

The Kentucky Psychologist

FALL 2025

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KENTUCKY
PSYCHOLOGICAL
ASSOCIATION

PROMOTING PSYCHOLOGY AS A
SCIENCE AND A PROFESSION
TOWARD IMPROVING PEOPLE'S
LIVES

A Message From Your Executive Director

Eric Russ, PhD - Executive Director, KPA & KPF



When in doubt, Go for a Walk

[\(fabiansjournal.bearblog.dev/when-in-doubt-go-for-a-walk/\)](http://fabiansjournal.bearblog.dev/when-in-doubt-go-for-a-walk/)

Walking won't solve everything. But it won't make anything worse.

That's more than you can say for most things we do when we're stressed, tired, or lost.

You walk to get out of your head. To breathe. To let your mind drift without crashing.

You don't walk to fix the problem—you walk because you need space from it.

The world doesn't look so cruel when you're moving through it one step at a time. You notice things. You remember you're alive.

So when in doubt—go for a walk.

“Solvitur ambulando.” It is solved by walking. — Diogenes

Among the many ways we are helpful as clinicians, providing stability and connection in the often turbulent lives of our clients is critical. I hope KPA can do the same for our members, creating an eddy of stability and connection among the swirling rapids of social and political challenges that threaten to engulf our work and personal lives. The energy and engagement in our association keeps me motivated and looking to the future. I've really appreciated those of you who have joined our Town Halls and Coffee with the ED virtual events and those of you who have joined our KPA Board members at our in-person events. (see photos in this issue). Make sure you read the article from our Treasurer that includes the news that we have paid the mortgage on our office suite and now fully own our space. For those of you involved in our initial capital campaign to purchase the space, this is a significant milestone and helps ensure our ongoing financial stability. I'm also excited to see the growth in our professional community as KPA looks forward to supporting two new psychology master's programs in the near future: the new(ish) clinical internship at Eastern Kentucky's Counseling Center (read more in this newsletter).

KPA continues to build on the impact of

our advocacy work. We recognize that not all of your engagement with legislators will happen at KPA events so we created a new advocacy toolkit that will guide you through setting up your own meetings with legislators. Please [check it out](#) and let us know what you think!

Interim committee meetings are happening now in Frankfort. These meetings are where they start to outline what the priorities are going to be in the 2026 legislative session. It's a long session and a budget year so we'll be hearing a lot about healthcare, especially Medicaid. KPA has been working with other mental health groups on updated mental health parity legislation along with some bills from last session we hope to move next year. We will continue to be a steady presence in Frankfort advocating for mental health, access to care and social justice.

Finally, I am thrilled to be re-launching our leadership academy. Thanks to Board member Dr. Demi Lincoln for her work developing our updated program. We want to grow psychology leaders in every major organization in Kentucky. You can find information about how to apply in this newsletter! Please consider applying or inviting someone in your network to apply. Finally, please look inside for details on

our 2025 KPA Convention! Convention chair Dr. Janelle McNeal has done a fantastic job with the programming. Based on member feedback, we've built in extra networking time in our afternoon breaks. Make sure you join us all 3 days and for the Friday evening Awards dinner featuring a performance by Ben Sollee! ▣

2025 and Beyond: KPA's Vision for Growth and Connection

Kari Hall Jones, PsyD - President, KPA

It is halfway through 2025, and a time when the KPA Board convenes annually to discuss future planning and dream big for our organization. This year, our goal was to dive into our strategic plan, determining what goals have been met, where we can continue to put effort and energy into bringing ongoing goals to fruition, and how we can move the organization forward. The mission of KPA is "promoting psychology as a science and a profession toward improving people's lives" while we uphold as an organization the values of psychological science, social engagement, integrity, care and compassion, health and well-being for the whole population, equity and inclusiveness, and dignity and the inherent worth of all people. It was very important for us as a board to see this mission and feel those values in all aspects of the strategic plan as we continue to adjust to the current state of our world. As a result of our productive board retreat, we want you to be on the lookout for an increase in opportunities for engagement with other psychologists, social events to promote balance and wellbeing, a newly launched Facebook page for our members to connect, find referrals, and check in on one another, an ongoing focus on advocacy work at the state and national level, and a revamped Leadership Academy that will begin the application process soon! The KPA Board wants to continue to offer the highest quality return on membership, and we hope that new plans for the upcoming year will do just that. As always, thank you for being a part of this organization! We are grateful that after being provided with so many choices for organizational memberships, you continue to choose to be a part of KPA! ▣



Aligning Our Budget with Our Shared Mission: A Note from the Treasurer

Lisa Steelsmith, PsyD - Treasurer, KPA & KPF

Dear Colleagues,

As your Treasurer, I want to take a moment to provide clarity on the connection between our association's budget and our shared KPA values and strategic priorities—**membership, advocacy, and leadership development**. As you have heard, we are entering a time that calls for both prudent financial management and renewed collective support.

We are all acutely aware of the economic challenges of this year and those on the horizon. I'm sure you are feeling these impacts in your own workplaces and households. At KPA, the rising cost of goods, services,



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rental spaces for programs, and administrative fees have placed increased pressure on our budget. Grants geared toward mental health advocacy and public welfare, on which we have relied to carry out KPA's mission, are being curtailed, and competition for remaining grants is rising exponentially. Like many organizations, we've had to tighten our spending and reconsider how every dollar serves our mission.

That said, we remain committed to using your dues and donations to advance the core aims of this association:

- **Promoting ethical psychological practice and professional growth**
- **Advocating for public welfare and legislative progress**
- **Fostering leadership within the profession**
- **Disseminating timely and relevant information to both psychologists and the public**

Our strategic priorities—membership, advocacy, and leadership development—are the active arms of this mission. The budget for the coming year was crafted carefully to align with these pillars:

- **Membership:** We are investing in member benefits, outreach, and retention efforts to ensure our community remains strong and supported.
- **Advocacy:** We continue to allocate resources to protect and advance psychological practice at the legislative level, ensuring your voice is heard where it matters most. Advocacy at the state and national level is needed

now more than ever as we face additional challenges attacking sound psychological principles that ensure the health and welfare of every Kentuckian.

- **Leadership Development:** We are funding training, mentorship, and opportunities for early-career and future leaders in psychology, which is essential for the long-term health of our field.

These efforts require resources. After careful deliberation, we have supported an increase in membership dues—a step we don't take lightly. We are doing so to ensure that our organization remains effective, impactful, and sustainable during these uncertain economic times. This uncertainty has also lead us to enhance our financial reserve, paying off the mortgage on our office space and making a significant transfer to our reserve account. These adjustments give us both liquid and non-liquid assets to navigate an unpredictable future.

By supporting the association through your membership and engagement, you are not just helping to balance a budget. You are affirming your commitment to the profession and to the vital role psychology plays in promoting public well-being.

Thank you for standing with us. Please feel free to reach out to me with questions or thoughts – info@steelsmithpsychology.com. We're in this together.

Sincerely,

Lisa C. Steelsmith, Psy.D.

Treasurer, Kentucky Psychological Association ▣



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Why Serve Through the Kentucky Psychological Foundation?

Courtney Keim, PhD - President, KPF



As I enter the end of my term as KPF President, I am reflecting on my service to my community; why I chose the work I do and who I do it with. There are certainly lots of ways that psychologists can apply their skills and expertise to better their communities. So why do I choose to serve my community through involvement in KPF?

I think back to my first service role with the Kentucky Psychological Foundation over ten years ago as a committee member for the Psychology in the Workplace Network. As an I-O Psychologist, this committee seemed like an excellent fit with my skills. I assessed Kentucky organizations' wellness initiatives, utilizing my expertise. But why did I *continue* to say, "yes" to future service roles with KPF, first as PWN committee Chair, then to KPF Board member and Vice-President, and finally to KPF President?

For me, there are two reasons. First, the people of KPF are intelligent, caring, wonderful people. Our meetings are filled with important conversations and decisions but also belly laughs, smiles, and sometimes Dad jokes (see: the wonderful Rick Grieve). Working with these amazing people brings joy, connection, and fulfillment to my life. It is easy to say "yes" to service requests when the person asking is a colleague whom you admire and enjoy being around!

Secondly, the work of KPF is so important and impactful. As Psychologists, we know the application of the science of psychology can make a big difference in the lives of our community members. The work of KPF allows us to see *that in action*. Here are some recent examples.

- **Community Webinars:** We have hosted a series of free, educational webinars for members of the community. Some of the recent topics include understanding an Autism diagnosis, gambling risk for children, understanding relationship therapy, and *Ask a Psychologist* centered on Pride Month. We have also sponsored webinars with the Psychology in the Workplace Collaborative on topics related to uncertainty in the workplace and psychosocial hazards. The broad array of topics is indicative of the myriad of ways psychology can be meaningfully applied to our lives.
- **Student Support:** We continue to see significant student interaction with KPF events and programs, including our undergraduate-graduate student mentorship program, our future colleague and equity-in-action awards, and our KY Psychology Student Conference, which has seen a significant rebound in attendance post-pandemic. All of this work supports our mission to support the education of future psychologists as a means of supporting mental health and wellbeing of all Kentuckians.
- **Nonprofit Wellness Initiative:** Our nonprofit wellness resource toolkit, freely available on the KPF website, offers resources on workplace stress, coping, and managing burnout. These resources are both for nonprofit leaders and staff and include email templates, blog posts, example

communication strategies, self-care apps, workplace assessments and checklists, and social media posts. We are eager to assess the direct impact these resources have for nonprofits in our community!

As I transition from KPF leadership to KPF Board member—yes, I am still saying "yes" to being active in KPF!—I am excited about what our future holds. We will continue to partner with other community organizations for initiatives such as our Community Mental Health Program, future webinars, and mental health events. We are also planning to hold more KPF events, both community-facing and donor-supported. Finally, I am most excited about my next adventure with KPF: podcast co-host! More details are coming soon, but Sarah Burress, KPA/KPF Director of Operations, and I are creating a podcast on preventing burnout in the workplace. We will interview guests about their burnout stories, discuss the latest research on burnout prevention, and offer practical guidance for leaders and staff on ways to increase psychologically healthy workplaces. And I am sure there will be a few belly laughs peppered throughout! I am eager to continue to work with the wonderful people of KPF in ways that make an impact. If you are too, I encourage you to support KPF in whatever way makes sense for you. Please contact me (courtkeim@gmail.com) or Dr. Eric Russ, KPA/KPF Executive Director (eric.russ@kpa.org) to get involved. If you would like to donate to the Foundation, visit <https://www.kentuckypsychologicalfoundation.org/>. ▣

Equity-in-Action Award

The Equity in Action Awards help aspiring psychology students from underrepresented groups access professional development opportunities that may be otherwise unaffordable, such as:

- Trainings
- Conferences and events
- Membership dues to national professional organizations

Applications are open until **Friday, September 5th**.

MORE INFORMATION AT
WWW.KENTUCKYPSYCHOLOGICALFOUNDATION.ORG



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July 1, 2024 - June 30, 2025

Thank you for your generosity!

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To donate to the Kentucky Psychological Foundation, please visit
www.kentuckypsychologicalfoundation.org.

DONATIONS NEEDED

2025 SILENT
AUCTION

What We Need:

- Cash Donations • Gift Baskets • Event Tickets
- Art Work • Spirits • Vacation Rentals
- Concert Tickets • Gift Cards



Make a gift to KPF's 2025 Silent Auction and help make Kentucky a place where everyone has access to mental health information that is **accurate, trustworthy, and backed by science.**

All donations to KPF's Silent Auction will be featured at the 2025 KPA Annual Convention in Lexington, November 13–15th.

★ VISIT: WWW.KENTUCKYPSYCHOLOGICALFOUNDATION.ORG ★



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USING THE SCIENCE OF PSYCHOLOGY TO
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~ In Memoriam ~

The Kentucky Psychological Association honors the memory of members who have recently passed away. We remember their contributions to psychology and their dedication to the people and communities they served. We extend our deepest condolences to their families, friends, colleagues, and all who were touched by their lives and work.



Eugene Foster, PhD

Please scan to read Dr. Foster's Obituary



Robert Sivley, Sr., PhD

Please scan to read Dr. Sivley's Obituary



To help us honor the memory of colleagues we've lost, please share notice of any KPA member's passing at kpa@kpa.org.

A special memorial message for Donald E. Ralph, Ph.D.

This tribute to Don was a group effort by some of Don's close friends and valued colleagues.

At the end of September last year Kentucky lost Dr. Donald Edward Ralph, one of its pioneering psychologists.

The youngest of three children, Don grew up in Bethesda MD. His modest home was across the street from a neighborhood tennis club with 5 clay courts where he began playing at a young age. By the time he was a teen he was a nationally ranked player. In high school, Don distinguished himself academically at Priory, a small Benedictine school in Washington DC for serious students.

Don entered the University of Notre Dame on an athletic scholarship and in 1959 led the Irish to their only NCAA championship in tennis. He achieved All-American honors in both 1959 and 1960 and, as a math major, Don graduated as the top scholar-athlete in his class. Don earned his Ph.D. in Clinical psychology from the Catholic University of America in 1966 with grant support from the Veterans Administration and worked at the VA hospitals at Perry Point, MD and near Northampton MA. We are all wounded healers and during his sojourn in Northampton, Don summoned the courage to address his own issues during a concentrated period of psychoanalysis. In 1971, Don left Northampton for a post-doctoral program in Community Mental Health Delivery Systems at Harvard Medical School. From Harvard, Don was recruited to help re-imagine the delivery of mental health services in Kentucky.

As a colleague respectfully expressed it, "Don did it all." After a brief stint as an administrative position in Frankfort, he directed both the Central and Eastern State hospitals, and worked as a therapist in UK's Department of Psychiatry. Along the way he also left his mark on Kentucky's mental health legislation, served on the Kentucky Board of Examiners in Psychology, exercised his leadership skills as KPA president, and earned his honored place in the KPA Hall of Fame.

People who knew Don well remember that his greatest commitment was to his family. He loved to share the joy he found in being a husband (Margie was both a devoted wife and a

prolific author), and in being a father of four exceptional children and a devoted grandfather.

Don made a lot of folks his family as well. Don's best professional qualities were never more evident than during his 15 years as director of the old Eastern State Hospital. His family orientation was a critical element of his administrative karma. He was not an administrator closeted in his office but present throughout the institution promoting a spirit of teamwork, comradery and mutual support. A staff colleague at Eastern State Hospital said, "I think caring for others was an integral part of Don's spirituality. The ethic which Don modeled was one in which we offered excellent treatment for our patients while we cared for each other." That Don fostered such an atmosphere in the oldest psychiatric hospital west of the Alleghenys, with many of the facilities old enough to prove it, only made his contribution more remarkable. So, Don Ralph, tennis ace extraordinaire, eminent psychologist, and family man, your good heart created the largest extended family of friends anyone could imagine. Kentucky misses you! ❏



CONGRATULATIONS TO OUR 2025 ANNUAL AWARD RECIPIENTS

SCHUSTER ADVOCACY AWARD

Joe Edwards, PsyD

HALL OF FAME

Pam Cartor, PhD

DISTINGUISHED CAREER IN PSYCHOLOGY

Don Rogers, MA

PSYCHOLOGIST OF THE YEAR

Lindsey Jasinski, PhD

JACK RUNYON APA CITIZEN PSYCHOLOGIST

Yara Mekawi, PhD

RESEARCHER OF THE YEAR AWARD

Katrina Burch, PhD



KENTUCKY PSYCHOLOGICAL ASSOCIATION LEADERSHIP ACADEMY

Psychologists often step into leadership roles without formal training, despite possessing strong analytical and interpersonal skills. The KPA Leadership Academy presents a valuable opportunity to support members at all career stages, from graduate students to seasoned professionals. By fostering mentorship, it strengthens KPA's leadership pathway and prepares members for influential roles within KPA and the community. Prioritizing diversity and inclusion ensures equitable representation in leadership, while cultivating advocacy skills enhances KPA's legislative and public impact. This initiative not only supports leadership growth but also reinforces KPA's role in shaping the future of psychology.

To apply for the KPA Leadership Academy visit

www.kpa.org

- **Exclusive Mentorship Opportunities** – Work one-on-one with experienced psychology leaders focused on professional identity, leadership skills, and career development.
- **Hands-on Leadership Development** – Engage in real-world leadership projects with mentor support, customized to align with your career goals.
- **Interactive Seminars & Workshops** – Attend exclusive leadership seminars to explore and learn leadership models, assessments (e.g., FIRO-B), and best practices.
- **Professional Growth & Advocacy** – Build leadership skills, expand your network by connecting with peers and mentors, and engage in advocacy efforts like Psychology Advocacy Day to shape public policy and gain skills and experience that prepare you for leadership roles
- **Free Annual Convention Registration** – Receive complimentary access to KPA's annual convention with an opportunity to showcase your leadership project and earn formal recognition from your peers.

KENTUCKY PSYCHOLOGICAL ASSOCIATION

TOGETHER WE THRIVE



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KPA ANNUAL CONVENTION
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2025 WORKSHOPS

Thursday, November 13th

8:30 AM

T01: Welcome and Morning Plenary - Advancing Human Rights and Equity in Psychology, 1.5 CE - Presented by Maysa Akbar, PhD. *This workshop fulfills 1.5 of the 3 hours required according to the KRS 319.032 social and cultural factors requirement for psychology professionals.*

10:15 AM

T02: Functional Neurological Disorder: Diagnosis and Treatment, 1.5 CE, 1.5 CE - Presented by Annamarie Heink, PsyD & Donald Burton, PhD

T03: Culturally Modified Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), 1.5 CE - Presented by Shambra Mulder, PhD - *This workshop fulfills 1.5 of the 3 hours required according to the KRS 319.032 social and cultural factors requirement for psychology professionals.*

T04: Neuropsychological and Mental Health outcomes in Parkinson's Disease, 1.5 CE - Presented by Sheliza Ali, PhD

T05: Assessment and Consultation of Pediatric Patients Presenting with Prenatal Substance Exposure, 1.5 CE - Presented by Kim Schauder, PhD

12:00 PM - LUNCH CE

LThurs: Behavioral Health in Kentucky: A Statewide Perspective on Priorities and Opportunities, 1.0 CE - Presented by Katherine Marks, PhD

2:00 PM

T06: Addressing Domestic Violence: Assessment, Intervention & Community Collaboration, 3.0 CE - Presented by Mary Foley, PsyD - *This workshop fulfills the KRS 194A.540 requirement for domestic violence and elder abuse training.*

T07: Beyond Gatekeeping: A Developmental Approach to Supervising Struggling Trainees, 3.0 CE - Presented by Amber Billingsley, PhD - *This workshop fulfills the KRS 319 advanced supervision requirement for KBEP approved supervisors.*

T08: Why does CBT work? A deep dive into processes of change, 3.0 CE - Presented by Matthew Southward, PhD

T09: Evidence Based Group Psychotherapy-Starting and Maintaining Groups that Thrive, 3.0 CE - Presented by Tony Sheppard, PsyD & Zachary Theineman, PsyD

Thursday Evening

KPA EAT & GREET

Please join us Thursday evening to unwind from a long day of learning, network with friends and colleagues. Enjoy a cocktail, mocktail, hors d'oeuvres and fun with colleagues!

Friday, November 14th

8:30 AM

F01: Ethics Code Updates and Future Applications, 3.0 CE - Presented by Mark Leach, PhD. - *This workshop fulfills the KRS 319 ethics/risk management requirement for psychology professionals.*

F02: Integrating PTSD and SUD Treatment: A Practical Introduction to COPE, 3.0 CE - Presented by Christal Badour, PhD

F03: Psychotherapy in the 21st century: Bringing the machines to the office, 3.0 CE - Presented by Lorenzo Lorenzo-Luaces, PhD

F04: Suicide Risk Assessment: Tips for Meeting and Exceeding the Standard of Care, 6.0 CE - Presented by Craig Bryan, PsyD - *This workshop fulfills the KRS 210.366 requirement for suicide prevention training.*

12:00 PM - LUNCH CE

LFri: Prescriptive Authority for Psychologists: Increasing Access to Care, 1.0 CE - Presented by Derek Phillips, PsyD

2:00 PM

F04: Suicide Risk Assessment: Tips for Meeting and Exceeding the Standard of Care, 6.0 CE - (Continued)

F05: Cracking the Case of Bipolar Disorder and Depression: A Psychological "Whodunnit", 3.0 CE - Presented by Eric Youngstrom, PhD

F06: When Families Grieve: Supporting Children, Adolescents and Families, 3.0 CE - Presented by Heather Servaty-Seib, PhD

F07: Our Values Do Not Change - Teaching and Training in a Time of Upheaval, 1.5 CE - Presented by David Pascale Hague, PhD, Felicia Smith, PhD, Yara Mekawi, PhD, & Lali McCubbin, PhD

4:00 PM

F08: Thriving in Practice: Mastering the Art of Keeping It Together While Leading the Way, 1.5 CE - Presented by Patti Weiter, PsyD

Friday Evening

KPA AWARDS DINNER & CELEBRATION OF KENTUCKY ARTISANS

Please join us Friday evening to honor KPA's 2025 Award winners and enjoy arts and music from local Kentucky talents. Enjoy a delicious dinner with your colleagues surrounded by beautiful KY artwork, poetry, and live music from Ben Sollee! Registration is \$75 and includes a dinner and cocktails - we look forward to seeing you there!

2025 WORKSHOPS

Saturday, November 15th

8:30 AM

S01: Authenticity and Boundaries: Using Self-Disclosure in Therapy and Supervision in the TikTok Era, 3.0 CE - Presented by Megan Paxton, PhD. - *This workshop fulfills the KRS 319 advanced supervision requirement for KBEP approved supervisors.*

S02: Current Trends, Record-Keeping, & Ask the Lawyer, 1.5 CE - Presented by Lisa Bond, MS & Mark Brengelman, JD - *This workshop fulfills 1.5 of the 3 hours necessary according to the KRS 319 ethics/risk management requirement for psychology professionals.*

S03: Inclusive Psychological Practice for Individuals with Intellectual Disabilities, 3.0 CE - Presented by Allison Simpson, PsyD - *This workshop fulfills the KRS 319.032 social and cultural factors requirement for psychology professionals.*

S04: Basic Supervision, 3.0 CE - Presented by Andri Yennari, PhD. - *This workshop fulfills the KRS 319 basic supervision requirement for KBEP approved supervisors.*

10:15 AM

S05: Staying Grounded While the Ground Shifts: Supporting Ourselves, Our Clients, and Our Practices in an Era of Instability, 1.5 CE - Presented by Megan Marks, PhD, Janelle McNeal, PhD, Felito Aldarondo, PhD, Emily Skaggs, PhD, Warren Lambert, PhD, & Kari Jones, PsyD

12:00 PM - LUNCH CE

LSat: Leadership and Advocacy in Psychology: A Career Perspective, 1.0 CE - Presented by David Hanna, PhD

1:00 PM

KPA Annual Membership Meeting

2:00 PM

S06: Closing Plenary - Navigating Ethics: A.I.'s Impact on Psychology and Behavioral Economics, 3.0 CE - Presented by Dan Han, PsyD - *This workshop fulfills the KRS 319 ethics/risk management requirement for psychology professionals.*

SCAN HERE TO
REGISTER FOR
CONVENTION



or complete the form on
the back of this page and
return it to the Central Office

Important Attendee Information

Whova Information

Whova is an online event management platform that offers a comprehensive variety of everything needed to run a convention, such as online workshop space, sponsor pages, discussion groups, etc. All of this can be accessed from computer, phone, or other mobile devices. All attendees will need this app to access your schedule, network with attendees, visit sponsor booths! The app is easy to download from your app store and once downloaded you can set up your profile in preparation for Convention.

Workshop PowerPoints & Handouts

All handouts provided to KPA in advance by presenters will be posted in the Whova app under their workshop session. If no PowerPoints or handouts are listed, the presenter chose not to share them.

Special Assistance

If you need special assistance, please let the KPA office know as soon as possible so we may make appropriate arrangements. Questions? Email us at kpa@kpa.org or call at 502.894.0777.

Cancellation Policy

All refund requests must be made in writing to the KPA Central Office at 8004 Lyndon Centre Way, Ste 202, Louisville, KY 40222 or by email to KPA's Director of Operations Sarah Burress at sarah@kpa.org.

Cancellations received on/before Oct. 10, 2025 - 90%
Cancellations received between Oct. 11 - Oct. 17 - 50%
Cancellations received between Oct. 18 - Oct. 31 - 20%

No refunds will be available after October 31, 2025.

CE Credits/ Attendance

Psychologists:

KPA is approved by the American Psychological Association to sponsor continuing education for psychologists. KPA maintains responsibility for this program and its content. KPA is also an approved sponsor for the Kentucky Board of Examiners of Psychology.

Social Workers, Art Therapists, & Pastoral Counselors:

KPA is an approved sponsor for the Kentucky Board of Social Work, the Kentucky Board of Professional Art Therapists (Provider #1004) & The Kentucky Board of Pastoral Counselor (201 KAR 38:070, Section 3(1)(b)).

Hotel Accommodations

KPA has arranged a discounted room block at the Hyatt Regency Lexington for \$165 per night. Reservations are available on a first-come, first-served basis through October 24, 2025, or until the block is filled.



2025 Annual Convention Registration Form

Registration Information

Name: _____ Degree: _____

Address: _____

City/ State/ Zip: _____

Email: _____

Phone: _____

Licensure Board: _____

Circle the workshops you plan to attend.

Attendees may mix and match workshops from all tracks.

Thursday, November 13th

8:30 AM	T01: Morning Plenary			
10:15 AM - 11:45 AM	T02	T03	T04	T05
12:00 PM - 1:45 PM	LThurs: Behavioral Health in Kentucky: A Statewide Perspective on Priorities and Opportunities, 1.0 CE			
2:00 PM - 5:30 PM	T06	T07	T08	T09
5:45 PM	KPA EAT & GREET			

Friday, November 14th

8:30 AM - 11:45 AM	F01	F02	F03	F04
12:00 PM - 1:45 PM	LFri: Prescriptive Authority for Psychologists: Increasing Access to Care, 1.0 CE			
2:00 PM - 5:30 PM	F05	F06	F07 F08	F04 (Cont)
5:30 PM	KPA Awards Dinner and Celebration of Kentucky Artisans			

Saturday, November 15th

8:30 AM - 10:00 AM	S01	S02	S03	S04
10:15 AM - 11:45 AM		S05		
12:00 PM - 1:45PM	LSat: Leadership and Advocacy in Psychology: A Career Perspective, 1.0 CE + KPA Annual Membership Meeting			
2:00 PM - 5:30 PM	S06: Closing Plenary			

KPA Status:

- ☐ KPA Member
☐ KPA Student Member* (no CE credit)
☐ Non-Member - Join NOW & save a bundle!

*Students are also eligible to receive free attendance by participating in the Volunteer Student Program, see KPA Convention event webpage for details.

EARLY BIRD Convention Registration Fees

Registration fee includes admission to workshops & also includes lunch for each day(s) of indicated attendance.

Early Bird Registration ENDS on September 26th,

Register today before fees increase!

Early Bird Registration	3 Day	2 Day	1 Day
General Registration	\$900	\$790	\$600
KPA Member	\$500	\$425	\$250
KPA Members ECPs 1-5 LPP LPA	\$450	\$383	\$225
KPA Member Non-Clinical (Does not include CE credit)	\$360	\$315	\$185
KPA Student Member (Does not include CE credit)	\$175	\$150	\$75

Indicate Day(s) you will attend:

☐ Thursday ☐ Friday ☐ Saturday

Dietary Needs

☐ No Specific Dietary Needs ☐ Vegetarian
☐ Other, please specify: _____

Lunch Opt-out Preference

Lunch is included in your registration fee. If you do not want lunch on the day(s) you are registered to attend, indicate which day(s) below and deduct \$25 per day from your registration. Please note that you will not have access to the CE's during lunch if you choose to opt-out.

☐ Thursday ☐ Friday ☐ Saturday

Total lunch deduction: # days x \$25 = \$

Friday Night Awards Dinner & Celebration

Please join us Friday evening to honor KPA's 2025 Award winners and enjoy arts and music from local Kentucky talents, including Ben Sollee! Enjoy a delicious dinner with your colleagues surrounded by beautiful KY artwork, music, and poetry. Registration is \$75 and includes a delicious dinner and cocktails - we look forward to seeing you there!

Total Special Event Tickets: # tickets x \$75 = \$

Kentucky Psychological Foundation Donation

Make a tax-deductible donation to support scholarships and other initiatives of the KPA Foundation.

Total Donation: \$

KPA - Political Action Committee Donation

Make a tax-deductible donation to support scholarships and other initiatives of the KPA Foundation.

Total Donation: \$

Total Payment Due

Total: \$

☐ Check enclosed, made payable to KPA

☐ Credit Card: Visa / MasterCard / AMEX / Discover

Cardholder Name: _____

Card#: _____

Exp Date: _____ CVV Code: _____

Signature: _____

Mail in Registration: 8004 Lyndon Centre Way, Ste 202 Louisville KY, 40207

Your Voice Matters: Legislative Committee News & Next Steps

Cay Shawler, MS - Legislative Committee Chair



The Legislative Committee (LC) now meets year round to address issues concerning psychologists. We are thrilled to see growth in attendance at Psychology Day in Frankfort as well as increases in those participating in zoom meetings and calls to legislators. The committee decided to meet monthly to better support the work of our members and respond in a timely manner to the fast pace of policy change.

KPA advocates continue to be wonderful, including feedback like the quote below: "KPA has been one of the most consistent and professional groups that relate to legislators" as reported to a KPA member. Therefore, we want to continue our contact during the interim time period.

Executive Director Eric Russ is completing a toolkit to facilitate meetings with legislators. KPA members will be encouraged to contact their legislators while they are in the home county before the session begins in January. The member can choose a topic they feel most concerned about for these meetings. This will meet two goals, to strengthen the personal

relationship and provide information to the legislator.

The voting members of the LC include Felicia Smith, PhD, Georgeann Brown, PhD, returning member Katie McBride, PhD. Steve Katsikas, PhD., Amanda Merchant, PhD and Cay Shawler, MS Chair. Other members include William Stoops, PhD, Megan Paxton, PhD, and Eric Russ, PhD, Executive Director. We have two graduate students joining the committee and they are Abigail Hardy from Spalding University and Joshua Parrott from Lexington.

As you can see, this is an experienced and diverse group. They provide important feedback and perspectives. The LC follows the legislative priorities approved by the KPA Board.

Your input as members is most valuable so please continue to call, email or meet with any members regarding your concerns or questions.

We will be sending more information soon and thank you for your interest and support. ▣



An invitation from the KPA Political Action Committee

Support KPA's advocacy work by joining us for dinner and conversation on the topic of

“ Understanding the Immigrant Experience in Kentucky: A Conversation with Rep. Nima Kulkarni ”

Thursday, September 25th
6:00-8:30pm ET

Bellarmino University Alumni Legacy Room



Hosted by Bellarmine University

KPA-PAC: Keeping Psychology at the Table

Morgan Daffin, PsyD - KPA-PAC Committee



As psychologists, we know how critical it is to advocate for policies that protect the people we serve and the integrity of our profession. We know the necessity and value of giving a voice to the voiceless. It's important now more than ever to come together as a profession to make sure our values and standards are known in Frankfort. We can accomplish this goal by **supporting the KPA-PAC**— our Political Action Committee.

While 2025 isn't an election year, 2026 is! Every seat in the KY House and half of the KY Senate seats will be on the ballot. We must be prepared to **support legislators who stand with mental health professionals and push back against harmful policies. In recent sessions, we've seen numerous negative acts from the KY General Assembly** targeting gender-affirming care, banning DEI programs, and criminalizing homelessness. Without strong advocacy and more moderate legislators, these types of bills will keep gaining traction. Further, without strong representation in the state of KY, we are unable to have representatives who can advocate for change and confront harmful legislation on the federal level.

If we want to fight back—and move forward—we need resources. We need to support our friends in the legislature who may have primary challenges next May or a general election challenge in November. That's where the KPA-PAC comes in. We provide financial support to legislators who are supporting policies in line with our professional standards and values regardless of political affiliation. Our voices need to be heard more frequently, and psychology to be recognized as a player in Frankfort.

Please speak up with both your voice and your pocketbook! **Consider giving just the cost of a weekly cup of coffee.** A \$20 recurring monthly gift or a single donation of any amount can help us build significant influence in Frankfort and ensure psychology is at the table when it matters most.

You can make a monthly or one-time contribution to the KPA-PAC today: <https://www.kpapac.org/take-action> Thank you for standing up for our profession and those we serve!... ▣

KBEP Updates: Communication, CE Requirements, and Fee Changes

Eric Russ, PhD - Executive Director & Legislative Agent, KPA

I serve as your KPA liaison to the Kentucky Board of Examiners of Psychology. Ongoing challenges around KBEP functioning continue and I wanted to provide you with some updates. There has been some additional staff transition at KBEP which has resulted in an increase in reports to the KPA office about communication challenges. We have passed these issues on to the Board chair.

There are several regulations that KBEP has intended to update and due to various issues has not filed. This includes updates to the in-person CE requirements and regulatory language around the social and cultural factors CE requirement. Per the discussion at the last board meeting, until these regulations are finalized and approved, the social and cultural factors is not required. KBEP is working with IT to make sure this is not required in e-services.

Finally, KBEP has not increased licensure fees in well over a decade. During that time, no adjustments have been made for inflation and administrative and legal fees have increased.

These pressures have resulted in KBEP spending down their reserves to an unsustainable level. While a full updated fee schedule has not been shared, we expect a very substantial increase in fees starting in 2026. Please be on the lookout for communication about that increase from KBEP. We continue to encourage KBEP to take more control over its over finances and re-examine the licensure process, including the oral exam.

If you experience difficulties with KBEP, you can use the form here to let us know so we can keep track of these issues: <https://kpa.memberclicks.net/kbep-issue-submission-2023#/> □



Diagnosing my imposter syndrome

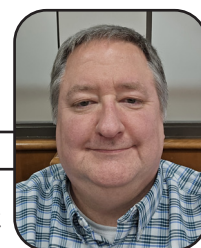
Michael Farina, PhD - Western-Central Region Representative

I figure I am far enough along in my career to come out of the closet on my incompetence. There is a secret society of us who are so utterly skilled in faking competence that we get away with it; however, meetings are difficult because we rarely admit our membership. Inevitably, the time comes when we are faced with the idea that either we are lying to ourselves about our incompetence or we have developed very successful skills in faking our competence, which begs to point, what's the difference?

I had an extremely irregular route in my education. I am in my 50s now, but when I ran into my grade school principal, she remembered me...and apologized because it seemed like she was always disciplining me; I cleaned and put away lunchroom tables enough that I felt like staff and was actually proud of my work ethic. Fast forward, I started my first graduate program at a deficit because I earned a BA in psychology that did not require stats. I did not survive my first graduate program in clinical psychology and switched to counseling for a bit. I missed it so after a year of practice I went for my doctorate in counseling psychology at UoL, driving from Owensboro up to three days a week some semesters. When I entered the program it was an Ed.D. but the year I graduated, it got APA accreditation so I have the Ph.D. Over this process, I had gotten married and had twins, which took away extra time.

Let's take this time by my self-talk supporting my contention I am a closet incompetent: I was incorrigible as a child. I was unprepared and could not "make it" in a clinical psychology program. I stretched myself thin and shorted my education by being at such a difference. My practica and internship was a lot of acrobatics that ended with an APPIC internship that I helped start, was the first intern in, and that the company gave up after a few years. All of this adds up to what feels like a slipshod or subpar education.

Sound familiar? So I find it hard to accept praise, despite successful practice in the field, starting an MS clinical psychology program at Brescia University that successfully passed its first five-year review, was granted tenure and promotion to "Associate Professor," won the 2024 Graduate instructor of the year award, and a few more things that I won't mention because I am uncomfortable admitting because of that part of me that feels undeserving. My point is: I am letting you know that I am a member of the secret society and whether it is faking competence or real, the difference may not be real but only perception. Now, let the CBT side of you think that through. □



CALL FOR BOARD MEMBERS



Are you passionate about using psychology to make a *meaningful* difference in the lives of Kentuckians? **The Kentucky Psychological Foundation (KPF) needs you to join our Board of Directors.**

As a board member, you will help KPF:

- **Engage the Community:** Speak out about mental health to reduce stigma and **support Kentuckians.**
- **Promote Education:** Share information so people can better understand mental health and **find help.**
- **Increase Access:** Work to make *trusted* mental health information **backed by science** available to **everyone**, especially underserved groups.
- **Support Students:** Select and promote scholarships and awards for psychology students in Kentucky.

For more information visit:

www.kentuckypsychologicalfoundation.org

KPA Shows Up for Pride—And It Was Joyful

Megan Marks, PhD - Bluegrass Region Representative, KPA



This June, for the first time ever, the streets of downtown Lexington filled with a historic rainbow of love, laughter, glitter, and yes—even psychologists. As part of Lexington's *first-ever Pride Parade* (during the 17th annual Pride Festival), KPA members and their family members marched together in celebration, support, and solidarity with Kentucky's LGBTQ+ community.

We weren't hard to miss: a small but mighty crew in comfy shoes and colorful signs that read "No Judgement Zone," "Y'all Means All," and "You Are Priceless." We handed out LifeSavers (get it?) with KPA contact info, mental health stickers, and lots of smiles. And right up front—just behind Grand Marshals Uma Jewels, Petty Poussey, and Miss Lexington Pride 2024—you'd find some familiar faces: several KPA members proudly holding the enormous rainbow flag as it led the parade route. It was one of those rare moments when showing up felt equal parts professional advocacy and deep personal joy.

In a time when it's easy to feel disconnected or discouraged, showing up *together*—especially for marginalized communities—is more important than ever. Our presence mattered. Not because we had all the answers, but because we were *there*, on the street, in the sun, waving our signs and being visible. Being psychologists in the wild. It was a reminder that we're not just clinicians in offices; we're advocates, allies, and fellow humans walking beside one another. And let me tell you—it was *hopeful*. It was *joyful*. It was *exactly* the kind of collective care our nervous systems needed. Thanks to everyone who came out and helped carry the message—literally and figuratively—that mental health care is for everyone. So here's to the next parade. Here's to KPA being a visible and vibrant presence in communities across Kentucky.

And here's to all of us continuing to show up—for each other, and for those who need to know they are seen, safe, and supported. See you at the next march. I'll bring the stickers! ▣



Measurement-Based Care: Aligning Data with Clinical Expertise

Megan Paxton, PhD - Director of Professional Affairs, KPA



Measurement-Based Care (MBC) is quickly becoming the expectation -not the exception- in behavioral health. Whether driven by payors, accreditation standards, or a desire to improve outcomes, psychologists are being asked more and more to integrate tools like the PHQ-9, SDQ, or CAFAS into everyday practice. But the question lingers: How do we do this without losing the heart of our work? Therapy isn't a spreadsheet. It's a relationship. And yet, without a way to track progress, we risk relying too heavily on our gut—and our clients deserve more. The good news is that MBC and relationship-based care aren't in conflict. In fact, when done right, they deepen each other. Consider how a measure like the SDQ can spark a conversation with a caregiver who may struggle to articulate concerns. Or how reviewing a teen's CAFAS scores over time can help them see their progress when they feel stuck. When a client's PHQ-9 score

improves, it's not just a number, it's a tangible reminder that what you're doing together is working. And when it doesn't improve? That's a signal to pivot, reflect, and re-engage, not a failure. Measurement doesn't replace intuition, it sharpens it. It offers a shared language for growth, struggle, and change. And in systems where funding, staffing, and time are all stretched thin, it's one of the most powerful tools we have to advocate for our clients - and for our profession. At KPA, we're exploring how to better support psychologists in using MBC across diverse settings: private practice, schools, nonprofits, and health systems. If you're interested in shaping this conversation, consider joining our Measurement-Based Care Workgroup. Contact Eric Russ (eric.russ@kpa.org) or myself (dpa@kpa.org) for more information, we'd love to have your voice at the table. ▫

Eastern Kentucky University Counseling Center's New Doctoral Psychology Internship

Andri Yennari, PhD - Education & Training Representative



Eastern Kentucky University Counseling Center (EKUCC) launched a new doctoral internship in the Fall 2024 semester. Currently the only counseling center internship in the Commonwealth of Kentucky, the EKUCC Doctoral Internship is a 12-month, 2,000-hour capstone experience for doctoral students in clinical or counseling psychology. The program aims to produce professional psychologists who are strong generalists, proficient in the provision of a broad range of clinical and scholarly psychology functions which span a variety of professional settings, in a manner consistent with American Psychological Association (APA) Ethical Standards. Graduate of the internship obtain entry-level skills in all of APA's profession-wide competencies. Additionally, all interns receive strong training in both Trauma-Focused Interventions and Suicide Prevention and Intervention, with opportunities to further specialize in either of these areas. The internship has successfully completed an APA Accreditation Site Visit in June 2025.

Dr. Andri Yennari, Licensed Clinical Psychologist and Training Director at EKUCC, spearheaded the development of the doctoral internship program, formalizing and expanding the existing training program for beginning and advanced doctoral practicum trainees. Dr. Yennari shares an overview of the evolution and need for this internship as well as its unique elements.

The doctoral internship is a natural extension of the well-established (20+ years) practicum program in psychology at EKUCC, which has a solid reputation for providing exemplary training to graduate psychology students and designed to prepare trainees for advanced practica, doctoral internships, and professional practice. The internship fills a training need here in Kentucky, not only for ECU's Psy.D. program in Clinical Psychology,

but also other doctoral psychology programs across the Commonwealth. Moreover, the doctoral internship attracts interns nationally across the US, with the potential to also attract supervising psychologists to Kentucky. The training program is regarded as a cornerstone of EKUCC's service delivery system and it helps expand existing services to address the increased demand for services and greater severity of student's concerns. The mission and intention of the EKUCC Doctoral Internship is to train and mentor the next generation of psychologists, thereby giving back to the profession while simultaneously providing the highest level of care possible to the students, faculty, and staff of ECU. Upper administration has supported EKUCC's response to the increased mental health needs of students, which has made the development of the internship possible.

The EKUCC Doctoral Internship also has numerous other unique elements and opportunities. For example, there is the opportunity to work within an integrated framework (EKU's Integrative Behavioral Health System), which offers a holistic approach to supporting students' overall health. As stated earlier, there is the opportunity to develop a specialization by engaging in additional training activities in Trauma-Focused Interventions and Suicide Prevention and Intervention. Because of the high prevalence of psychological trauma and suicidality in the college student population, all interns receive a significant amount of training in these areas through didactics, supervision, and clinical cases. The doctoral internship employs a developmental mentorship/apprenticeship training model, where interns enhance their professional performance and development through apprenticeship, support, modeling, guidance, and collaboration

with more advanced or experienced clinicians, and thus become socialized into the profession. The EKUCC Doctoral Internship also serves a “School of Opportunity in an Appalachian Region,” where 65% of students are first generation, low income, or both. Finally, EKUCC has a professional, diverse staff passionate about training and mentoring the next generation of psychologists, all within an affirming climate for staff, trainees, and clients.

Additional information about EKUCC’s Doctoral Internship can be provided by contacting Dr. Andri Yennari at andri.yennari@eku.edu. It can also be found on the EKUCC Website: [Doctoral Psychology Internship Program - Eastern Kentucky University](#) ▣

Tyler Tims, a doctoral intern from Peay State University and Amy Delaplane, a doctoral intern from California Lutheran University, standing at the sides of Dr. Andri Yennari, Counseling Center Training Director and Licensed Psychologist.



It’s Not Who You Are, It’s What You Feel

Frederick Grieve, PhD - Academic Representative, KPA

We have all known the person (friend, family member, client, maybe even yourself) who has said, “I am depressed (or fill in your favorite emotion).” This is a very typical statement that everyone makes at some point in their lives. However, it becomes problematic when we start to believe that the emotion defines who we are.

Years ago, I worked in community mental health and ran a group designed for folks who had a long standing diagnosis of Major Depressive Disorder. (I almost said “long-standing depression,” which kind of makes my point about defining ourselves by our emotions.) What was fairly frustrating for me as a therapist at the time was that the clients rarely challenged themselves to do something different; they continued to repeat the same behaviors and hold the same mindset because they were “depressed.” I always thought they were stuck in the depression “box” and did not want to move outside of the box.

In our own personal lives, labels can interfere with our ability to live the life we want to have. How many times do we avoid doing something because we feel a certain way? “I want to go out with friends tonight but I’m feeling sad/anxious/upset and would be poor company.” Or how many times do we limit what we do because we believe it is not appropriate? “I can’t go to the wine and paint activity, I’m not an artist.” When we buy into the labels that we give ourselves, we limit the behaviors we are willing to do—and we limit our ability to grow. And we stay in our own boxes.

For me, the biggest issue I have with providing a simple label to ourselves, our friends, our loved ones, our clients, is that such a label over simplifies the person. We are not all just one thing. We are not only “depressed.” We are also “partners,” “parents,” “good friends,” “employees (or employers),” and so much else. If we simply define ourselves by one characteristic, we are not recognizing the complexity of the person with whom we are interacting—even if that person is ourselves.

Eleanor Roosevelt, in her book *You Learn by Living: Eleven Keys for a More Fulfilling Life*, says, “You must do the thing you think you cannot do.” As I have learned Acceptance and Commitment Therapy (ACT), this resonates with me. When we—or our loved ones or clients—are limited by what we think we can not do, we will most likely not live our most fulfilled lives. We want to work to accept the emotions that we experience. We can work on letting them be there acknowledging them while doing the things that bring meaning to life: be with friends, learn a new hobby, take dance classes, stand up in front of others and speak. Don’t be limited by the emotions you feel. Use mindfulness activities to ground yourself in the present, breathe through the strong emotions, and connect with the things that are meaningful and valuable to you. And, when you have finished, spend a second to reflect on the cool things you just accomplished. Because when you do not limit yourself, there is no telling what you can accomplish and I know it will be cool! ▣



KPAGS Opportunities for Students Across Kentucky

Miranda Weathers, MEd - Graduate Student Representative, KPA

The Kentucky Psychological Association Student Group (KPAGS) is a student-led committee of KPA, offering meaningful opportunities to connect, network, and co-create programming that reflects what matters most to students. Whether you’re interested in leadership, mentorship, or advocacy, KPAGS provides a platform to amplify your voice and shape the future of psychology across the Commonwealth. What KPAGS Offers:

- Leadership roles, including openings for Co-Chair, Social Media & Communications Lead, and more
- Opportunities to influence programming and initiatives statewide

- A vibrant community of undergraduate and graduate students
- A commitment to ensuring student perspectives are heard at every level of the profession

Currently, KPAGS has a strong presence in Louisville and Lexington, but we are actively working to expand our reach across the state. If you’re a student member of KPA or considering joining, this is the perfect time to get involved as we gear up for the 2025–2026 academic year.

A Note to KPA Members: We encourage all non-student KPA



members to share information about KPAGS with students in your programs, classrooms, communities, or organizations. Encouraging early engagement helps us grow leadership from within and build a stronger future for the field of psychology in Kentucky.

Interested in Joining or Learning More? Contact the KPAGS Committee at KPAGScochair@gmail.com or reach out to Miranda Weathers, KPA Graduate Student Board Representative, at miranda.weathers@louisville.edu with any questions. ▣

Future Colleague Award

[Click here for more information!](#)



Application fees can add up quickly when applying to graduate programs – the KPF Future Colleague Award provides financial support to undergraduate psychology students wishing to pursue graduate programs.

Do you, or someone you know, need financial assistance with your application costs? Applications are open until **Friday, September 5th, 2025.**

✧ www.kentuckypsychologicalfoundation.org ✧

Lessons from Health Psychology- How Health Principles can Improve Psychological Interventions

Ian Boggero, PhD - Health Psychology Representative



As the Director of Psychological Services at a tertiary orofacial pain clinic, I work almost exclusively with people with chronic pain conditions. In this context I assess how chronic pain can impact psychological wellbeing, and, conversely, how psychological factors can impact the ways people cope with and experience chronic pain. My work in this position over the last five years has taught me three critical lessons which I think are important for all psychologists to remember. First, I have found it extremely difficult to articulate what makes a “health” psychologist, and I believe that this distinction is ultimately moot. Is a “health” psychologist merely a psychologist who works in a medical setting? Or one who works with patients with “health” conditions like chronic pain? Or one who did a health psychology specialization in graduate school? Ultimately, I believe what defines a health psychologist is one who takes a health-focused approach to assessment, case conceptualization, and treatment. In other words, in addition to assessing depression, anxiety, trauma, and other mental health symptoms, a health psychologist would also routinely consider health behaviors, sleep, and comorbid medical conditions on mental wellbeing. A considerable body of research finds that assessment of “health” behaviors like sleep, exercise, and diet are key parts of treatment for what were traditionally thought of as “psychological” conditions like depression and anxiety. For example, successful treatment of sleep has been shown to have significant impact on depression symptoms – sometimes, with even greater outcomes than depression interventions! The first important lesson I have learned is that all psychologists, regardless of their setting, can potentially benefit from using a more health-informed case conceptualization and assessment, and from familiarizing themselves with relevant “health” psychology interventions that may be applicable to their patients. The second important lesson which I am constantly reminded of over and over again in practice is that there is no distinction between the brain and the body. To think of certain conditions (i.e., depression, anxiety, PTSD, etc.) as “psychological” and other conditions like diabetes, cancer, chronic pain, or cardiovascular disease as “medical” or “physiological” implies a distinction which is artificial in nature. There is no magical threshold in the body where the mind starts

and the body stops, nor is there a condition where the brain and the body do not constantly interact. Even in the case of a paper cut, there are “psychological” parameters that can influence how quickly the wound-healing process happens, and how people experience and cope with such an injury. Because all physiological signals are ultimately processed in the brain, and because the brain controls physiological functioning, this mind-body dualism that often permeates our language is inherently flawed. And, just in the same way that chronic illnesses are closely tied with psychological wellbeing, we are increasingly learning that “psychological treatments” can influence things like cortical structure, inflammatory parameters, markers of cellular activity, and even epigenetic expression. Thus, the second important lesson I have learned is that we cannot treat psychological conditions without also treating health conditions, because the distinction between the who is artificial. The third, and perhaps most important lesson, I have learned from my clinical work is that the field progresses faster than we do. Coming out of graduate school, I was confident that I was equipped with the most up-to-date science in my field. However, progress happens daily. There are always new interventions, new techniques, and new information that may shape your practice. For example, our understanding regarding the etiology of chronic pain is constantly improving, and the interventions and mechanisms we use to treat it are as well. However, even with reading all the latest journals, I have still found it to be the case that one of the most effective ways to stay on top of progress in the field is through conversations with other professionals who are treating similar conditions in similar ways. It is for this reason that having a wide net of professional collaborators is essential to good clinical practice. This is where KPA can serve a critical resource. As your health psychology representative, I am eager to hearing about you, talking, and learning about the work you are doing. I am hoping that I can meet many of you at the upcoming KPA conference in November, and that together we can inform each other's work so that we all deliver the best care we possibly can! ▣

KENTUCKY PSYCHOLOGICAL ASSOCIATION 

Kniffley Early Career Psychologist Award

This award supports early career psychology professionals who are working to becoming licensed in Kentucky. Our mission is to foster a diverse and inclusive community of psychologists in Kentucky, and this award is a vital step toward achieving that goal. We understand the challenges faced by early career professionals and are here to offer support as you take these important steps in your career. By helping to remove financial barriers, we hope to empower you to contribute your unique voice and perspective to the psychology profession.

Awards Available: 4
Award Amount: \$1,000
Deadline to Apply:
September 5th, 2025

Apply today at www.kpa.org



Kentucky Psychological
Association

8004 Lyndon Centre Way, Suite 202
Louisville, Kentucky 40222

The Kentucky **Psychologist**

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