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is intended for KPA members only.



Kentucky Psychological Association

e-NEWS

June 2014

**CE Connections:  
Upcoming KPA CE Events**

**Friday, July 18th**  
Florence, KY

[Northern Region CE: The Impact of Trauma on Clients and Therapists: Ethical Considerations](#)

3 CE

*\*Meets KRS 319 requirement for ethics/risk management*

**Thursday, August 28th**  
Louisville, KY

[KPA Substance Abuse Conference](#)

6 CE

**Friday, September 26th**  
Louisville, KY

[Mind and Body Wellness: Applications for Contemporary Clinical Practice](#)

6 CE

**Thursday, Oct 2nd**  
Louisville, KY

[An Introduction to Cross Battery Assessment](#)

3 CE

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

**Next KPA Board of Directors Meeting**

**September 12**  
Frankfort, KY

[View the KPA Board of Directors](#)

**Visit the 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.](#)

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

**Exciting News from KPA in June**

Here's the June edition of the KPA e-NEWS, a regular member 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.

**Update from KPA Executive Director**

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

**Advocating for Psychology: Building KPA's Advocacy Plan**

KPA's annual Leadership Retreat was held in Frankfort on May 30 and 31 at the Capital Plaza Hotel in Frankfort. Retreat participants included members of the KPA Board of Directors, committee chairs, KPA liaisons to related organizations, and invited guests. This year's retreat focused on Advocacy, one of KPA's three strategic priorities. As we prepare for Dr. Sheila Schuster's upcoming retirement as KPA's longtime legislative agent, KPA leadership has recognized the need to step up its engagement with and responsibility for defining and implementing KPA's legislative and general advocacy agenda, and maintain our place at the table. (As we are frequently reminded by APAPO's Dr. Katherine Nordal, "if we are not at the table, we will be on the menu.") With KPA President Dr. Pam Cartor at the helm, your organizational leaders took full advantage of the retreat to learn about and consider many of the various forms that advocacy for our profession can take, and to decide on next steps in KPA's advocacy plan.

On Friday evening, we heard from [Amy Wickliffe](#), a partner in KPA's new lobbying firm, McCarthy Strategic Solutions. Her presentation, Advocacy in Effective Organizations, focused on developing and delivering an effective message, educating legislators and others about the positive impact of our profession, and various forms of financial participation in the political process including Political Action Committees (PACs), individual political giving, and hosting or attending fundraisers.

As a very timely follow-up to Amy's talk, Early Career Psychology representative Dr. Eric Russ spoke with us about the well-documented positive impact of psychological services, and included supporting data from such well-known and respected sources as the Journal of the American Medical Association, the New England Journal of Medicine, and others. Despite robust evidence of the wide-ranging and therapeutic benefits and cost effectiveness of psychological services, as well as clients' preference for psychological services over other forms of treatment, it appears that psychologists have been less effective at communicating those benefits to the public, legislators, and other policy makers. We plan to make a version of Dr. Russ's presentation available to KPA members soon, and hope that it will be an effective tool for helping us to serve KPA's mission of *promoting psychology as a science and profession*.

Former KPA President Dr. David Hanna spoke with KPA leadership about advocacy for

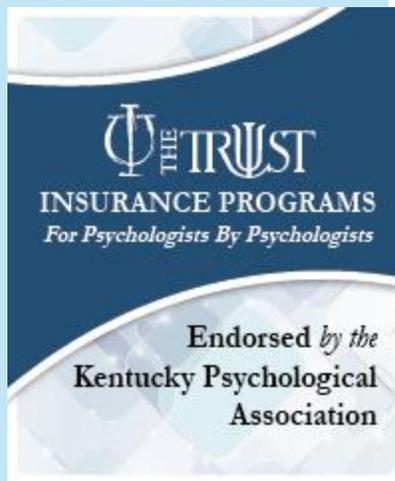
recommendations or other items through Amazon, remember to access the Amazon site by clicking on the Amazon link on the KPA home page - Amazon donates a small percentage of these purchases back to KPA!

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### 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.

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### KPA Currents

A Snapshot of Events in the Lives of KPA Members

**Dr. Sheila Schuster** received an honorary doctorate from Spalding University in Louisville on June 7, 2014. Congratulations, Sheila! [Click here to view the press release.](#)

The APAGS Advocacy Coordinating Team has given KPAGS Representative **Hannah Combs** the "Excellence in Campus Leadership" award!

Congratulations to **Dr. Pat Pernicano** on her case study publication in the May/June edition of the Psychotherapy Networker. View her case study, "Rush to Judgment: Beware of the ADHD diagnosis", at [www.psychotherapynetworker.org](http://www.psychotherapynetworker.org) under the "current edition".

psychology within the Executive Branch. He pointed out that the Cabinets for Health and Family Services, Justice and Public Safety, and Education and Workforce Development, as well as the Commissioners of various departments including Medicaid, reside within the Executive Branch. These bodies have direct and powerful impacts on psychologists working in a broad range of settings throughout the state. As we work to educate legislators about the value of our profession, Dr. Hanna reminds us not to limit our outreach to the Legislative Branch.

After a stimulating and thought-provoking series of presentations, KPA leaders had an opportunity to consider and discuss next steps for our evolving advocacy plan. Three major themes emerged: 1) honing our message, 2) creating opportunities for meaningful contact between KPA members and legislators/policy makers/government officials, and 3) increasing Kentucky psychologists' organized and individual political giving. All three are important and necessary steps toward the goals of raising psychology's professional profile throughout Kentucky, and improving treatment opportunities and outcomes for all Kentuckians.

You'll be hearing more over the coming months about KPA's advocacy plan, and we want to hear from you as well. I invite you to contact me, your regional or member category representatives to the KPA Board, and/or your interest section representatives to offer your perspectives and ideas on how, together, we can most effectively *promote psychology as a science and profession.*

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### KPA Annual Conference - Save the Date!

The 2014 KPA Annual Conference will be held at the Galt House in downtown Louisville from November 6-8, 2014. The theme of this year's convention is "*Psychologists as Collaborators: Partnering to Provide Comprehensive Care*". In order to remain current, the practice of psychology will require new ways of thinking and practicing. This paradigm shift reflects national changes in health care and an increased emphasis on interdisciplinary care. The 2014 convention will focus on ways psychologists can expand their roles and foster interdisciplinary and collaborative relationships. Convention workshops will cover a wide range of topics, including the use of telepsychology, practicing in pediatric and adult primary care settings, practicing in specialized settings such as pain management and cardiac rehab, sleep and mental health, nonsuicidal self injury, pediatric obesity, mindfulness, interdisciplinary treatment of traumatic brain injuries, as well as trauma and the body. Speakers of national renown as well as local scholars will be featured to provide an extensive breadth of expertise and varied learning opportunities. Complete details coming soon!

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### National Currents

*by David Olson, Ph.D., KPA President-Elect*

The role of psychology within the changing health care landscape has been a prominent issue for many state associations. The following items offer a sampling of the issues pertaining to health care as discussed by psychologists across the country.

Ohio - In Ohio, a recent state association newsletter has highlighted several psychologists presenting their first-hand experiences practicing in integrated health care systems. Practitioners involved cardiovascular health, bariatric evaluation and care, pain management, and inpatient hospital care, were featured. Among the issues addressed was the importance of educating physicians on the interrelationships between emotions, cognitions, and physical health. Interestingly, the article suggested that psychologists consider attaining APBB certification since board certification is considered an essential achievement within medicine.

## Members in the Media

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

### Patrick Possel, Dr. rer. soc.,

6/15: Discussed "Childhood Depression"

### Jesse Owen, Ph.D.

6/9: Discussed "How to date your mate"

### Thomas Thornberry, M.A., M.P.A., and Erica Adams, Ph.D.

6/8: Discussed "Chronic Pain"

### Monnica T. Williams, Ph.D.

6/1: Discussed "Illness Anxiety Disorder"

### Janet B. Dean, Ph.D.

5/4: Discussed "Post Traumatic Stress Disorder"

*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.

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

## Join KPA and KPAGS 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

North Carolina - The North Carolina State Association Newsletter recently had an article which discussed societal forces which may increase the demand for psychological services, including an increase in the number of individuals with health insurance; the possibility that cost containment measures will paradoxically benefit behavioral health, due to high health costs of behavioral and lifestyle issues; and societal concerns and priorities – such as recognition of stress disorders in soldiers returning from combat and the obesity epidemic. Another article from North Carolina addressed potential benefits of integrated care for psychologists. Integrated care can expose psychologists to patients who would not seek traditional mental health treatment and may offer opportunities to see more seniors and individuals with psychosomatic disorders and chronic illnesses. There also may be more opportunities involving disease prevention and promotion of healthy behaviors. Issues to be settled will be scope of practice issues and differing treatment philosophies. The traditional biomedical model involves medical provider assuming responsibility for course of treatment whereas behavioral health treatment involves shared responsibility between provider and client.

New York - The New York State Psychological Association has published a special issue of their newsletter devoted solely to health care reform. An interesting comment in the editor's introduction is that the future of independent practice has not been adequately addressed in current conversations regarding health care. The issue contains articles on psychology's role in the new health care system, a description of a psychology internship program within an integrated primary care setting, examples of interdisciplinary practices, and the research funding opportunities within the health care model.

Maryland - An article by McGrath and Postal (2013), originally published in the New Jersey newsletter, has been re-published in several state association newsletters and provides a nice overview of the looming health care changes in a question-answer format. They view the ACA as significant as the introduction of Medicare and Medicaid in terms of its impact upon psychological practice. One important aspect of the ACA is the implementation of Accountable Care Organizations. They discuss health care delivery systems, actually not mandated by ACA, but nevertheless likely to be implemented in some form.

The Maryland Psychologist Newsletter also published a column regarding the set of guidelines for the practice of telepsychology recently published by the APA Telepsychology Task Force (2013). Telepsychology, broadly conceived, refers to the "provision of psychological services through the use of email, texting, social media, and videoconferencing." Apparently the Veterans Administration has run a pilot program involving mental health services since 2009. The research literature indicates that a variety of disorders have been treated via videoconferencing, including PTSD, eating disorders, anxiety disorders, depression, and smoking. The licensing and regulatory requirements must be known and adhered to in relevant jurisdictions if the clinician is planning to practice outside state lines. Videoconferencing systems that seem to meet above criteria (disclaimer: please refer to most current privacy and security system information, as vendors and offers change rapidly): VIA3 (not Mac compatible), Nefsis (not Mac compatible), VSee, SecureVideo, Zoom.US, GoToMeeting, and VIDYO. The ASPPB has started granting an "Interjurisdictional Practice Certificate" (IPC; see <http://www.asppb.net>) that provides temporary authority to practice based on notification to that state's licensing board. To date, five states have agreed to participate in such an agreement, including Kentucky.

West Virginia - West Virginia has a licensure bill before the legislature that will add a new provider category, Licensed Psychological Practitioner, which will allow masters level psychologists to practice independently contingent upon meeting all the licensing requirements of the WV board.

## References

Joint Task Force for the Development of Telepsychology Guidelines for Psychologists

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. 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, Apr, Jun, 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 2014 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

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

- Accept Visa, MasterCard, Discover & AMEX.
- Control cash flow & increase business.
- Save up to 25% off standard bank fees.
- No contract or annual fees.
- No cost to transfer services - call to compare!

(2013). Guidelines for the practice of telepsychology. *American Psychologist*, 68, 791-800.

McGrath, R.E., & Postal, Karen. Answers to the most important questions about health care reform. *New York State Psychologist*, Vol. 25, No. 4, Fall, 2013.

## Update from KPA Advocacy Committee

by Georgeann Stamper Brown, Ph.D., KPA Advocacy Committee Chair

KPA's Advocacy Committee has been quite active this spring. In liaison with the KPA board, our lobbyist Sheila Schuster, and the McCarthy Strategic Solutions lobbying firm, we helped to support and review legislation relevant to psychologists and mental health. On March 26th, we hosted an Advocacy Day for KPA members in Frankfort. One primary goal for the Advocacy Day was to give KPA members a chance to start developing relationships with their legislators, which is going to be a major emphasis for us during the coming months. Ten KPA members attended the Advocacy Day, including members of the Advocacy Committee and KPA board. Prior to the Advocacy Day, attendees participated in a conference call to prepare them on how to talk to legislators and identified key issues relevant to psychologists that they could choose to discuss. We were able to meet with ten legislators in individual meetings, all facilitated by McCarthy Strategic Solutions. The overall feedback was positive from members, who felt like it was good to get experience with talking with legislators about issues relevant to psychology. We hope to further develop the KPA Day to be on a larger scale next year, with more members and more activities involved.

Advocacy-related issues are a priority for KPA, as we want to make sure that the concerns of psychologists and the people we serve are represented. One of the most important ways we can advocate for ourselves and others is to make sure that our voices are being heard. Legislators highly value feedback from their constituents. In light of this, we want to encourage KPA members to develop relationships with their legislators throughout the year. We are getting ready to embark on more strategic relationship building opportunities, including inviting legislators to select KPA events, inviting KPA members to attend certain political events, encouraging KPA members to invite their legislator to their workplace, encouraging KPA members to make political donations, and other opportunities. Please stay tuned for more opportunities to get involved.

## Seeking Nominations for KPA Board Members

Attention KPA Voting Members, it is time to nominate Officers and Board Representatives to the Kentucky Psychological Association! Nominations are being accepted for the following positions:

### KPA Officers

- President-Elect
- Treasurer

### KPA Regional Representatives

- Central
- Northern
- Greater Fayette

### KPA Member Category Representatives

- Early Career Psychologist

The process is simple. Begin accepting payments today! Call 866-376-0950 or visit [www.affinipay.com/kpa](http://www.affinipay.com/kpa).

#### 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](#)

[Navigating the CPT Changes for 2013](#)

[KPAF Diversity Conference Home Study Courses](#)

[KPA Domestic Violence Home Study Series](#)  
[Clinical Applications of Neuroscience Research Home Study Series](#)

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

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

**Kentucky Psychological Association**  
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[www.kpa.org](http://www.kpa.org)

- Graduate Student Representative (Separate nomination for KPAGS voting members. See separate blurb for details.)

#### KPA Interest Section Representatives

- Education & Training
- Health Psychology

**Nominations must be submitted by 5pm on July 15, 2014.** Complete details and nomination forms are located on the KPA website. Go to [www.kpa.org](http://www.kpa.org) and follow the nominations link from the KPA Home Page. Prefer a paper nomination form? Call 502-894-0777 or send a request to [kpa@kpa.org](mailto:kpa@kpa.org).

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#### Seeking Nominations for KPAGS Representative on the KPA Board

Attention KPAGS Members! It is time to nominate a KPAGS Board Representative to the Kentucky Psychological Association! Consider nominating yourself or a colleague. Complete details and nomination forms are located on the KPA website. Go to [www.kpa.org](http://www.kpa.org) and follow the nominations link from the KPA Home Page.

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#### New Research Network Forming

We (Tammy Hatfield, University of the Cumberlands, Patrick Pössel, University of Louisville) are interested in forming a small research network of faculty in KY with the aim of supporting each other to boost research output. A particular goal is to connect faculty from more research-intense universities with faculty from less research-focused universities. Our general area of interest at this time is mental and physical health of abuse victims and survivors. If you are interested, please email us at [tammy.hatfield@ucumberlands.edu](mailto:tammy.hatfield@ucumberlands.edu) and [patrickpossel@louisville.edu](mailto:patrickpossel@louisville.edu).

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#### Dissertation Research Funding Opportunity

The American Psychological Foundation is seeking proposals for the 2014 **Annette Urso Rickel Foundation Dissertation Award for Public Policy**. This award supports dissertation research on public policy, which has the potential to improve services for children and families facing psychosocial issues such as prevention of child abuse, school programs for children with psychological issues, services for youth in the criminal justice system, healthy parenting, and math and science education, and contributing to the adoption of sound policy affecting children, youth and families.

Please see the following website for more information:  
<http://www.apa.org/apf/funding/rickel-foundation.aspx>

**The deadline for proposals is November 1, 2014.**

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#### The Frankfort Beat.....

*by Sheila A. Schuster, PhD, KPA Lobbyist & Federal Advocacy Coordinator*

The 2014 Kentucky General Assembly session ended on April 15th at midnight with a whimper and not with a bang! Left hanging while awaiting final action by the House was the Duty to Warn legislation (SB 85) which would have clarified that the "patient" referred to in the statute includes both an outpatient and an inpatient. The bill had passed the Senate

without a dissenting vote and also passed the House unanimously, but with another bill attached to it, which caused the Senate to oppose the change. Feverish work by the KPA lobbying team (now including the McCarthy Strategic Solutions staff), myself and Steve Shannon from the association of community mental health centers got the bill unhooked from the amendment, but we simply ran out of time on the last day of the session. Passage of the legislation will, again, be a top priority in the 2015 KY General Assembly.

Bills which addressed licensure of other mental health professions were a mixed bag this session. The Fee-Based Pastoral Counselors, originally certified in the 1990's, were successful in becoming "KY Licensed Pastoral Counselors". The legislation retained the prohibition against psychological testing that had been in place in the earlier law. The Certified Alcohol & Drug Counselors (CADCs) were unsuccessful for the fourth time in moving from certification to licensure. With previous input from KPA, the bill does not impinge on the practice of psychologists, leaving open alcohol and drug counseling for those psychologists who have the background in education and experience to deliver these services. The CADCs will undoubtedly try again in 2015! We were surprised with a bill filed by the Licensure Board for Applied Behavior Analysts to revise their 2010 licensure law and had concerns with the language in several sections. These were communicated to the ABA Board members and changes were made in some – but not all – of the areas. The bill did not pass in 2014 and KPA has already reached out to continue our discussions with the ABA-credentialed providers to resolve our differences.

The state's biennial budget was also a mixed bag for the public sector behavioral health system. While money was put into the budget to help the CMHCs shoulder the burden of the state pension costs, state general funds for uncompensated care were cut. CMS has approved the state's plan to add substance abuse treatment for all Medicaid members and to open the behavioral health network beyond the CMHCs to include psychologists and other mental health providers in private practice. While there was much rhetoric and venom directed by some legislators toward the Affordable Care Act (ACA), the state-based Health Benefits Exchange (kynect) and Kentucky's expansion of Medicaid, there were no significant changes enacted either in budget or in legislation. No movement was made in addressing comprehensive tax reform despite the need for increased revenues, and in three separate bills, tax cuts amounting to \$29M were granted to various businesses and corporations!

Because of the health implications of second-hand smoke and psychologists' involvement in smoking cessation and in other health services, for the first time, KPA endorsed the bill mandating a statewide indoor smoking ban. The legislation had its first vote in committee, but failed to move toward passage after that initial success. KPA's legislative priorities – many of which mirror those of the KY Mental Health Coalition in supporting a number of behavioral health, human services, domestic violence and social justice bills – are posted on the website ([www.kpa.org](http://www.kpa.org)).

KPA's advocacy also involves monitoring and responding to administrative regulations which come from the Executive branch and help to "fill in" and implement statutes. Advocacy by KPA was instrumental in having the new Medicaid Behavioral Health regulations modified to assure inclusion of all psychological providers licensed under KRS 319. Revised regulations have just been filed regarding the Michelle P Waiver, under which a number of psychologists provide services; we will be examining the new language closely and responding with comments to assure the optimal practice opportunities for psychologists.

Under the strong leadership of Georgeann Stamper Brown, Ph.D. as Chair of the Advocacy Committee and with our new lobbyists on board, KPA members have stepped forward to show their interest and support of our advocacy efforts. In fact, advocacy was the theme of the KPF Spring Academic Conference in March, with Dr. Jennifer Price giving some outstanding examples of advocacy on the college campus, in the classroom and in the community! If you want to get active in advocacy, please contact Georgeann at [georgeanns@hotmail.com](mailto:georgeanns@hotmail.com). Next up on the advocacy calendar: The **General Elections**

**scheduled for November 4, 2014.** Watch for further information and don't hesitate to Email me [kyadvocacy@gmail.com](mailto:kyadvocacy@gmail.com) or John McCarthy [john@mssgov.com](mailto:john@mssgov.com) for ways to get involved!

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### **KPA Member Benefits: FREE Consultation Resources**

KPA members have access to free consultations with Director of Professional Affairs, Dr. Laurie Grimes, for questions and issues related to clinical practice, and to the KPA Ethics Committee for ethics-related questions and concerns. [Click HERE](#) to learn more, and to access an on-line consult request form.

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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).