



## KENTUCKY PSYCHOLOGICAL FOUNDATION KENTUCKY PSYCHOLOGICAL ASSOCIATION

We hope you enjoy our KPA & KPF 2nd 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

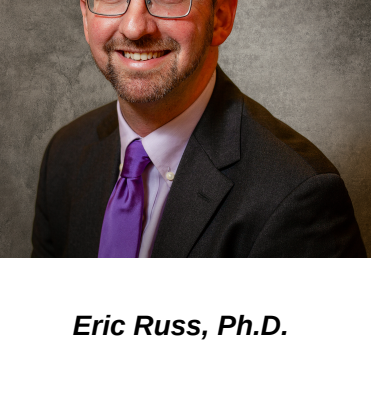
**Chris Dewhurst, Psy.D.** at [chrisdewhurst@gmail.com](mailto:chrisdewhurst@gmail.com).

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](#).

April 2023

We know there's terrifying and sad news coming out of Louisville today regarding yet another mass shooting. Please below here to access our resources & share with those close to you.

### Resources on Mass Shootings & Violence



**Eric Russ, Ph.D.**

#### A Message from your Executive Director

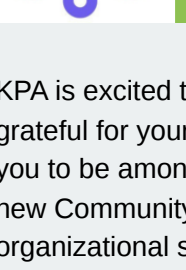
One of the parts of being Executive Director that I value most is the connection across our KPA Community. Other articles in this newsletter will focus on the challenges we faced in the state legislature but what stays with me is the energy that KPA had through our Legislative Committee, KPA Board, and every KPA member that showed up for Psychology Day in Frankfort and to the many days of protests of anti-trans legislation. KPA worked to stop an infringement into our scope of practice, helped move several bills that improved mental health in Kentucky including a maternal mental health bill we have been working on for two years and were one of several organizations leading the push against anti-trans legislation. This would not have been possible without the engagement of our members.

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



**Patti Weiter, Psy.D.**

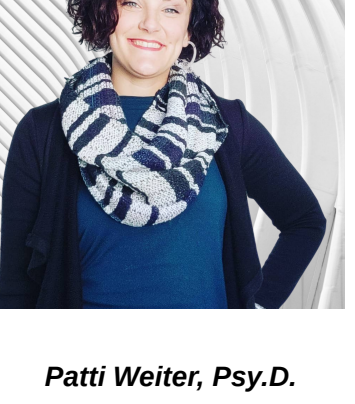
#### KPA's NEW Communication Platform



## COMMUNITY

KPA is excited to offer a new member benefit! As a valued member of KPA, we are grateful for your contributions that help our organization thrive. We are proud to invite you to be among the first members invited to join our new KPA virtual Community! Our new Community will allow you to interact regularly and easily with peers, experts, and organizational staff.

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



**Patti Weiter, Psy.D.**

#### APA Practice Leadership Conference

I recently attended the APA Practice Leadership Conference in Washington, D.C. along with our Executive Director (**Eric Russ**), Director of Professional Affairs (**Karen Graves**), President-Elect (**AJ Steele**), Board Secretary (**Karl Jones**), and graduate student, **Fei Bi Chan**. The Practice Leadership Conference (PLC) brings together psychologists from the United States, territories, and Canada, along with APA governance, to strategize on issues important to practicing psychologists. I want to share some of what was shared at the conference about the present and future of the practice. While you all are likely aware of the increase in need for mental health practitioners – with most having reached capacity, you might not be aware of the factors making this crisis even more alarming. APA's Chief of Professional Practice, Jared Skillings, spoke about the demand increasing and wait lists lengthening, while the largest generation (Baby Boomers) is retiring. Psychology is a popular path chosen in college – however, there are less people in our population at that age.

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



**Karen Graves, Ph.D.**

#### End of Public Health Emergency: What does it mean for Psychologists in Kentucky?

*There has been a lot going on in KPA in terms of advocacy and legislation, with priorities aimed at reducing suicide rates and improving access to care. More to come in an April Town Hall meeting about outcomes of this year's legislative session and how they may impact you and your clients. For today's newsletter I'll briefly focus on the upcoming end of PHE and its impact on psychologists.*

As many of you have heard, due to a reduction in COVID-19 patterns of infections, the Department of Health and Human Services has started to make plans for the end of the federal Public Health Emergency for COVID-19 (PHE). The slated date, as of this writing for Federal PHE to end is at the end of the day on May 11, 2023. (You may also remember that the legislature in Kentucky ended the state of emergency related to COVID-19 on March 21, 2022.)

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

### UPCOMING APRIL EVENTS

**2023 LEGISLATIVE WRAP-UP FOR KPA MEMBERS**  
**FRIDAY, APRIL 14TH**  
**4:00 PM EST**

HEAR FROM KPA'S LEGISLATIVE TEAM ABOUT WHAT WENT WELL AND WHAT DIDN'T IN THE 2023 KENTUCKY GENERAL ASSEMBLY. THIS WILL INCLUDE A DETAILED DISCUSSION OF ANTI-TRANS LEGISLATION AND ANSWERING YOUR QUESTIONS ABOUT WHAT ALL THIS MEANS FOR KPA MEMBERS. REGISTRATION FOR THIS EVENT IS FREE BUT REQUIRED - ATTENDEES WILL RECEIVE ROOM DETAILS UPON REGISTERING. MEMBERS CAN SUBMIT QUESTIONS THEY WANT ADDRESSED DURING THIS MEMBER TOWN HALL USING THE BUTTON BELOW.

**BUY LOCAL!**

The Kentucky Psychological Association Presents  
**LIVE INTERACTIVE WEBINAR**  
**TREATING COMPLEX TRAUMA WITH INTERNAL FAMILY SYSTEMS, 6.0 CE**  
**FRIDAY, APRIL 21ST**  
**8:45 AM - 4:15 PM EST**

Most models of psychotherapy believe to have "healed" is pathological. NOT in Internal Family Systems (IFS) is IFS, the idea of the normalizing of the mind is harmful. Every part has a good intention, and every part has value. Even for trauma survivors, in the treatment of trauma, IFS offers from traditional phase-oriented treatments, 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 listen to their parts.  
Skill level: intermediate

**FRANK ANDERSON, MD**

**CLICK HERE TO REGISTER TODAY!**



## KENTUCKY PSYCHOLOGICAL SCIENCE CONFERENCE WRAP - UP

[Please click here to see our wrap up](#)



**Catherine Biesecker**

#### Ethical Electronic Record Keeping

During the COVID-19 pandemic, psychologists largely moved to online platforms for telehealth, but their electronic health records (EHR) are not necessarily following suit. As of 2021, psychiatric hospitals were using EHRs at a 46% rate, compared to their general medicine and surgical practice peers who use EHRs at a 96% rate (Filbin, 2021). One advantage of moving to EMR is that it can improve the interdisciplinary intersections of health, easily transferring records to other providers (Filbin, 2021). However, sharing electronic records can risk clients' privacy and confidentiality (Filbin, 2021; Richards, 2009). There are several legal and ethical considerations to keep in mind for both psychologists who are already using EHR systems and those who are considering adding it to their practice.

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



**Rachel Buehner, Ph.D.**

#### Advocacy in a Merciless Time: The Fight to Support, Treat, and Advocate for Trans Youth

As I became aware of the recent legislative actions against trans children here in Kentucky, I recalled my high school reading of "The Merchant of Venice." The character Portia (dressed as Balthazar) extols: "The quality of mercy is not strain'd. It droppeth as the gentle rain from heaven Upon the place beneath. It is twice blest: It blesseth him that gives and him that takes." The character further explained that the ability to show mercy cannot be forced. To show care and concern for those over whom you have power must be an act of one's own volition, and that mercy is more important to the nobleman than his crown. We cannot force another to show concern or sympathy for others if he or she does not innately feel it himself, Portia opined. In recent months, multiple states have crafted and enacted legislation aimed at some of our most marginalized citizens. Trans children, already at higher risk of suicide, abuse, and numerous mental health concerns, have been specifically targeted by more than 20 bills aimed at removing protections for trans youths.

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

## LEGISLATIVE CORNER



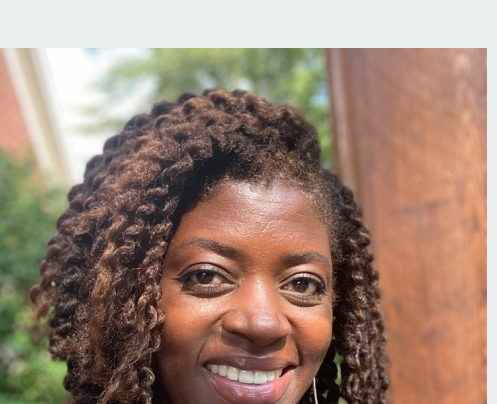
**Laurie Mount Grimes, Ph.D.**

#### A Message from your Legislative Agent

The 2023 General Assembly session has been intense. As I prepare this article, the General Assembly is in a lull period while the Governor reviews bills that have passed during this 10-day veto period. The legislature will reconvene the last week of March and close the session on March 30.

One issue commanded center stage: anti-trans legislation. As the session opened, several anti-trans bills were immediately filed in both the House and Senate. Some were narrowly focused – like a bathroom bill and a "don't say gay" bill, while others were more comprehensive; all of them echoed legislative language from bills in other states.

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



**Felicia Smith, Ph.D.**

#### Advocating in the Face of Anti-LGBTQ+ Legislation

KPA works closely with policymakers in Frankfort to shape legislation that advances our profession and promotes the highest level of health and wellness for all Kentuckians. The KPA PAC is just one of the advocacy arms of KPA; its primary focus is getting and keeping mental health champions in the Kentucky legislature.

With the recurring efforts to squelch affirming and inclusive policies, education, and public health decisions in our state, our collective voice is increasingly important to ensure that legislation is informed by constituent psychologists and by psychological science.

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



**KPA PAC**  
Advocacy Starts With You  
[www.kapac.org](http://www.kapac.org)



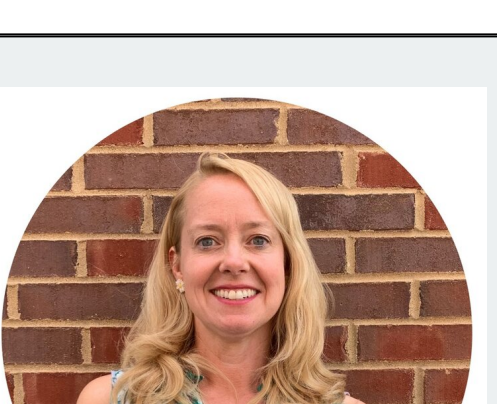
**Sheila A. Schuster, Ph.D.**

#### Summary of SB150 - As Passed by the Kentucky General Assembly on March, 16th, 2023

**Section 1. Requirements & prohibitions for public and charter schools and school districts, KY Board of Education (KBE), and KY Department of Education (KDE)**

- School districts must provide parents a listing each of the health services and mental health services related to human sexuality, and contraception, or family planning available at the student's school and of the parents' right to withhold consent or decline any of those specific services.

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



**Georgann Brown, Ph.D.**

#### Legislative Committee Updates

KPA's Legislative Committee is currently in the midst of a busy and challenging legislative season. We started 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. We are actively monitoring dozens of bills right now, and the session is winding down in the next 2 weeks. Our lobbyist, Dr. Laurie Grimes, has given testimony on a few bills and has worked with a few legislators on bill language for legislation we are supporting. We have been actively opposing a number of bills, including those that are discriminatory to the LGBTQIA+ community, and some have passed, including SB 150 with the language of HB 470 included in the final draft. Please see Dr. Laurie Grimes' article for the full recount of our advocacy on these bills and how things progressed. While this has been a difficult outcome, we are proud of the work that KPA has done and will keep advocating.

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

### UPCOMING EVENTS

#### IT TAKES A COMMUNITY: USING THE JED CAMPUS FRAMEWORK TO ADDRESS MENTAL HEALTH NEEDS ON COLLEGE CAMPUSES

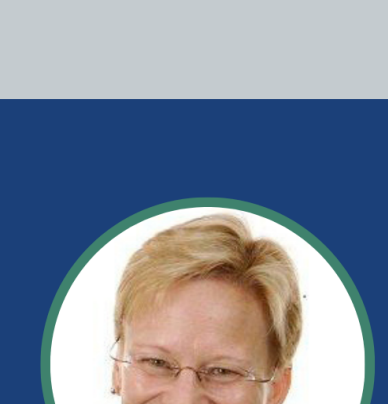
**VIRTUALLY ON ZOOM**

**FRIDAY, MAY 19TH, 2023**

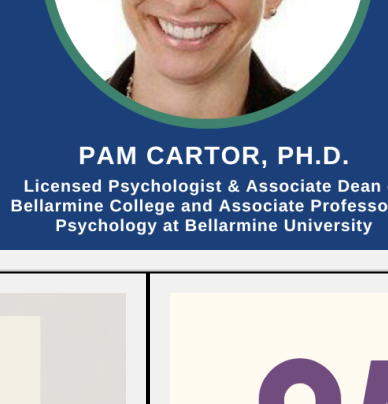
**12:00 PM - 1:30 PM EST**

In recent years, mental health needs among young adults have reached new heights and become a primary concern for higher education. Presenters will discuss the JED Campus Framework for suicide prevention and mental health promotion and will describe how this framework is being implemented on two Kentucky campuses (Bellarmino University and Centre College). Presenters will discuss data on student mental needs and describe collaborative, evidence-based strategies and policies to address those needs. **Skill level: Intermediate**

Visit [www.kpa.org](http://www.kpa.org) to register today!



**GARY PETIPRIN, PH.D.**  
Licensed Psychologist & Associate Dean of Students / Counseling Center Director at Bellarmine University



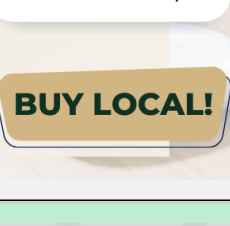
**PAM CARTOR, PH.D.**  
Licensed Psychologist & Associate Dean of Bellarmine College and Associate Professor in Psychology at Bellarmine University

**LIVE WEBINAR SERIES**

**EVIDENCE-BASED ASSESSMENT AND TREATMENT FOR OCD SERIES**

**AUGUST 11TH, 18TH, & 25TH**  
**12:00 PM - 1:00 PM EST**

Obsessive-compulsive disorder (OCD) affects about 1.3% of Americans and research suggests that OCD symptoms have worsened since the start of the COVID-19 pandemic. In this workshop, participants will gain knowledge and insights into the key diagnostic features of OCD and how to assess them. Additionally, Participants will come away with concrete, specific interventions they can utilize to help those suffering with OCD and overcome common roadblocks in treatment.  
**Skill Level: Beginning**



## SAVE THE DATE

**NOVEMBER 2ND - 4TH**

LEXINGTON, KY  
EMBASSY SUITES  
LEXINGTON/UK COLDSTREAM

**2023 ANNUAL CONVENTION**  
EXPANDING HORIZONS,  
ENHANCING EXPERTISE, AND  
RECONNECTING TO JOY



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



**Questions, Concerns, Comments?**  
You can reach out to us via email at [kpa@kpa.org](mailto: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](#)