



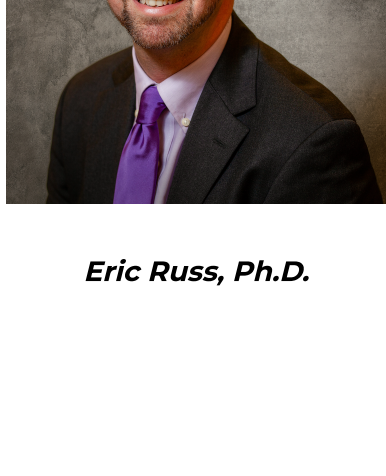
KENTUCKY PSYCHOLOGICAL FOUNDATION KENTUCKY PSYCHOLOGICAL ASSOCIATION

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 chrisjdewhurst@gmail.com.

As we move into 2024 we will have new members serving our on boards,
[please click here to see the full 2024 KPA Board of Directors](#).

December 2023



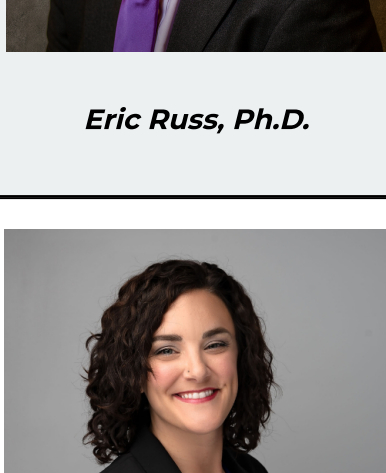
Eric Russ, Ph.D.

A Message from your Executive Director

The good life is a process, not a state of being. It is a direction not a destination- Carl Rogers

Reflecting on the end of my 3rd year at KPA, I am finally starting to see what our community looks like without the pressure of a pandemic. It was wonderful to learn and celebrate with so many of you at our Convention where we reconnected to Joy. Please save the date for our 2024 Convention in Louisville November 14-16! If you missed Convention, please join us at one of our 2024 in person CE events- either our Youth and Family Conference on February 16th (feat. Dr. Sheri Turrell talking about ACT with adolescents!) or Dr. Nancy McWilliams on April 26th. Subscribe to the [KPA Events calendar](#) to make sure you don't miss any KPA events.

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

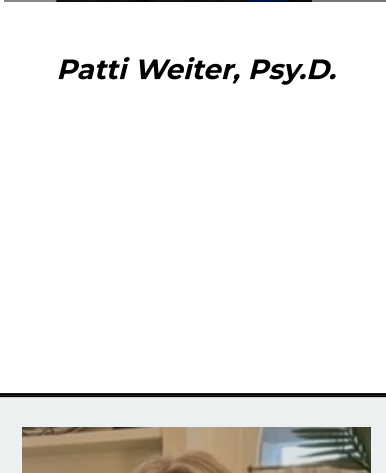


Eric Russ, Ph.D.

Get Engaged with KPA

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](#)



Patti Weiter, Psy.D.

The Future of Practice: Population Health & Digital Therapeutics

In the ever-evolving landscape of psychology, we find ourselves at the intersection of innovation and compassion, exploring groundbreaking approaches that have the potential to transform lives on a grand scale. Today, we delve into the paradigm of Population Health—a visionary lens through which we can amplify the impact of our psychological practice. Additionally, we explore the burgeoning field of Digital Therapeutics, a powerful tool that holds promise for revolutionizing the way we deliver mental health care. Population Health: A Holistic Vision for Well-being The traditional model of psychological practice often focuses on individual clients, addressing specific concerns within the confines of one-on-one therapy.

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



Laurie Grimes, Ph.D.

Legislative Agent and Director of Professional Affairs Update

The countdown is on to the start of the 2024 General Assembly! Frankfort will be a buzz with activity starting Tuesday, January 2nd when the session convenes and, since this is a long session, will not wrap until Monday, April 15th. The deluge of newly proposed legislation will conclude on February 28th, and the veto period runs from March 29th -April 9th. Eric and I have been working with the Legislative Committee to consolidate the membership survey results and fine tune the 2024 Legislative Priorities, which the KPA Board will approve at their December meeting.

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

UPCOMING 2024 EVENTS

THE KENTUCKY PSYCHOLOGICAL ASSOCIATION PRESENTS

EFFECTIVE ADVOCACY – MAKING EVERY VOICE COUNT!, 3.0 CE

LIVE INTERACTIVE WEBINAR

MONDAY, JANUARY 8TH 2024 | 11:00 AM – 2:00 PM EST

Legislative advocacy – changing public policy to improve people's lives – is important for health and mental health professionals, consumers, family members and community advocates. The legislative process – state and local – and ways to make policy change happen through advocacy will be described from the perspective of an experienced lobbyist/psychologist, policy analyst/advocate and legislators who knows Frankfort and local policy well. Questions to be addressed: "How can I make my voice be heard? Why get into the game? How can I become a player? How can I influence the outcome?" Skill Level: Beginning

MEET THE PRESENTERS

Sheila Schuster, Ph.D.

Emily Bearegard, MPH

Rep. Lisa Willner, Ph.D.

Rep. Russell Webber

Psychology Day at the Capitol

Tuesday, February 27th - Frankfort, KY
8:30 AM - 2:00 PM EST

Let your voice be heard – this face to face advocacy is critical to KPA's advocacy work! 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.

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

visit www.kpa.org for additional information & to register

Join us on Friday, February 16th for the 2024 Youth & Family Conference

**FEATURED PRESENTER
DR. SHERI TURRELL**

ACT From the Inside Out: Embodying the work with adolescents, 3.0 CE

This workshop will provide participants with a foundational understanding of Acceptance and Commitment Therapy, theoretically and experientially. There will be a brief overview of the theory and philosophy underlying the ACT model. The majority of the workshop will focus on the therapeutic processes and clinical applications of ACT with adolescents, both generally and within the context of young people who identify as transgender. *Skill level: Intermediate*

[CLICK HERE FOR MORE INFO](#)

KENTUCKY PSYCHOLOGICAL FOUNDATION NEWS

KENTUCKY PSYCHOLOGICAL FOUNDATION

Kentucky Psychological Foundation Awarded \$85,000 Grant in Partnership with JCFS

The Kentucky Psychological Foundation (KPF) is excited to announce that we are one of 6 organizations to be awarded a grant through a partnership between the Humana Foundation and Greater Louisville Inc partnership. See full [press release here](#). The Kentucky Psychological Foundation (KPF) will collaborate with [Jewish Family and Career Services](#) (JFCS) to fund a post-doctoral fellowship designed for both short- and long-term impact on the mental health community. The fellow will work with KPF and our practice community in Louisville to start the process of developing a new psychology clinical internship to increase the number of clinical psychology trainees who stay in state following their training while also providing direct clinical services at JFCS. To learn more about how you can support this and other programs, please visit <https://www.kentuckypsychologicalfoundation.org/>.

[Click here to read the press release](#)

Courtney Keim, Ph.D.

Graduate Student Lashawn Ford reflects on her service as a KPF Board Member

The Kentucky Psychological Foundation is grateful to Lashawn Ford for serving as a Graduate Student member of the Board. We asked Lashawn to reflect on her two years as a Board member, and we asked her what advice she would give to others who may want to serve in such a position. We wish Lashawn all the best as she completes her internship for her PsyD program in North Carolina! And we hope she makes her way back to Kentucky one day where we will gladly welcome her back to KPA or KPA involvement.

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

UPCOMING 2024 EVENTS

THE KENTUCKY PSYCHOLOGICAL ASSOCIATION & FOUNDATION PRESENTS

Live Interactive Webinar

RUNNING IN PLACE: KEEPING UP WITH TELEHEALTH AND NEW TREATMENT TECHNOLOGIES

Friday, March 15th, 2024
12:00 - 3:15 PM

In a few short years, telehealth has progressed to becoming an integral part of service delivery. The technology behind telehealth has kept pace as more services are available to assist in providing treatment than ever before. In addition, technological advances have enhanced how treatment can be provided. Areas like virtual reality, apps, chatbots, wearable devices, and artificial intelligence (AI) are all making rapid advancements. It can feel overwhelming to keep pace with all of the change. This webinar will keep practitioners in the loop of the major changes technology is introducing to the field and help them to envision ways these changes can be incorporated into their practice. *Skill level: Beginning*

FOR ADDITIONAL INFORMATION & TO REGISTER CLICK HERE!

Implications of Personality Differences for Psychotherapy and Supervision

**Friday, April 26th
9:00 AM - 5:00 PM
Louisville, KY**

Appreciating the implications of personality differences for clinical and supervisory work has been a central concern for psychotherapists since the early part of the twentieth century. Everyone has a personality, whether or not it can be considered pathological. Ever since the 1980 revision of the DSM, personality issues have been relegated to a section of "disorder" categories and described by measurable traits. In the morning session, Dr. McWilliams will offer ten different lenses through which individuality has been viewed (temperament, attachment style, observed clinical pattern, defensive structure, affective organization, implicit cognition, drive tendencies, self-definition versus self-in-relation orientation, core relational theme, and level of severity). She will offer empirical support for each perspective and, using examples, discuss practical clinical implications of each angle of vision, especially that of level of severity. In the afternoon, she will examine the supervisory process, with emphasis on historical controversies, overall goals, ethical challenges and adaptations of supervision to the individualities of both supervisor and supervisee. There will be time for questions and discussion.

Nancy McWilliams, Ph.D.

This workshop fulfills the KRS 319 advanced supervision requirement for KBEP approved supervisors.

For additional information & to register visit www.kpa.org

Joe Edwards, Psy.D.

Ensuring that the KPA-PAC has a strong voice

The KPA-PAC is the voice that KPA has with Kentucky Legislators. In order to have a strong voice, we have to invest in developing our Political Action Committee fund. Currently, our bank account has just over \$6,900. In 2022, we disbursed \$6,400 to Kentucky legislators who were "psychology friendly" on a number of different issues. The more we have in our fund, the more we can disburse and the **STRONGER** our voice can become.

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

Brenda Arellano, M.A.

Navigating Burnout During the Holidays

As mental health care workers, we know better than most just how deeply a person's mental health can have a profound impact on functioning. We know that when humans feel exhausted, stressed or overwhelmed this can keep them from being productive at work, showing up fully in relationships and can even impact physical health. We see that day in and day out in our research or therapeutic work. Listening to the stories and difficulties of others takes a toll as well. Many mental healthcare workers experience feelings of burnout and these feelings are not only difficult to manage but can also hinder our quality of care.

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

Eric Russ, Ph.D.

License Renewal Reminder

KPA has heard from several members about difficulty renewing their psychology licenses through the Kentucky Board of Examiners of Psychology E-services portal. Please pay close attention to the dates in the notices you receive through e-services.

A reminder that when you are renewing your license there are two dates to be aware of. The first is your actual renewal date. The expiration date online in e-services includes a 3-month grace period. This date represents the date your license will be terminated.

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

Please take a moment to fill out our Continuing Education Survey. Your insights are invaluable to us as we aim to offer programs that cater to your needs. This survey will help us shape the future of our CE events.

[Click here to complete the survey.](#)

UPCOMING 2024 EVENTS

SAVE THE DATE

**SATURDAY
APRIL 13TH
2024**

KENTUCKY PSYCHOLOGICAL STUDENT CONFERENCE

KENTUCKY STATE UNIVERSITY
FRANKFORT, KENTUCKY

KENTUCKY PSYCHOLOGICAL FOUNDATION

SAVE THE DATE

**NOVEMBER
14TH - 16TH
2024**

LOUISVILLE, KY

KENTUCKY PSYCHOLOGICAL ASSOCIATION & FOUNDATION ANNUAL CONVENTION

OPEN CALL

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

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

We want to make sure that you are receiving the 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
KENTUCKY PSYCHOLOGICAL ASSOCIATION

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](#)