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Exciting News from KPA & KPF

We hope you enjoy this 4th quarter edition of the KPA e-Newsletter, a regular e-newsletter aimed to enhance communication about psychology across the state. What follows is a sampling of psychology-related news and opportunities across the Commonwealth. Check out the column on the left for upcoming KPA Social and CE events, meetings, Kentucky Currents (member news items), and more. For more updates, visit the [KPA website](#) and follow KPA on social media on [Twitter](#) and [Facebook](#) and KPF [Twitter](#) and Facebook

Update from KPA Acting Executive Director

As I am sure most of you are aware, in September I agreed to step in as Acting Executive Director while Dr. Lisa Willner is on a leave of absence through April, 2020 due to the death of her mother and subsequent family obligations. Together with our super sold office staff and the KPA Board leadership team, we developed a resourceful plan combining my time with time from **Dr. Sheila Schuster** (who has just *a bit* of experience with our organization), as well as stepping up volunteer responsibilities of committee chairs to ensure full coverage of the many juggled balls that comprise the work of KPA.

A blend of factors allow me to take this on. Between the 3-year KPA Presidential Rotation and the Director of Professional Affairs position I accepted this past January, I have had nearly 4 years of working and coordinating very closely with Lisa. As such, I have been involved with strategic planning as well as many aspects of the day to day operations of our association. As many of you know, I have been in private practice for almost 20 years, seeing clients about 3 days a week. As our team was developing a plan to accommodate Lisa's temporary leave, I realized that with adjustments from my family and other existing obligations, this schedule could allow me the time to step into the role-at least in part. I cannot give enough thanks to our current president, **Dr. Eric Russ**, and to

Oct. 24th - Pre Registration Ends for 2019 Annual Convention

Oct. 24th - Room block rate ends at the Galt House for 2019 Annual Convention

Nov. 14th - 16th - 2019 Annual Convention at the Galt House

Dec. 13th - KPA Board Meeting

our office staff **Sarah Burress, Samm Collins, and William Summay** for all their extra time and attention as we work to cover all the bases.

Lisa's leadership and vision over the past 10 years as our ED has made for a strong, action-oriented organization. When I first joined the board as Jefferson County Representative a few years ago, I realized that I had been comfortably operating as a psychologist—even as a steady KPA member—with little awareness of the ways I had benefitted from the reach and impact of KPA's activities. In contrast to one of my experience with non-profit boards and organizations, I see invested time and efforts with KPA to be driven, focused, and meaningful—not just thought processing for its own sake.

To make this a worthwhile organization, our association relies on smart, creative headspace from a small dedicated paid staff and from many committee volunteers from across psychology professions. Think about:

1. Generating ideas and identifying speakers for ongoing, up to date training throughout the year (**CE Program Development**) and at Convention (**Convention committee that resets every year**)
2. Ensuring quality of KPA offerings (**CE Review Committee**)
3. Developing presence across media settings (**Communications Committee and Public Education Committee-KPF**)
4. Supporting and resourcing new professionals in our field (**Early Career Committee**)
5. Providing consultation on tricky ethical issues that arise (**Ethics Committee**)
6. Tracking and sustaining important attention on legislative bills that come through every year (sometimes in a torrent!) that can and do have very real impact on our day to day work, and our ability to practice as an independent and distinct profession (**Legislative Advisory Team-this one is limited to former board members**).
7. Providing needed education and decision-making around political contributions so that psychologists can be invited to the table where decisions are being made (**KPA PAC**)

I hope if you've gotten this far down this article, you might be open to offering your skills, a bit of your time, and unique perspective by stepping up into a volunteer role that might of interest to you. You can plugin and contribute your own smart, creative headspace to any of these spots! Please feel free to contact me, a board member, or the office staff (kpa@kpa.org). (And, thank you to all who have already been stepped-up members!)

- Katie (Contact me any time: edkatie@kpa.org)

To support the purchase of a new home for the Kentucky Psychological Association & Kentucky Psychological Foundation – an office condo in a brand-new building – we have launched our first-ever Capital Campaign!

We are going to need the support of ALL of our KPA members – YOUR SUPPORT – to make this campaign successful! Please click [here](#) to contribute & to learn more about our capital campaign.



Critically Important Election – November 5, 2019!!

Sheila A. Schuster, Ph.D.

All registered Kentucky voters will have the opportunity to go to the polls on **Tuesday, November 5th** to elect all statewide offices, including that of Governor of the Commonwealth. Current Governor Matt Bevin is running for a second term and is being challenged by Democrat Andy Beshear, former Attorney General and son of Kentucky Governor Steve Beshear. The news media and political analysts see Governor Bevin using his close alignment with President Donald Trump and trying to make this race about national hot button issues – immigration, abortion and gun control. Challenger Andy Beshear is focusing on state issues – notably education as a champion for teachers, the pension, and health care.

Other statewide offices on the ballot include Attorney General and Secretary of State (no incumbent running in either race), as well as Auditor, State Treasurer and Commissioner of Agriculture (where there are incumbents seeking a second term). I have listed in the table below the website for each candidate so that you can do your own research into their backgrounds and positions on the issues. Here is a link to the Voter Guide produced by Kentuckians for the Commonwealth (KFTC) which publishes candidates' responses to their issue questions. www.KentuckyElection.org

This is not a legislative election year; all state House seats, one-half of the state Senate seats, and congressional seats will be on the ballot in 2020, when we go to the polls to elect the US President. There will be, however, two state House seats on this ballot to fill vacancies created by resignations. One is in the 63rd House District (parts of Boone and Kenton counties) which had been held by Rep. Diane St. Onge; the other is in the 18th House District (Grayson and part of Hardin county) for the seat previously held by Rep. Tim Moore. If you live in either of those districts, please check out the candidates who will be on the ballot.

The deadline to register to vote has passed, but you can confirm your polling place and get a sample ballot by going to: www.GoVoteKY.com If you are unable to vote on election day and need an absentee ballot, contact your local Board of Elections or County Clerk and follow their instructions.

The critical thing is to VOTE! Democracy is not a spectator sport, but one that demands that the people be engaged and be heard. In the last election, there were several House seats that were determined by fewer than 20 votes....and



MEMBERHIGHLIGHTS



David Susman, Ph.D., was highlighted in the recent issue of the American Psychological Association's Monitor. [Click here to read.](#)



Sarah Shelton, Psy.D., MPH, MSCP, received the Presidential Leadership Award at the Annual APA Convention in Chicago, Illinois from Division 55 for her contributions in the field of

one seat was actually a **tie vote** that was settled by one candidate withdrawing, rather than to get into a prolonged legal battle. As political science professor Larry Sabato described it: "Every election is determined by the people who show up." Be one of those people!

GOVERNOR	WEBSITE FOR MORE INFO	PARTY
Andy Beshear – Louisville; Jackie Coleman - Harrodsburg	www.andybeshear.com	Democrat
<i>Matthew Bevin</i> – Louisville; Ralph Alvarado – Winchester	www.mattbevin.com	Republican
ATTORNEY GENERAL		
Gregory Stumbo – Prestonsburg	www.stumboforag.com	Democrat
Daniel Cameron - Louisville	www.cameronforkentucky.com	Republican
SECRETARY OF STATE		
Heather French Henry - Louisville	www.Supportheatherfrenchhenry.com	Democrat
Michael Adams – Louisville	www.michaelgadams.com	Republican
AUDITOR of PUBLIC ACCOUNTS		
Sherri Donahue – Frankfort	www.donahueforkentucky.com	Democrat
<i>Mike Harmon</i> – Danville	www.mikeharmon.com	Republican
STATE TREASURER		
Michael Bowman – Louisville	www.bowmanforkentucky.com	Democrat
<i>Allison Ball</i> – Prestonsburg	www.ballforkentucky.com	Republican
COMMISSIONER OF AGRICULTURE		
Robert Conway - Georgetown	www.conwayforky19.com	Democrat
<i>Ryan Quarles</i> – Georgetown	www.ryanquarles.com	Republican

Name = Incumbent

Table prepared by Sheila A. Schuster, Ph.D.



psychopharmacology and prescriptive authority for psychologists.



Sheila A. Schuster, Ph.D., was named the inaugural winner of the Gil Friedell Health Policy Award. [Click here to read more.](#)

Dr. Schuster, was also named a Healthy Kentucky Policy Champion by the Foundation for a Healthy Kentucky. [Click here to read more.](#)



Congratulations to **Felicia Smith, Ph.D.** newly elected Kentucky representative to the APA Council of Representatives. Dr. Smith will succeed Dr. David Susman in the role, with her term beginning in 2020. The Council Rep also has a seat on the KPA Board of Directors. KPA

The Spring Academic Conference Shifts Focus

Jessica L. Burris, Ph.D. - KPA Academic Representative

Since its inception, the Spring Academic Conference (SAC) has maintained a commitment to bring together psychology faculty, graduate students, and undergraduate students from across the state to network with one another, share late-breaking scientific findings through poster and podium presentations, engage in friendly competition via the Psych Bowl, and encourage discourse at all levels around matters important to academics and trainees alike. The Kentucky Psychological Association and Kentucky Psychology Foundation maintain their commitment to the mission of the SAC, but it is time for a change.

Moving forward, the SAC will focus its attention on undergraduate students. The KPA Board and SAC Committee Members recognize that undergraduate students today face many challenges, both in and outside the classroom, and we want our psychology majors to be fully equipped with all the information and tools needed to succeed. Consequently, we will call upon psychologists from all walks of life (e.g., academics, business leaders, health service providers, consultants) to attend the conference and present on the diversity of career opportunities that a psychology degree affords. Similarly, we will recruit psychology graduate students to share their wisdom with the next generation by serving as presenters and judges at the SAC and potentially even as mentors to undergraduates who want support beyond the conference. Some programming will stay the same: the Psych Bowl will continue and opportunities for undergraduates to present in poster or podium format will carry on too. Some programming for the SAC will change, though, with plans to have a social/networking event and more “break out” sessions and workshops for undergraduate students on things that really matter to them (e.g., “How can I overcome the hurdles of being a 1st generation college student?”, “How do I pay for graduate school?”, “What job can I get straight out of college?”, “How do I excel on the GRE?”). Suffice is to say that change is coming and it is welcomed!

The next SAC is scheduled for March 28, 2020 at Bellarmine University in Louisville. Be on the lookout for calls to present, help with programming, and otherwise engage with this important event. Who knows? Given the shift in focus, perhaps it is even time to change the name of the event from the Spring Academic Conference to the Spring Undergraduate Conference... stay tuned.

is delighted to welcome Dr. Smith back to KPA's board in 2020!

If you have a highlight you would like to share with the KPA office please email Marketing & Membership Coordinator, Samm Collins at samm@kpa.org

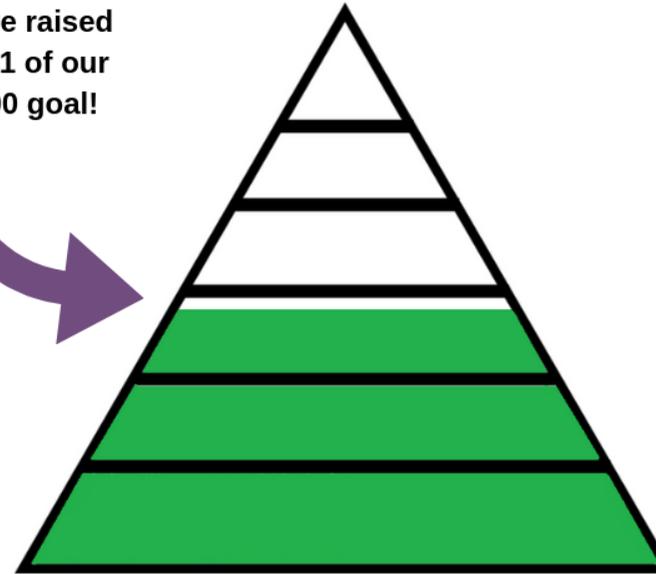
Kentucky Psychological Foundation's Capital Campaign Update

Kentucky Psychological Foundation

CAPITAL CAMPAIGN



We have raised
\$33,941 of our
\$50,000 goal!



Help us reach our goal by making a donation today!

We cannot do it without your support!

Psychology Abroad: A Serendipitous Meeting.

Tammy Hatfield, Ph.D. - KPF Vice-President and Secretary

While traveling in the Northern African country of Mauritania this summer, I happened upon a serendipitous find. Driving through the capital city of Nouakchott, I passed a building with a large green sign that read "Centre SAADA counseling" and listed the name of a psychologist, Dr. Wiam Mohamed

On-Demand Continuing Education Webinars

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Management
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exam earns you 6
CE credits and
makes you eligible
for a 15% savings
on your Trust
Sponsored
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Liability Insurance
premium for two
consecutive
renewals at your
next policy
renewal.

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KBEP Elections Results

In accordance with [KRS 319.020](#) the Kentucky Psychological Association is charged with

Elmamy. It was with delight and excitement that I stopped hoping to have the opportunity to speak with the psychologist. I was curious to find out what psychologists do there and what type of psychological services are offered in the country.

As I walked toward the Centre SAADA, I passed through a welcoming courtyard and into the main office where I found the receptionist, who spoke French and Arabic (and a local dialect called Hassaniya). My husband, who is originally from Mauritania, was with me and offered his assistance with translation. Although Dr. Mohamed Elmamy was not in the office, the assistant provided us with her telephone number and I convinced my husband to call and ask if she was available to meet. It seemed she was also excited to have the opportunity to connect with another similar professional and offered to meet us at her office in 10 minutes.

Dr. Mohamed Elmamy promptly arrived and invited us into her office for a chat. She was incredibly warm and welcoming. The receptionist provided large bottles of juice and glasses, as is customary in the culture as a way of welcoming guests. Dr. Mohamed Elmamy sat behind her desk and my husband and I sat in the two chairs just in front of her desk as we began our conversation. I speak very little French, Arabic, or Hassaniya so my husband, again, translated.

I asked Dr. Mohamed Elmamy to share her story of developing a psychological practice in Mauritania. She mentioned that she is the only psychologist in independent practice in Mauritania and added that there are “two or three” other psychologists in the country now who work at the local hospitals. She stated the psychology and counseling are novel approaches in the country, there is no licensure, and their work is not yet widely recognized. She described spending one year in efforts to convince the local government to provide her a business license to open the practice and another year putting together a network group of persons who have some interest or knowledge in developing counseling and psychological services in the country. She noted a lack of resources available to provide the services she views as needed in the capitol city and beyond.

When asked about the type of concerns she is presented with in her practice, Dr. Mohamed Elmamy indicated the most prevalent psychological issues are short and long-term effects of childhood trauma and various behavior problems among children. She also mentioned that the rates of autism in Mauritania are “very high” but did not provide a specific estimate of percentage.

Dr. Mohamed Elmamy indicated that she earned her Ph.D. in Educational Psychology in 2017 from the University of Ains-Cheins in Egypt. Her dissertation is titled “The Effectiveness of a Program for Developing

conducting the nomination and election process for the Kentucky Board of Examiners of Psychology. KPA sends nomination and election material to all licensed psychology professionals, regardless of their membership status with KPA. The top 3 names are submitted to the Governor for selection of licensing board members.

Here is an update on open KBEP board seats:

Doctoral Seat - Jamie Hopkins, Ph.D. - Term expired 7/15/2018

An election was run for this seat in May of 2019 and seven names were submitted to fill the two open Board positions. The Governor appointed Dr. Emily Skaggs to fill the seat vacated by Dr.

Gerald Walker, but chose not to appoint a psychologist to fill Dr. Jamie Hopkins' seat. KPA will be running another election in a couple of weeks, so be on the lookout for more information.

If you have any questions about KBEP elections, please contact us at kpa@kpa.org

Intrapersonal and Interpersonal Intelligence as an approach for reducing Aggressive Behavior Among Secondary Female Adolescent Students". Her study involved providing services at a school in a rural area where students demonstrated significant behavioral problems and low academic achievement levels. She stated that her approach resulted in increased academic performance and a reduction in aggressive behavior. She also mentioned that administrators of the school where she provided the intervention were "amazed" with the transformation in the student population. I congratulated her on efforts to apply psychology across various settings.

One aspect of Dr. Mohamed Elmamy's work that was fascinating to me, and relevant to our own national discussion today, is the time she spent training police officers in humane response to immigrants who illegally cross borders. She detailed some of the efforts she made in helping the police officers gain empathy and understand why many people make the decision to cross borders, transatlantically in small boats, as a way of escaping major hardships and dangers in their home countries.

The conversation with Dr. Mohamed Elmamy ended with her polite extension of an invitation to join her and her family for dinner during our time in the country. Since that time, she and I have chatted on several occasions via WhatsApp. I look forward to reconnecting with her during my next visit to the country and learning more about the important and groundbreaking work she is doing in the area of service and promotion of psychology.

APA Council Report

David Susman, PhD – APA Council Representative for KPA

APA's Council of Representatives overwhelmingly approved the [2019 APA Immigration and Refugee Policy Statement](#) at APA 2019 in Chicago. The statement encourages psychologists to use their training to treat and advocate on behalf of immigrants, refugees and people seeking asylum in the United States.

More than 98% of council members voted in favor of the policy, which highlights the psychological stresses faced by immigrants, refugees and their families, and

As you are faced (inundated may be more apt these days...sigh) with situations in the public discourse, have you ever said to yourself or your colleagues, **“Wonder what KPA is doing about that?”** or think that your particular background and expertise could make a useful contribution?

Please take advantage of the interface under the **ADVOCACY** tab above to submit issues of interest to you to the newly formed:

**Public
Issue
Response
Committee
(PIRC)**



[KPA Advocacy Benefits](#)

Remember that KPA's advocacy efforts are supported by your membership in KPA. KPA's advocacy benefits all psychology professionals, not just those who belong to KPA. We thank you

supports the need for policies and practices that consider their well-being, including medical, psychological and social services.

The policy cites psychological research findings that are relevant to treating and advocating on behalf of this population:

- Immigrants are at risk of psychological harm.
- The threat of deportation causes stress and can lead to serious health issues.
- Family separation is particularly harmful to aspiring immigrants and their children.

GUIDELINES ON LOW-INCOME AND DIVERSE CLIENTS

Council also voted overwhelmingly in favor of two sets of guidelines.

The [Guidelines for Psychological Practice for People with Low-Income and Economic Marginalization](#) are the first APA guidelines to address the needs of low-income people, who are underserved, understudied and diverse.

The guidelines are an important step for a couple of reasons. The first is that research finds that low-income and economically marginalized individuals are far more susceptible to health and mental problems than those with more resources, but have less access to needed services.

The second is that psychologists typically have more resources than many of the clients they serve. So, to provide culturally informed care, it's critical that they reach outside their comfort zones and determine more effective ways of providing services—for example, by offering sliding scale fees or shorter sessions that better accommodate these clients' budgets and work schedules.

In addition, the council approved the [Race and Ethnicity Guidelines in Psychology: Promoting Responsiveness and Equity](#), which update research on the effective understanding and treatment of ethnically and culturally diverse clients and help psychologists develop stronger tools to respond appropriately to them.

The guidelines are the first to specifically focus on race and ethnicity since APA's 2002 Multicultural Guidelines, and reflect additional research and scholarship that has emerged in the years since. Those findings include new material on the role of power, privilege and the effects of colonization on the ethnic, racial, cultural and indigenous experience. (In 2017, Council also

for continuing to support the future of psychology and those we serve through your active membership in KPA!



KPA Member Benefit Highlights

Free Practice Consultations

KPA's Director of Professional Affairs, is available to consult with KPA members concerning a range of practice and advocacy issues, including HIPPA, third party reimbursement, and state regulations, and can tap resources and practice information from APA to help members resolve issues.

Have a professional/ practice question? KPA Members log in to the KPA website and access the consultation form under the Members Only section!

adopted an umbrella set of guidelines, Multicultural Guidelines: An Ecological Approach to Context, Identity, and Intersectionality, which considers broader aspects of culture including ethnic culture, sexual orientation, gender identity and other factors).

STUDENT VOTING AND A PR CAMPAIGN

In other actions, the Council:

- Approved a motion to give student members **voting privileges**: Nearly three-fourths of Council members approved amendments to the APA bylaws and association rules that would create an official membership category for graduate students that specifically gives them voting rights after one year. Those rights include the ability to vote for president-elect, members-at-large of the Board of Directors, apportionment and bylaws amendments.

In addition, Council voted to change **associate members' waiting period** for voting privileges from five years to one year. APA voting members will receive the ballot for both items on Nov. 1.

- Called for APA to explore a **public information campaign on racism**: Council overwhelmingly passed a motion directing the APA Board of Directors to establish a task force that will assess the possibility of developing a public education campaign on racism and discrimination.

THANK YOU

This is the final year of my second three-year term as your APA Council Representative for KPA. It has been my honor and privilege to serve KPA in this role. I have learned so much and have met so many highly accomplished and dedicated psychologists who are advocating for our science and our profession with diligence and enthusiasm.

APA has weathered some very difficult times in recent years with the fallout from the Independent Review. However, its new leadership, under CEO Arthur Evans, Ph.D., is committed to making APA stronger, more inclusive and better equipped to serve all psychologists and to use psychological knowledge to improve the quality of people's lives. I believe in APA's mission and vision and I would encourage you to consider joining APA if you are not already a member. There are also many different ways to get involved more directly through service on APA's various boards, committees and work groups.

Kentucky
Psychological
Association's
Colleague
Assistance
Program
is here for
you



Check the
website
and make
the call

Free Ethics Consultations

Have an ethical concern or question? Request a consultation from the KPA Ethics Committee by completing the Ethics Consult form available under the Members Only section of the website. How it works...Your request will be forwarded to the current KPA Ethics Committee Chair, Dr.

As of January 1, 2020, your newly elected APA Council Representative for KPA will be Felicia Smith, Ph.D. I am sure you will give her your full support just as you have supported me. I will still be involved with the APA Council through 2021 as I am now a member of the Council Leadership Team. If you would like more information about any matters related to APA and the Council of Representatives, please contact me at david.susman@uky.edu.



KPA-Political Action Committee

Too busy to advocate? Spare some change to get some change. The PAC's got you covered.

Like most psychologists, you probably got into the profession to help others. And not surprisingly, you spend your time doing just that. Whether you provide direct services to clients, lead teams, improve organizations and communities, generate scientific knowledge, teach others about psychology, or do whatever it is you do...we know you are busy! We also know you care about good mental health policy for your clients and communities, and that you might like to get involved politically but lack the time to do so directly. This is where the KPA-PAC comes in! Just as you work hard to make a difference, the KPA-PAC works hard to shape political attitudes toward psychology in Frankfort, make sure psychology has a seat at the table, protect and promote behavioral health care, and support legislation that matters. This is primarily done through political giving which helps get psychology-friendly legislators elected, gives KPA name recognition, and distinguishes us as an allied organization that wants to work with politicians to improve mental health care in Kentucky.

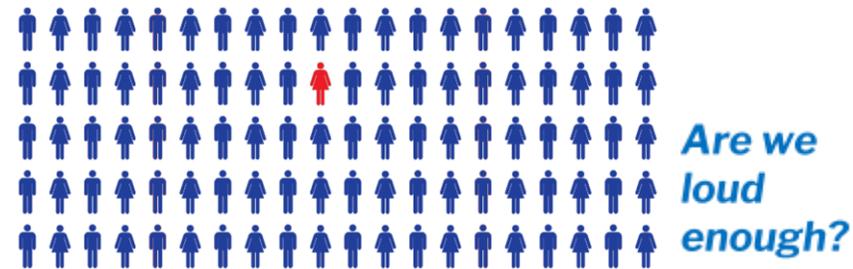
Pat Burke, who will consult with the entire ethics committee and review ethical guidelines prior to issuing a response. Response time averages around 10 days depending on the depth of the consultation request.

KPA Member Only Services!

The KPA-PAC is the only political action committee representing psychologists in Kentucky's political process and is funded through your contributions. KPA membership dues do not go toward the PAC.

The more we give the louder our voice in Frankfort.

Currently, only one of every 100 psychologists/practitioners contributes to the KPA-PAC.



Will you spare some change to get some change?

Even the amount of 1 daily coffee matters.

The PAC relies on your generous support. Please consider making a contribution. There are two ways you can contribute:

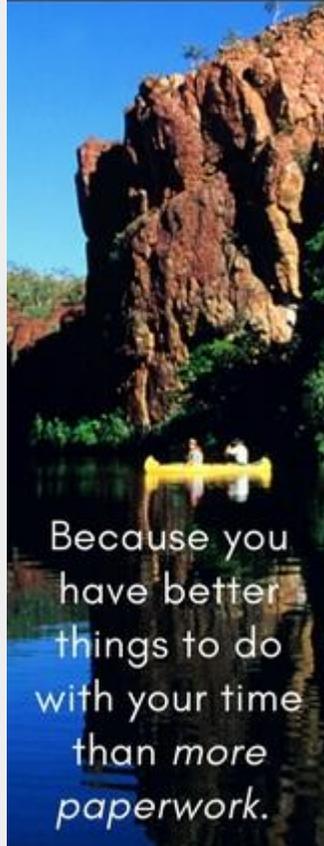
1. Send a personal check (not a PSC or PLLC) to the KPA-PAC and mail it to Attention: KPA-PAC, 1300 Clear Springs Trace, Suite 7 Louisville, KY 40223;

-Or-

2. Go to the KPA-PAC website www.kpapac.org and click on "Donate" to contribute online with a personal credit card.

KPA CE
REGISTRY

**JOIN
TODAY!**



Because you
have better
things to do
with your time
than *more*
paperwork.

All contributions are NON-TAX DEDUCTIBLE. All contributions of over \$100 are reported to the Kentucky Election Finance Department quarterly. To find out more about the PAC, go to the website listed above.



Psychology License Defense
& Mental Health Law

**CLICK HERE
FOR MORE INFORMATION**



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Attorney at Law PLLC

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Knowledge of the Field is Power.*

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Check out our [eNewsletter Archives](#) for past issues
Have an Idea or Contribution for the KPA e-newsletter? Contact the KPA Central Office at kpa@kpa.org