



KENTUCKY PSYCHOLOGICAL FOUNDATION KENTUCKY PSYCHOLOGICAL ASSOCIATION

We hope you enjoy our KPA & KPF 1st 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 chrisjdewhurst@gmail.com.

As we move into 2023 we will have new members serving on our boards,
[please click here to see the full 2023 KPA Board of Directors.](#)

January 2023



Psychology Day at the Capitol

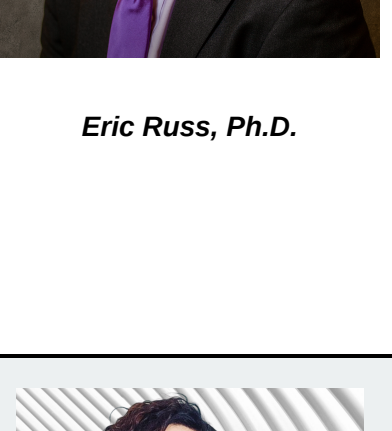
Tuesday, February 28th - Frankfort, KY
8:30 AM - 2:00 PM EST

Let your voice be heard! KPA members are invited to gather in Frankfort to raise awareness among our legislators about important issues affecting mental health and the profession and practice of psychology.

Event Highlights: You will have the opportunity to:

- Participate in individual or group meetings with your legislators
- Meet legislators who have worked closely with KPA
- Watch committee meetings
- Learn more about how the legislative process works and how you can be an effective advocate
- Help increase awareness among policy-makers about KPA, the science and practice of psychology, and issues that affect psychologists and the Kentuckians we serve.

[Click here to register today!](#)



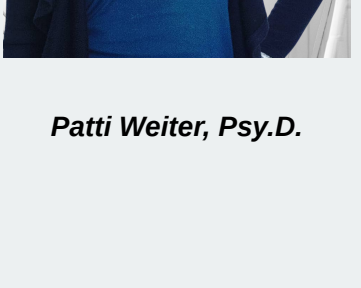
Eric Russ, Ph.D.

We Didn't Get this Far to Only Get this Far

For those who were able to join us at our 90th Anniversary celebration at Convention, we had all 5 of the past Executive Directors of KPA together in the same room. Listening to the history of our organization was a reminder of the ways we have been able to grow and adapt to changes in the profession and in society. I am proud of the growth we had in 2022 with a few highlights below:

In 2022 we grew our membership to higher than they have been in over 5 years, with 622 full voting members of KPA. I would love for that growth to continue and I hope all of you reading this can think of yourselves as KPA Ambassadors and invite those in your professional networks to join and take advantage of all our [member benefits!](#)

[Click here to read the full article](#)



Patti Weiter, Psy.D.

Incoming KPA President Introduction

As we head into a new year, many folks are focused on the time ahead, goals, and resolutions for change. As I step into the role of President of the KPA Board, I want to take a moment to reflect. Attending the 2022 Convention, I was fortunate to peruse the photos displayed celebrating 90 years of KPA. I saw groups attending Practice Leadership Conference in Washington D.C., Psychology Day at the Capital, retreat, convention, and psychological science conference. I got to meet and talk to past Executive Directors, and presidents. I heard stories about how they have navigated challenges and found community. This is my hope for my time as KPA President. I want to continue a legacy of guiding our board and membership through what lay ahead while finding ways to connect.

[Click here to read the full article](#)



Karen Graves, Ph.D.

What's on the Horizon for Kentucky Psychologists?

Following are some of the most relevant changes and information for psychologists in this first quarter of 2023.

Updates on the No Surprises Act and Good Faith Estimates

Beginning January 1, 2022, psychologists and other health care providers have been required by law to give uninsured and self-pay patients a good faith estimate of costs for services that they offer when scheduling care or at the first of each year. We were told that beginning in 2023, CMS would provide guidelines and rules for providing a GFE for patients who plan to use their insurance. However, as of this date, rules for this second group have yet to be finalized by CMS, so no GFE required.

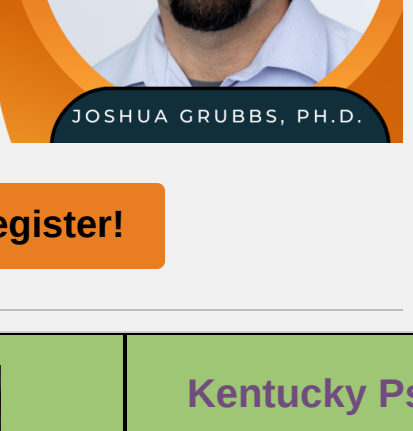
[Click here to read the full article](#)

UPCOMING FEBRUARY CE EVENTS

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



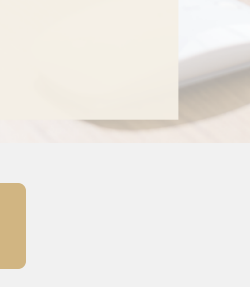
JOSHUA GRUBBS, PH.D.

[Click to register!](#)

DIALECTICAL BEHAVIOR THERAPY: BASIC PRINCIPLES SERIES

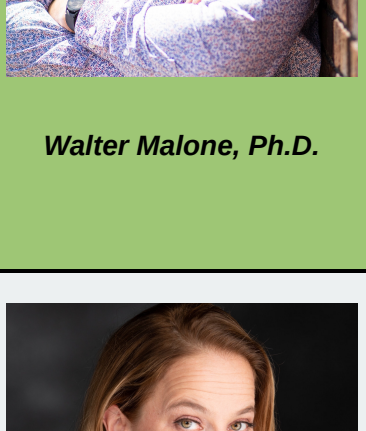
**FEBRUARY 10TH, 17TH, & 24TH
12:00 PM - 1:00 PM EST**

This workshop will describe the basic principles on which Dialectical Behavior Therapy is based, including the underlying theory and main modes of treatment. In addition, the content of the skills training component will be reviewed. Please note: This is a 3-part series but attendees are not required to register for all three parts.



MARTHA WETTER, PH.D.

[Click to register!](#)

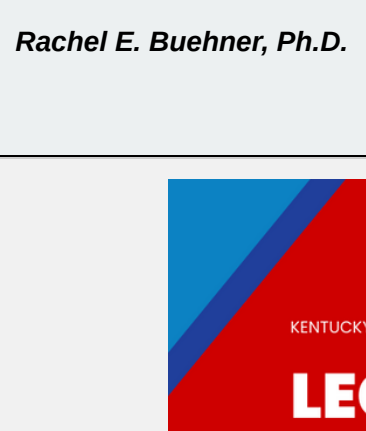


Walter Malone, Ph.D.

Kentucky Psychological Foundation News – Fundraising Committee

The Kentucky Psychological Foundation's (KPF) board underwent a strategic planning process during the summer of 2022. The Board discussed that greater effort was needed to secure funding resources in order to support and enhance KPF's initiatives which led to the creation of the KPF Fundraising Committee. Dr. Courtney Keim agreed to chair the committee with several KPF board members agreeing to serve on the committee including Laura Wittenberg, Katie Galloway, McRae Stephenson, Kayle Wilson, Sarah Burress, and Walter Malone.

[Click here to read the full article](#)



Rachel E. Buehner, Ph.D.

Encouraging Connection: Pandemic Loneliness Isn't Going Away

At November's annual Kentucky Psychological Association Convention, it was a surreal experience to see colleagues, students, and presenters interacting, sharing knowledge, engaged in warm conversation about these last, isolated months. There is no mistaking the feeling of being alive that comes from interacting with people who understand and relate to you. The universal need for connection has been at odds with the precautions required to stay alive since 2020.

[Click here to read the full article](#)



Legislative Committee Updates and 2023 Psychology Day!

KPA's Legislative Committee is currently gearing up for our busy legislative season. We have met several times in the past few months, and we start meeting weekly in February with our lobbyist, Dr. Laurie Grimes, every Friday to review current legislation that we are following during Kentucky's legislative session (Feb. 7-March 30). During these meetings, we brainstorm on how we plan to respond and act on the legislation we are supporting or opposing. The Legislative Committee monitors legislation based on the board's approved legislative priorities, voted on in December 2022. [Click here for the legislative priorities that the KPA board identified for 2023.](#)

[Click here to read the full article](#)

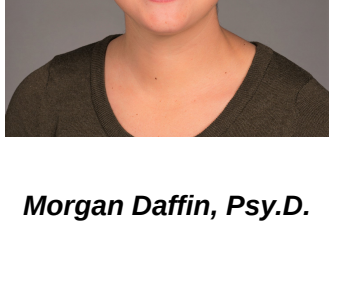


Laurie Grimes, Ph.D.

The 2023 General Assembly is Underway

The 2023 General Assembly session is off to a busy start. The legislature met for 4 days in January – long enough to install 31 new members (6 Senate, 25 House) and file 185 new bills (51 Senate and 134 House); they are now recessed until February 7. Though not technically in session, some committees are meeting and legislators are busy in their home districts and Frankfort. This being an odd year, the Kentucky General Assembly will meet for a 30-day or "short" session (compared to the traditional 60-day sessions that are held in even years). There is a move among the new leadership to return to the original purpose of the short session, which is to attend to mostly procedural matters rather than move major legislation. But there are some key legislative efforts underway such as HB1, aimed at lowering the state income tax from 5% to 4.5% in 2023 followed by another 4% drop in 2024, which has passed the House and is headed to the Senate for consideration, and other bills that align with KPA's legislative priorities, such as HB120 that targets trans health care access and HB30 that addresses bathroom access for trans students in schools, that KPA is monitoring closely. If you are interested in the other bills KPA is monitoring, contact Georgeann Brown, the chair of the Legislative Committee.

[Click here to read the full article](#)



Morgan Daffin, Psy.D.

Why advocating for legislation change and giving to KPA-PAC matters

KPA members ask why we have a political action committee. See 3 key reasons below and [then visit our website to learn more!](#)

1. Equal access to behavioral health services and supports. KPA emphasizes and supports legislation that allows for access to quality mental and behavioral health services for all. All too often, behavioral and mental health treatment is not equitable as it relates to coverage, cost, and reimbursement. Moreover, ongoing access to telehealth services in remote parts of KY are essential to ensure care for many isolated or disenfranchised individuals.

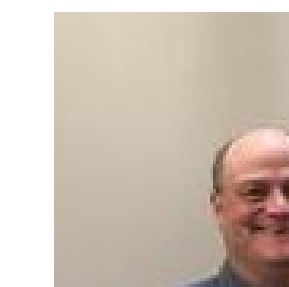
[Click here to read the full article](#)

UPCOMING EVENTS

2023 KENTUCKY PSYCHOLOGICAL SCIENCE CONFERENCE

This Conference provides a unique opportunity for graduate and undergraduate students to present their research in juried competitions, attend workshops, develop practical skills, and network with fellow students from across Kentucky.

This year's conference "Preparing Psychologists for a Changing World" will feature the continuing education workshop "Culturally Sensitive Trauma Informed Care and Resilience Building Practices with Hispanic and Latinx Clients, 3.0 CE"



WHEN: Saturday, March 25th
WHERE: Eastern Kentucky University

[Click here for additional information](#)

LIVE INTERACTIVE WEBINAR TREATING COMPLEX TRAUMA WITH INTERNAL FAMILY SYSTEMS, 6.0 CE

**FRIDAY, APRIL 21ST
8:45 AM - 4:15 PM EST**

Most modes of psychotherapy believe to have "parts" is pathological. NOT in Internal Family Systems (IFS). In IFS, the idea is the multiplicity of the mind is normal. Every part has a good intention and every part has value. Even for trauma survivors in the treatment of trauma, the focus is on traditional phase-oriented treatment. Instead of starting with building resources in clients before processing traumatic memories, it welcomes extreme symptoms from the onset. Learns about their positive protective intentions and gets their permission to access the traumatic wounds. IFS is the treatment method that all clinicians should know. Nearly all clients with a trauma history have innate abilities that help them improve their mental health if they learn to use their parts.
Skill level: Intermediate



FRANK ANDERSON, MD

[CLICK HERE TO REGISTER TODAY!](#)

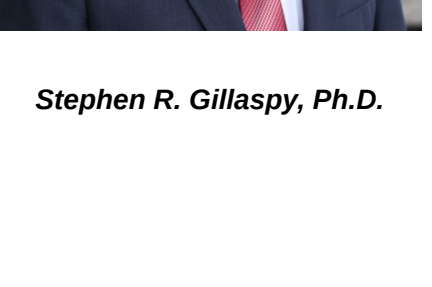


Frederick G. Grieve, Ph.D.

Muscle Dysmorphia: A Brief Overview and Implications for Therapy Clients

Muscle dysmorphia is a psychological disorder that was first described by Harrison Pope and his colleagues (1993), in their seminal work, they called the disorder "reverse anorexia" because of the similarities with anorexia nervosa. However, subsequent work noted connections with both eating disorders (see Lamanna et al., 2010, and Olivardia et al., 2004 as examples) and obsessive-compulsive disorders (see Maida & Armstrong, 2005, and Olivardia, 2001). In the current edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR; APA, 2022), it is classified as a subtype of Body Dysmorphic Disorder. I have maintained for a long time (see Grieve, 2007) that Muscle Dysmorphia is better classified as an eating disorder because of the constellation of symptoms and the behaviors associated with the disorder. Both of these seem to match eating disorders better than body dysmorphic disorder.

[Click here to read the full article](#)

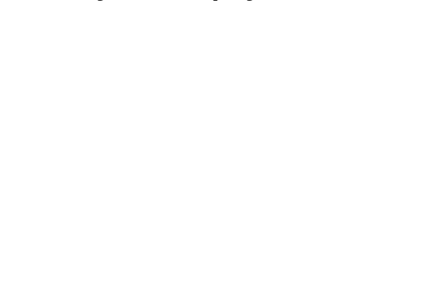


Stephen R. Gillaspay, Ph.D.

Codes You Need to Know: Coding & Billing Changes for 2023

Group Behavior Management Training® Code 96203

Multiple-family group, behavior management, modification training for parent(s)/guardian(s)/caregiver(s) of patients with a mental or physical health diagnosis, such as by physician or other health care professional, without the patient present, face-to-face with multiple sets of parent(s)/guardian(s)/caregiver(s); each additional 15 minutes (List separately in addition to code for primary service)



Lydia Murphy, M.A.

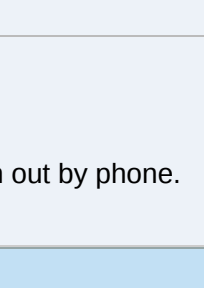
Subpoenas and Court-Ordered Requests: What are they and how do I handle them? Quick reference considerations for mental health professionals

Although not all clinicians choose to pursue a career in forensic psychology, practitioners must have a working knowledge of the relevant legal issues that affect their professional psychological practice, such as confidentiality, privilege, third-party reporting, responding to subpoenas, and more (Packer & Borum, 2003). These tenets intersect with "good clinical practice, ethical standards, professional licensing laws, and other applicable statutes and legal precedent" (Committee on Legal Issues, American Psychological Association, 2016). Often, navigating requests from legal personnel for a release of confidential information is fraught with legal and ethical dilemmas that can be worrisome and anxiety-provoking for clinicians. As outlined in Standard 1.02 of the American Psychological Association's (APA) Ethics Code, psychologists have an ethical duty to resolve conflicts between ethics and law, regulations, or other governing legal authority (APA, 2017).

[Click here to read the full article](#)

OPEN CALL

We are accepting Proposals
for our 2023 Annual Convention &
2024 Continuing Education Events!



[Click here to submit your proposal!](#)

We want to make sure that you are receiving the emails you want, please check your spam.

Also, we are doing our best to monitor our own spam emails if you don't hear from us in 3 business days, please reach out by phone.

KENTUCKY PSYCHOLOGICAL FOUNDATION
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Questions, Concerns, Comments?
You can reach out to us via email at kpa@kpa.org or give us a call at 502-894-0777.

Be sure to follow us on all our social platforms: [Facebook](#), [Twitter](#), & [Instagram](#)