
Elizabeth Kaster, M.S.

Brief Bio:

I graduated from Centre College in 2006 and earned my Masters in Clinical Psychology from Eastern Kentucky University in 2008. I worked as a therapist and then clinical coordinator at the community mental health center in Frankfort, KY for about 6 years. Currently I am working in private practice in Lexington Kentucky where I conduct individual and family therapy.

As a Board Member, what do you find the most rewarding - or what are you most hoping to accomplish?:

The best part of KPA is the people! The other Board members are incredibly helpful and supportive both as mentors and as an inspiration to me as a professional. I love being part of a caring community with the united goal to promote the practice of psychology in Kentucky. My main hope is to promote the Masters degree as this becomes a matter of national attention...to help other states as they decide how to structure their licensing to make us more competitive with other helping professions

Why did you decide to become involved as a leader within KPA?:

I was asked by several people to become involved and decided to step up and give back to this community which has helped me so much

How did you end up in psychology?:

I started out as an English major in college and happened to take a psychology class and fell in love with it! Ended up deciding to double major so I could get my degree in Psychology as well.