you're interested: <https://www.apa.org/practice/guidelines/transgender.pdf>.

### 3. Technology and Practice

We psychologists in practice face the challenge of this transition time between old and new practices. We had a good sense of what keeping secure records meant with the "old ways" (i.e., for many of us—"current ways"! ) with our pen and paper notes in our locked file cabinets behind a locked door, voice mails, and voice to voice contact. Email, texting, cellular phones, and electronic records are now common practice, but without certain security steps, can allow for easy breaches of confidentiality. The Department of Health and Human Services (HHS) is set to increase HIPAA audits to make sure medical practices and their business associates have taken measures to protect patients' health information (Cidon, A., January 21, 2016, National Psychologist).

On a different, but related note, in regard to the provision of telehealth services, a range of approaches exist across states. Kentucky joins only two other states (California and Vermont) to pass laws specifying psychologists' legal obligations in online therapy. A Kentucky psychologist using telehealth must obtain the patient's informed consent, which includes documenting whether the patient has the necessary knowledge and skills to benefit from telehealth.

#### **Kentucky Law around telehealth provision for psychologists:**

<http://www.lrc.ky.gov/kar/201/026/310.htm>

Unfortunately, although there are some small but important steps we can and should take, the number of steps can be daunting. Don't despair! Some considerations:

1. There are available email services with nominal monthly charges, (e.g., HushMail (<https://www.hushmail.com>) , Paubox (<https://www.paubox.com>), NeoCertified (<http://www.neocertified.com>) that encrypt emails sent and received and allow for keeping your own domain (email address). Many of these services allow for seamless access (no awkward additional passwords, boxes to got to) and protects both sent and received emails.

2. There are very simple steps you can take within your existing system to achieve additional layers of protection, like adding an "s" to the http in the email service address!  
[http://www.pcworld.com/article/254338/how\\_to\\_encrypt\\_your\\_email.html](http://www.pcworld.com/article/254338/how_to_encrypt_your_email.html)

3. Services like Sookasa, nryptedcloud, Dropbox, and Viivo all enable secure document sharing in the Cloud

4. Tiger Text, ChatSecure + Orbot, Cryptocat, RedPhone, Silent Phone, Silent Text, and TextSecure allow for secure texting communication.

5. Mental health practice poses unique challenges but also relative ease with regard to the application of HIPAA. Compared to many other health care practices, for example, we are more likely to use consumer electronics and services (e.g., Paypal, Square, Gmail). We routinely engage in greater ongoing communication with our clients. Because our work may not follow a typical medical model, defining what constitutes "health information" is often different for us. (3 Ways HIPAA is Different in Mental Health, Roy Huggins, LPC NCC , Person-Centered Tech, Feb 16, 2015)

Here's a link to this wonderful website that devotes itself to all things tech with mental health practice: <https://www.personcenteredtech.com>  
Hope this helps...Good luck

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## **KPA Member Benefits: New Resources!**

**Technology Resource** - Dr. Dan Florell, presenter of the June 21st, 2013 KPA CE Workshop, Advanced Supervision: Influence of Technology, has been gracious enough to share an audio recording of his workshop with KPA members interested in the

advancements of technology and their use in the field of psychology. [Click here to learn more and to access the recording.](#)

### **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. <http://kpa.site-ym.com/?19#Ethics> Click here to learn more and to access the resources.

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## **Part five – an Overview of New Continuing Education**

*by guest contributor, Mark R. Brengelman, JD, MA*

This article is the fifth in a multi-part series covering the basics of licensure as a psychologist in Kentucky. While most readers of this KPA eNewsletter will already have a license to practice psychology, this article follows the last article on licensure renewal with the specifics of new changes to mandated continuing education. Finally, a concluding part in this series will be an overview of losing one's license to practice psychology in Kentucky.

Once credentialed by the Kentucky Board, a psychologist must renew his or her credential every three (3) years from the date it was first issued as required by KRS 319.071(1). State law also requires the Board to implement a mandatory continuing education requirement for the renewal of the license. KRS 319.032(1)(f).

Board statute was also amended a few years ago to increase the number of continuing education hours. For many years, the total requirement was thirty (30) hours within the three (3) year renewal period, which worked out to an average of ten (10) hours per year for those three (3) years. However, nothing mandated any such average, and a psychologist could obtain all thirty (30) hours during the very first week of their three (3) year renewal, or could wait until the last week in their three (3) year renewal.

Regardless, the law mandated thirty (30) hours in three (3) years. This statute was amended to require thirty-nine (39) hours in three (3) years effective for renewals after June 30, 2013.

Psychologists who already renewed their licenses in the period from January to June 2013 will be the very last psychologists to have renewed under the old thirty (30) hour standard applicable to their renewal ending during the period January to June 2016, now three years later. Those psychologists will now be the last group of psychologists to have to acquire thirty-nine (39) hours when they renew now.

The Board has an administrative regulation, 201 KAR 26:175, "continuing education" that was promulgated and amended effective December 16, 2015. There are many changes to the specific required content of certain continuing education.

First, another statute, KRS 210.366, now requires many mental health practitioners, including psychologists, to obtain continuing education in suicide assessment and prevention.

Therefore, 201 KAR 26:175 was amended to mandate as to psychologists the completion of a minimum of six (6) hours in "suicide assessment, treatment, and management

within the first year of licensure and every six (6) years thereafter[.]” As with any new rule, there are new exemptions. Specifically, a psychologist is exempted for the first six (6) years of licensure if the psychologist has completed a three (3) hour course in this same subject during their graduate education.

Second, there are three (3) exemptions for psychologists from the “every six (6) years thereafter” requirement as follows: One, if the psychologist “is primarily employed in a clinical setting accredited by the Joint Commission or another nationally accrediting healthcare entity that requires the completion of a suicide risk assessment with each patient being seen within the setting.” Two, if the psychologist teaches a “a graduate-level psychology course in suicide assessment, training, and management.” Three, if the psychologist “teaches a continuing education course in suicide assessment, training, and management at least once during the six (6) year period.” Of course, it is not enough simply to meet an exemption, this administrative regulation requires the psychologist to maintain documentation as well. An existing requirement carries over into this newly amended administrative regulation for three (3) hours “in either ethical practice or risk management” required of all psychologists. Another carry over requirement is only for psychologists with the health service provider designation who provide clinical supervision to other psychologists who must obtain “a minimum of three (3) continuing education hours in the area of supervision theory or techniques.”

Psychologists are required to report their hours at the time of renewal; no hours carry over. Furthermore, psychologists are required to “maintain and provide adequate records including certificates of attendance and documentation of completion of the required continuing education hours.” As an alternative, a psychologist may also “provide documentation through a Board-approved registry” a sort of continuing education repository, as may be offered by the Kentucky Psychological Association or the Association of State and Provincial Psychology Boards, either of which could serve as the official bank of continuing education hours obtained.

Relevant continuing education may be obtained from a wide variety of approved providers, including any state chapter of the American Psychological Association, the American Medical Association, the American Psychiatric Association, and the National Association of Social Workers. Any course approved by any other state psychology board is approved, as well as individual courses which meet the Board’s continuing education standards and have been approved by the Board in an individual application. Finally, perhaps a more rigorous course of study to comply with continuing education is to take or to teach an applicable graduate-level, academic course in psychology, which qualifies to meet several hours of continuing education per course.

With an unusually long three (3) year renewal cycle in which to earn continuing education, psychologists have the luxury, or perhaps the burden, of having those three years to renew their credential and to obtain their mandated continuing education. Surely most psychologists will obtain continuing education over time, but falling behind in a three (3) year renewal cycle when thirty-nine (39) hours are required may leave a psychologist scrambling to complete those hours in time to renew. New requirements effective December 16, 2015, continue the trend of mandating specific content in continuing education for psychologists.

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

Contact the KPA Central Office or Sean Reilley, Ph.D., KPA e-newsletter Editor at [dr.sean.reilley@gmail.com](mailto:dr.sean.reilley@gmail.com). Deadlines for submission are the 15th of the month the newsletter is scheduled for distribution (Feb, April, June, Aug, Oct and Dec).

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