

KENTUCKY PSYCHOLOGICAL FOUNDATION

KENTUCKY PSYCHOLOGICAL ASSOCIATION

We hope you enjoy our KPA & KPF 4th Quarter E-Newsletter where we highlight what psychologists are working on and thinking about across Kentucky. If you are interested in submitting an article, please email our Newsletter Editor Chris Dewhurst, Psy.D. at chrisidewhurst@gmail.com.

Thank you to all who made 2022 such a successful year for both KPA & KPF! As we move into 2023 we will have new members serving our on boards, please click here to see the full 2023 KPA Board of Directors.

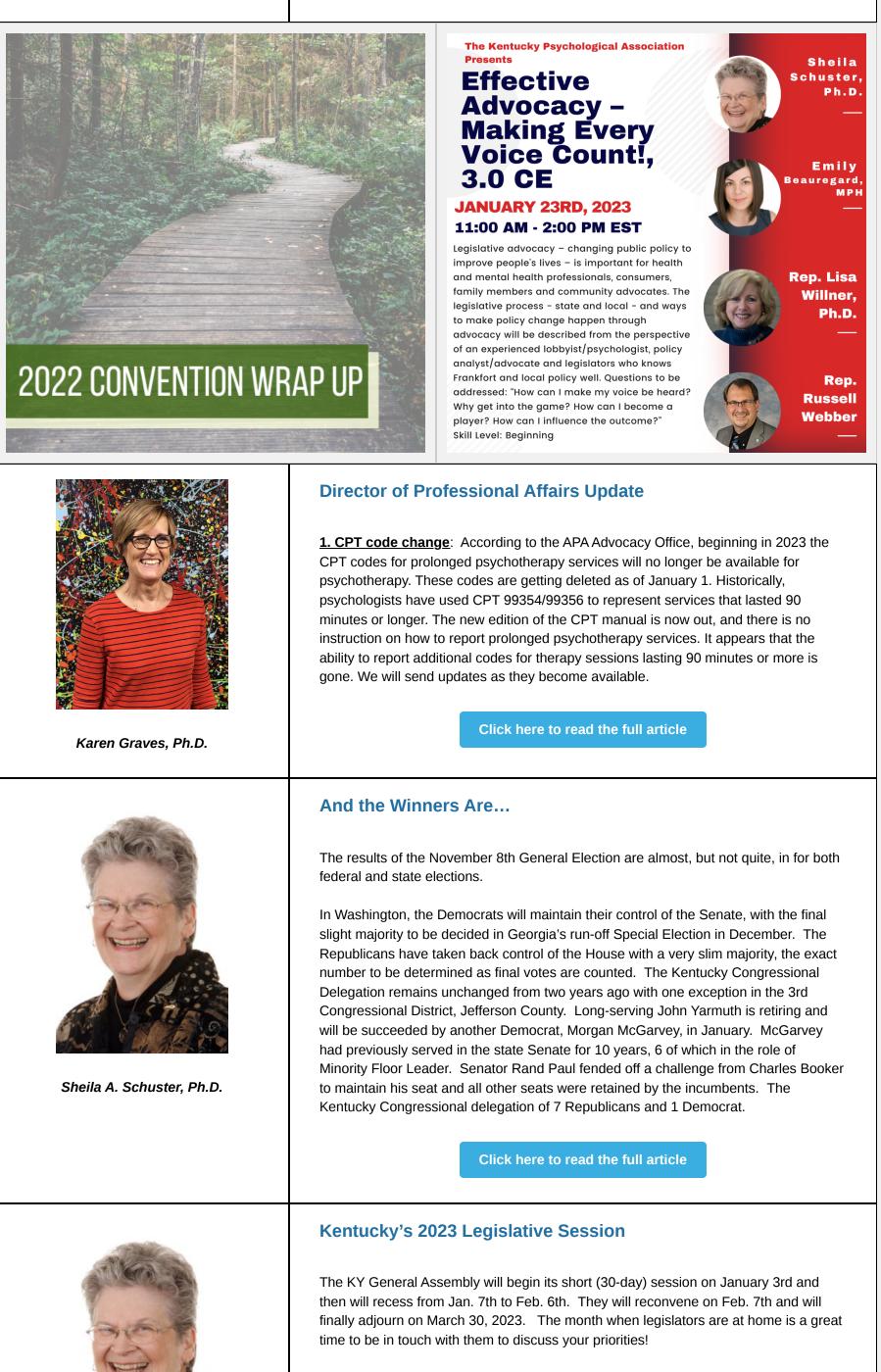
Winter 2022

<image/>	From the Executive Director "There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter." - Rachel Carson This year at KPA has been one of growth as well as ongoing challenges from the pandemic. The ongoing twists and turns of illness and the pandemic have continued to change the way we experience community and engage with others. Even our experience of time has felt warped. Our emergence into a post-pandemic world has been slower and more fitful than any of us would have liked. Through the year though I have felt a re-emergence of the energy in KPA. Despite ongoing anxieties about all that is happening in our world, we have begun to come together and connect to a sense of belonging that has sustained KPA for 90 years. We were finally able to celebrate together at Convention and recognize those who helped guide us through the past two years. We are already looking forward to our celebration at 100 years!
	Click here to read the full article
<image/> <image/>	Engage with KPA and help us make a difference! One of the things I love about KPA is getting to know the wonderful psychologists across the Commonwealth. We have incredible members and I appreciate the ways you help make an impact on mental health in Kentucky. We're working hard to make KPA membership valuable to all of you. We have a lot going on at KPA and it's easy to miss the emails so I'm highlighting 10 ways you can get more involved in KPA! Click here to read the full article
	New KPA Membership Model Over the course of the Kentucky Psychological Association's 90-year history, the organization and its leadership have been dedicated to supporting psychologists in Kentucky. Support for our members has been a priority for our organization since its founding.
Steven Kniffley, Jr., Psy.D.	Over the past year, Dr. AJ Steele, Chair of the Membership Committee has been working with the membership committee and KPA Board to update our membership model. The new model will better allow members to take full advantage of all KPA offers and creates additional opportunities for engagement from those who want more from KPA. This new membership model is also designed to address increased operational costs and support the excellent service and forward-thinking programming we have developed at KPA. Costs have increased significantly in the past several years. As one example, our member services platform has increased fees by 5% each of the past two years and we have seen similar increases from other vendors. Additionally, we have worked to create an equitable work setting for our staff including adding health insurance benefits, parental leave policy, and the annual cost of living adjustments which have resulted in increased personnel costs. Through these efforts,

that our members have faced. However, after almost a decade without an increase, these costs have started impacting our operational effectiveness. To that end, this new model will result in an approximately 10% dues increase for most members.

we are able to recruit and retain outstanding staff. We have worked hard not to increase dues given the challenges in reimbursement and COVID-related disruption

Click here to read the full article



Although this is not typically a budget session, there is an indication that the budget will be opened up for additional funding to Eastern KY and to decide how the surplus will be handled. There will also be a decision made about whether or not to reduce the



Sheila A. Schuster, Ph.D.

state income tax by another one-half percent.

Click here to read the full article

Live Webinar The Minds, Lives, and Motivations of Mass Attackers, 3.0 CE

Friday, January 27th, 2023 () 2:00 pm - 5:00 pm EST

This webinar will start with a review of the justifications cited by perpetrators of mass attacks, as well as a consideration of underlying psychological dynamics. Next, three psychological types of mass attackers will be presented to demonstrate the intersection of their internal dynamics and life experiences. Following this, four additional cases will be reviewed to highlight the variability in functioning among perpetrators and the need to look behind superficial accomplishments to detect risk factors for violence. Skill Level: Beginning

Co-sponsored with CESSPA with thanks to the

Peter Langman, Ph.D.

BEHAVIORAL ADDICTIONS AND PSYCHOLOGICAL PRACTICE: RESEARCH UPDATE AND CLINICAL RECOMMENDATIONS, 3.0 CE

LIVE INTERACTIVE WEBINAR FRIDAY, FEBRUARY 3RD 1:00 - 4:00 PM EST

With the official release of the eleventh edition of the World Health Organization's International Classification of Diseases, there are now three recognized compulsive/addictive behavior disorders: gambling disorder, gaming disorder, and compulsive sexual behavior disorder. Two of these diagnoses—gaming disorder and compulsive sexual behavior disorder—are new additions to the ICD, and are already rife with controversy and debates. The present workshop will provide practitioners with information about these new disorders, discuss the proper assessment of these disorders, introduce evidence-based treatments for these disorders, and explore burgeoning controversies regarding these disorders. Skill Level: Intermediate





Planned Giving to the Kentucky Psychological Foundation

As a member of the Kentucky Psychological Association, you know the mental health needs of your community, as well as the benefits that an active, robust, and healthy Kentucky Psychological Foundation will mean to the Commonwealth of Kentucky. How will you translate a passion for your life's work in a financial way that balances your family's needs and your desire to support efforts to build a healthy Kentucky?

Click here to read the full article

McRae Stephenson, JD



Catherine Biesecker, B.A. Psyc.

From Cultural Competency to Cultural Humility in Psychology **Students' Classrooms**

How do we learn cultural humility and how it applies to us professionally? The answer for many of us is through a course during our studies to become licensed- a class entitled "multiculturalism," or something similar. While American Psychological Association (APA)-accredited programs are required to, "provide training in health service psychology prepare individuals to work in diverse settings with diverse populations," (2015) cultural training differs by program (Gregus et al., 2019). Additionally, a meta-analysis revealed that effective multicultural training for trainees significantly improves client outcomes, with medium to large effect sizes, especially for students with greater racial/ethnic diversity in their clientload and a strong theoretical foundation (Smith & Trimble, 2016). Therefore, it is critical to assess how the inconsistencies in multicultural trainings affect mental health professionals as they go out into the professional world.

Click here to read the full article

Congratulations to our 2022 KPA Leadership Academy Cohort!

RICK GRIEVE COMPLETING A BUSINESS PLAN FOR A PRIVATE PRACTICE

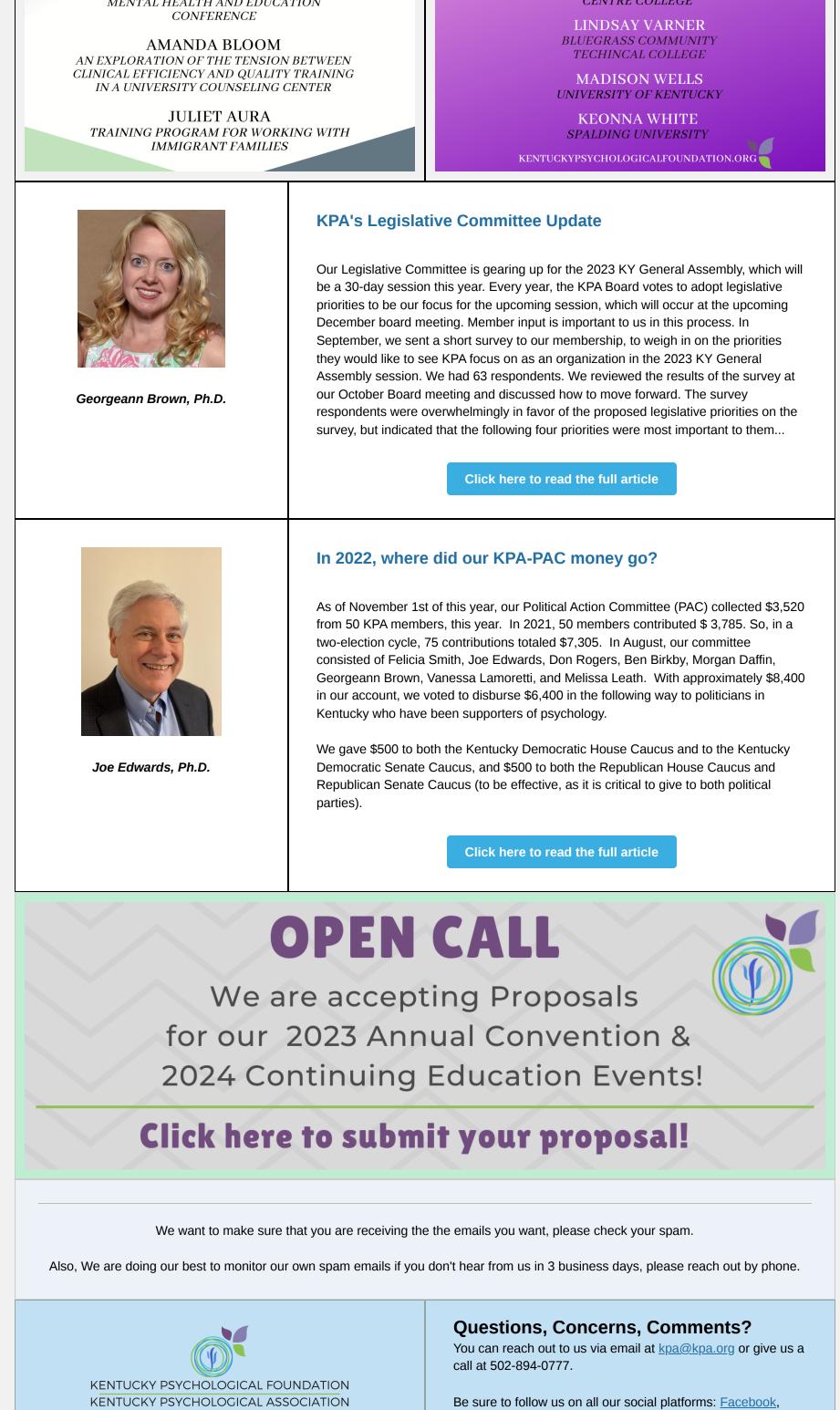
BRENDA ARELLANO MEASURING AND INCREASING EMPLOYEE ENGAGEMENT AT A PRIVATE PRACTICE

VANESSA LAMORETTI MENTAL HEALTH AND EDUCATION

KPF FUTURE COLLEAGUE AWARD RECIPIENTS

Congratulations to the recipients of our KPF Future Colleague Award! These awards are given annually to undergraduate KPA members interested in applying to graduate school in psychology. The award will go toward graduate school application-related expenses.

> JAYLA JOHNSON CENTRE COLLEGE



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