

# e-NEWS

December 2016

## Exciting News from KPA in December

### Upcoming 2017 KPA CE Events

#### January 9

**Advocacy - Every Voice Counts!** Presented by Sheila A. Schuster, Ph.D.

Legislative advocacy – changing public policy for better outcomes – is important for health and mental health professionals, consumers, family members and advocates. The legislative process and ways to make change happen through advocacy will be described from the perspective of an experienced lobbyist/psychologist, legislators and others who know Frankfort well. Questions to be addressed: “How can I make my voice be heard? Why get into the game? How can I become a player? How will I influence the outcome?”

*This workshop is free to all unless CE credits are requested, but registration is required.*

#### February 17

**Technology and Innovation in the Treatment of Children and Adolescents, 3 CE** Presented by Bryan D. Carter, Ph.D.

Children and teens are technology savvy, and clinicians can benefit their therapeutic work with pediatric populations by integrating digital technologies into their practice. This workshop will provide the attendee with an overview of digital technologies, including the use of video (viewing and creating), clinical biofeedback, and smart phone and tablet apps, that can be integrated into evidence-based treatments in clinical child and pediatric psychological practice. Skill Level: Intermediate

#### March 21

**Shame and Self-Loathing in the Treatment of Trauma, 6 CE** Presented by Janina Fisher, Ph.D.

Shame has an insidious impact on our traumatized clients’ ability to find relief and perspective even with good treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. This workshop will introduce participants to understanding shame from a neurobiological perspective that helps clients relate to their shame with greater curiosity, discriminate the cognitive, emotional, and physiological components of shame responses, and transform shame-promoting cognitive schemas. Skill Level: Intermediate

Complete details and registration information can be found on the [KPA Event Calendar](#).

### Next KPA Board of Directors Meeting

Here’s the December edition of the KPA e-NEWS, a regular e-newsletter 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 join KPA on Facebook: simply click "Like" on the Kentucky Psychological Association Facebook page.

## HOT OFF THE PRESSES... BY POPULAR DEMAND!!!

### KPA announces a brand new CE Event, coming soon in 2017...

#### Navigating Suicide Assessment and Intervention 6 CEs

February 27, 2017, Louisville

*Featured Presenter: Nicole Siegfried, Ph.D.*

Dr. Siegfried is a licensed clinical psychologist and Certified Eating Disorder Specialist. She is the Clinical Director of Castlewood at The Highlands Treatment Center for Eating Disorders in Birmingham, AL and is an adjunct Associate Professor at University of Alabama at Birmingham. Dr. Siegfried serves as the co-chair of the Academy for Eating Disorders Suicide Special Interest Group. She is a researcher and international presenter in the field of eating disorders and suicidality and has treated patients with eating disorders and co-occurring disorders for over 15 years. *(The workshop is designed to meet the recurring requirement for Suicide Assessment and Prevention described in KAR 26:175)*

## KPA LEGISLATIVE PRIORITIES –2017 GA

KPA will be busy during the coming year’s legislative cycle. Here’s how we plan to represent your interests:

- Protection of psychology title and practice from intrusion
- Protection of an independent licensing board of psychology continuing to be the regulatory body for psychology

March 17, 2017  
KPA Board Meeting

[View the KPA Board of Directors](#)

**Community Bulletin Board**

A forum is available to any KPA member who would like to post information that the psychology community may find interesting or helpful or for which psychology input is requested. Visit the [Community Bulletin Board](#) to view current messages or to post a new message.

**KPA Interest Sections**

Joining KPA Interest Sections is free and participation on the listservs is an exclusive member benefit. Many ideas, resources, and requests for treatment recommendations and other opportunities flow through the KPA listservs daily. Here is an excerpt from a post on the KPA Clinical listserv: "Thank you to everyone who shared their experiences with me. I was quite surprised at the variability of your responses.....Nice to have a community to call on for advice when such situations arise!" If you want to expand your resources and deepen your own sense of community within KPA, visit the KPA Interest Section webpage for instructions on how to join a KPA Interest Section.

[Interest Section Details](#)  
[Listserv Details](#)

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- Psychology to be at the table whenever health issues, policies and programs are discussed

- Support increased access to healthcare, particularly to behavioral health services

- Improve provider reimbursements and protections under third-party payers, both with private insurance and with Medicaid (FFS or MCO)

-Revise the current mandatory domestic violence reporting statute to replace with mandatory education and referral in domestic and dating violence situations

- A comprehensive statewide smoke-free bill, which KPA has endorsed as a health promotion issue, will not be introduced this session. Instead, support legislation to make school campuses, Ktg.-12th grade, smoke-free statewide

- Support KMHC legislative priorities around expanded SPMI outpatient services, improved substance abuse treatment, and child protection

- Oppose legislation that may result in or maintain discrimination because of the psychological harm it creates

**Important Dates from the 2017 GA Calendar:**

January 3, 2017 2017 KY General Assembly (30-Day) Session -Part I Opens

Jan 7 – Feb 6, 2017 Recess between Session’s Part I and Part II

**January 9, 2017 Advocacy Training with Sheila Schuster – Louisville**

February 7, 2017 2017 KY General Assembly Session – Part II Opens

February 10, 2017 Last Day for Bill Requests

February 17, 2017 Last Day for New Senate Bills

February 20, 2017 President’s Day – Legislative Holiday

February 21, 2017 Last Day for New House Bills

**March 1, 2017 KPA Legislative Day – Frankfort**

March 10 & 13, 2017 Legislative Holidays

March 14&15, 2017 Concurrence Days (reconcile different versions of same bill)

March 16 – 27, 2017 Veto Period / No GA Session

March 28, 2017 Legislative Holiday

March 29 – 30, 2017 Closing Legislative Days of the 2017 KY General Assembly

NOTE: Best days to come to Frankfort during the session are on

Tuesdays, Wednesdays and Thursdays. Committee meetings are held from 8:00 a.m. – 2:00 p.m. House and Senate convene at 2:00 p.m.

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#### Join KPA and KPAGS on Facebook!

KPA has always been an organization that works to be inclusive of all psychologists in the state. Kentucky Psychological Association is officially on the popular social networking site, Facebook.com, and currently has over 700 "friends". All you need to do to join the Kentucky Psychological Association on Facebook is to select the "Like" button after finding our group on Facebook. Please be sure to search for "Kentucky Psychological Association" and review the KPA Social Media/Forum Policy. The KPA Graduate Students (KPAGS) are also on Facebook! Stay up to date with the latest KPAGS news and communicate with other psychology graduate students from around the state! Click here to join KPAGS on Facebook: <https://www.facebook.com/MyKPAGS>

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#### Advertise in the KPA e-Newsletter!

The bi-monthly editions of the KPA e-Newsletter, are distributed to over 1100 KPA members. The eNewsletter is sent via blast email at the end of Feb, April, June, Aug, Oct, and Dec with submissions accepted at any time. Complete information and pricing details are available on the KPA Advertising webpage.

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#### Support KPA During in 2017 by Shopping on Amazon.com

You can support KPA when shopping on Amazon by clicking the Amazon link on the main KPA website as a first step in making purchases on Amazon.com. Up to 3% of every purchase made on Amazon when you click their link on the main KPA website benefits KPA.

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#### The Easiest Way to Accept Payments

The Kentucky Psychological Association is pleased to offer member merchant accounts - credit and debit card processing for your practice. A merchant account provides your clients with a convenient and immediate payment option and makes it easy for them to pay you for your services. Accept payment for consultation fees, counseling sessions and insurance co-pays. With a merchant account, you can:

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The process is simple. Begin accepting payments today! Call 866-376-0950 or visit [www.affinipay.com/kpa](http://www.affinipay.com/kpa).

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#### KPA Home Study Series Opportunities

Under revised KRS CE regulations, you can now

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#### Update from KPA Executive Director

by Lisa Willner, Ph.D., KPA Executive Director

Happy New Year!

In reflecting on KPA's work throughout 2016, I'd like to express my deep gratitude for our many, many KPA member volunteers who further the Association's mission of *promoting psychology as a science and profession* through their commitment to our field, and to KPA as its collective expression and voice in Kentucky. From our Board of Directors who provide KPA's governance structure by overseeing the mission, vision, values, advocacy priorities, and strategic plan -- to project volunteers who provide assistance for one-time events -- I'm grateful for your engagement and participation.

In response to the good work that KPA does, members frequently reach out to ask how they might get more involved. I generally respond that committee work provides a great way to deepen your connection. Please consider the information below a tribute to our current hard-working committee chairs and members, as well as a committee overview and invitation to greater involvement for those of you looking to use your time and talents for the benefit of psychology in Kentucky.

Under the energetic leadership of **Georgeann Stamper Brown, Ph.D.**, the **KPA Advocacy Committee** plans and oversees the annual KPA Legislative Day in Frankfort, provides information to members about how to connect with their legislators, offers tips and support for individual or groups of members to advocate on behalf of psychology, and works to advance the KPA Legislative Priorities as determined by the Board of Directors. Two committees are involved in the important work of overseeing KPA's very busy Continuing Education calendar: thanks to the gracious leadership of chair **Katy Bradley, Psy.D.** and the members of the **Continuing Education Program Development Committee** for having the vision and making the connections to bring together an impressive line-up of national, regional, and local speakers to keep psychologists up-to-date on advances in the field, to explore evidence-based best practices, and to provide opportunities to meet our licensure requirements. And thanks to **Continuing Education Review Committee** chair **Matt Gilbert, Ph.D.** and the members of that committee for ensuring quality control by determining that all KPA-sponsored CE events meet the stringent APA Standards and Criteria for Continuing Education. The **KPA Communications Committee**, headed with efficiency and commitment for several years by **Sarah Shelton, Psy.D., M.P.H.**, keeps the newsletter editor

earn up to 12 credits per licensure cycle for home study courses. See what KPA has to offer...

[Integrating Psychology and Primary Health Care: Psychologists and Physicians as Collaborators-2015 Webinar Series Recordings](#)

[Helping Students Make Psychology Work for Them](#)

[Working Together Toward Recovery](#)

[KPA Diversity Conference - Cultural Connections: Competence, Quality, and Equity in Mental Health Care](#)

[Exploring Attachment: Clinical Insights Across the Life Span, Seasons 1&2](#)

[Religion, Spirituality, and Clinical Practice Webinar Home Study Series](#)

View the [KPA Home Study Page](#) for additional options.

position filled, reviews the KPA website, and recommends policy regarding the use of the KPA listservs and other communications channels. A huge shout-out to the 2016 **Convention Committee**, co-chaired by **Drs. Allison and Robin From-Tapp**, for putting together a complex three-day program full of opportunities for training, networking, fundraising, and socializing. (A special shout-out here to **Ginny Frazier, Psy.D.** for her tremendous work in heading up the 2016 KPF Silent Auction!) Under the leadership of **Norah Chapman, Ph.D.**, the 2016 **Early Career Psychologists Committee** was busy and active in supporting those preparing for licensure, welcoming new professionals to the field, and in creating opportunities for new psychology licensees across the state to connect with one another. For many years, one of the hallmarks of KPA's excellent member services has been the opportunity for consultation with KPA's **Ethics Committee**. Under the shared leadership of **Pat Burke, Ph.D.** and **Sharon Turpin, M.S.**, this outstanding work has continued. This year, the Ethics Committee also made tremendous headway (thanks in large part to the Presidential leadership of **Amanda Merchant, Ph.D.**) in advancing a Colleague Assistance Program for psychology professionals in Kentucky. And for many years, the KPA Ethics Committee has served as an informal training ground for budding KPA leaders. Under KPA Treasurer **David Hanna, Ph.D.**'s chairmanship, the **Finance Committee** has provided invaluable financial oversight, insights, and policy recommendations to keep our organization on solid financial ground. And finally, the **KPA Membership Committee**, staffed primarily by KPA Board members including the regional representatives and member category representatives (Academic, ECP, Student) and chaired this year by Northern Region Rep **Lori Bradbury-Robinson, Psy.D.**, takes responsibility for member recruitment, retention, outreach, and policies pertaining to membership, in order to ensure that KPA remains representative of psychology in the state, and reflects the voice of the profession.

Thank you to all of you who supported KPA in 2016 through your membership and participation. I'm looking forward to continuing and furthering our work together in the year ahead.

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## Kentucky Psychological Foundation News

### 2016 Highlights from the Kentucky Psychological Foundation

KPF has been active throughout 2016 with educational, scientific, and diversity initiatives. This year:

- KPF produced and distributed over 30,000 early childhood activity books across the state promoting social/emotional wellness, healthy parent-child interactions, and Kindergarten

Readiness,

- Sponsored Arthur C. Evans, Ph.D. as the featured diversity speaker at the KPA Annual Convention,
- Hosted the annual Spring Academic Conference at Georgetown College, promoting excellence in graduate and undergraduate student psychological research across Kentucky and providing opportunities for interdepartmental networking and learning opportunities,
- Underwrote the KPA Annual Awards program, honoring outstanding contributions to the field of psychology across the state,
- Produced and disseminated numerous public education materials about the value of psychology in the lives of all Kentuckians,
- Provided education about psychologically healthy workplace practices, including work-life balance, employee growth and development, and more,
- Supported psychological expertise in multicultural initiatives through the Multicultural Awards and Scholarship Program. (See details in the article below.)

#### **SUPPORT THE KENTUCKY PSYCHOLOGICAL FOUNDATION!**

KPF is a 501(c)(3) organization that depends on your support of its mission to build a psychologically healthy Kentucky. Please support KPF with your fully tax-deductible contribution. (INCLUDE A HYPERLINK TO THE DONATION PAGE)

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#### **2016 Multicultural Award Recipients**

*Gina DeArth-Pendley, Ph.D. & KPF Diversity Committee*

The Diversity Committee was proud to announce the recipients of the 2016 Multicultural Awards at the KPA 2016 Annual Convention on November 3rd in Louisville, Kentucky.

Dr. Shambra Mulder, a licensed clinical psychologist in Lexington, Kentucky, was awarded the Multicultural Professional Award. Dr. Mulder's professional interests include connecting mental health resources with the African American churches/communities of Lexington/Fayette County and developing a non-profit organization entitled The Mental Health Village, Inc.

Ms. Gabriella Puleo, a doctoral student in the Clinical Psychology program at the University of Kentucky, was awarded the Multicultural Student Award. Ms. Puleo's professional interests include promoting the delivery of healthcare resources to underserved, minority populations. She intends to use her award to help contribute to her department's honorarium for a speaker to lead a training session

about cultural issues relevant to the treatment of chronic illnesses.

Congratulations to the recipients on behalf of the Diversity Committee and the Kentucky Psychological foundation. We wish you much success with your contributions to the field of psychology and your endeavors to make a psychologically healthy Kentucky.

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**From the President's Desk**

*Amanda Merchant, Ph.D., ABPP*

Dear Colleagues and Friends:

I am thankful to report a very productive year for the Kentucky Psychological Association. Our Executive Director, Lisa Willner, PhD, with her clear focus and enthusiasm, encourages a very active Board of Directors as well as numerous committees and task forces. I would like to take this opportunity to highlight some of the accomplishments of 2016.

KPA has steadily been increasing its advocacy efforts and broadening the responsibilities over more members, which is important given the current uncertainty in the healthcare system. Our Legislative Advisory Team, comprised of past presidents of the association and our advocacy chair, consistently watches legislation and works with our lobbyist so we can be both reactive and proactive.

Our goal of trying to 'be at the table' (instead of on the menu) has consisted of speaking out in Frankfort at meetings pertinent to behavioral health, developing relationships with healthcare decision makers at the state level, and meeting with local legislators. We know that psychologists have the expertise and skills to provide valuable input as changes to the healthcare system are made.

We have submitted op-ed articles to the Herald Leader and the Courier Journal to educate the public on the role of psychology in their lives.

The KPA Political Action Committee (PAC) has received generous contributions from numerous members and 100% of the eligible Board. The PAC has begun putting those dollars to use to help candidates that support psychology and mental health.

Regarding membership, the annual KPA leadership retreat focused on improving outreach to new psychologists and increasing membership. Action plans are already underway to reach newly licensed psychologists and strengthen relationships with graduate school departments. After a small downturn, membership has again begun to increase.

Though long overdue, the KPA Colleague Assistance Program is now up and running. Due to the tireless efforts of Pat Burke, PhD and Sharon Turpin, MS, we can now sign up to care for others in our profession and most importantly have a way to proactively care for ourselves so that we can effectively help those who need us. Please see the KPA website for details on this program.

Also, long overdue, KPA has also added a permanent Diversity Interest Section seat to the Board. Dr. Candice Crowell, who now fills this position, has quickly become a very engaged and valuable member of our Board and of the Kentucky Psychological Foundation.

Our delegation to State Leadership Conference in Washington, DC this year, which included an ECP and Diversity delegate, met with our US Senators and Congressmen in support of a new mental health bill and psychologists' role in Medicare.

Although not an exhaustive list, it underscores KPA members' high level of volunteer involvement and commitment to supporting the profession of psychology. The wonderful combination of energized early career psychologists and talented long-standing members have helped create a vibrant environment that I feel lucky to be part of. Thank you.

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### **ECP Spotlight**

Welcome to a new feature of the newsletter, the ECP Spotlight. In each addition of the newsletter, we will interview one of the many outstanding ECPs in Kentucky. First up, will be Beth Simon, Psy.D. who will be taking over as ECP Board Representative. Please get in touch with Dr. Simon if you have concerns you would like to have addressed with the Board. - Eric Russ, Ph.D.

*Tell us about your path from graduate school to the job you have now?*

I completed my pre-doctoral internship at Friends Hospital and worked primarily with groups in an inpatient setting with adults. From there, I returned to Kentucky and began work with "Transitional Aged Youth" in a Community Mental Health setting. Through connections I made there, I transitioned to a group private practice where I provide assessments and therapy to school aged children to adults.

*What made you want to become a psychologist?*

My Psych 101 teacher ignited my interest in psychology. I thought I wanted to be a writer, and began college as an English major. Over time, I realized more and more I wanted a career where I could serve people directly, and psychology fit well with my interest in the science of human behavior.

*What challenges have you faced early in your career?*

Psychology can be a challenging profession, overall. I have been challenged in situations where I have integrated mental health into school systems, and sharpened my skills when using interpreter services during therapy sessions. Honestly, I have been lucky in that area, as I have collaborated with interpreters who have been wonderful professionals.

*What excites you the most in your job?*

I am continually inspired by the resilience of the individuals with whom I have the honor of working.

What has been the best moment in your career as a psychologist so far?

There have been so many wonderful moments. They can be rare, but my favorite moments have been when I get to see a client “graduate” or reach a point where they are ready to go forward with the gains they have made in therapy.

*What do you see ahead for the field of psychology?*

I foresee many major changes to the field. I have faith psychology will continue to be flexible and seek research to support our next steps. I hope we can adapt to the needs of the times including finding new ways to integrate our services into communities who need us most, and hopefully continuing to break down other barriers to access including stigma.

*What benefit do you most appreciate from being a KPA member, especially as an ECP?*

As a particularly Early Career Psychologist, I benefit greatly from the information available through my KPA membership. The Professional Affairs emails help me feel up to date regarding legislation and practice changes; the resources of available ethical and legal consultation, as well as the networking and consultation opportunities have been extremely valuable, as I have moved into increasingly independent practice.

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## **November Elections Create Many Changes in Frankfort**

*Sheila A. Schuster, Ph.D., KPA Legislative Consultant*

While much of our attention was focused on the Presidential election in November, the voters of Kentucky went to the polls and created a very different make-up of the KY House of Representatives.

Kentucky had been the only state in the South where Democrats held the majority in at least one legislative chamber, but that distinction will disappear when the KY General Assembly begins its new session on January 3, 2017. The Republicans went from a minority of 46 seats

(out of 100) to a “super majority” of 63 seats!

The party that holds the majority of seats in the chamber occupies the key leadership positions, chairs every committee, and has a majority of the members on each committee. The Senate Republicans took control of that chamber in 2000, and will continue to hold the majority, 27 – 11, over the Democrats. With Republican Governor Matt Bevin in office, a single party now controls the decisions and policy-making for the state.

The November election saw the defeat of long-time and powerful legislators like Speaker Greg Stumbo. It also resulted in the election of 30 brand-new legislators – 2 Republicans in the Senate and 23 in the House, along with 5 House Democrats. It has been described as a tsunami! The implications of this kind of political sea-change for KPA are dramatic. We have 30 new legislators taking office – many of whom don’t know what a psychologist does or what role psychology can play in the health of the Commonwealth. Our job is to do that education!

**TIMEFRAME:** The session will start on Tuesday, January 3rd and legislators will be in Frankfort through January 6th. They will then be at home for a month...returning to Frankfort for legislative action on February 7th. This period when they are back home is the ideal time to reach out to them, both old and new, to introduce yourself as a psychologist and constituent. Some helpful hints for doing that are posted on the KPA website under “Advocacy”

**HELP IS AVAILABLE:** I will be offering a 3-hour Advocacy Training on January 9th in Louisville at the Foundation for a Healthy KY. The event is free unless CE credits are desired. Register here: <http://www.kpa.org/events/EventDetails.aspx?id=870831&group=>

**THE MESSAGE:** The KPA Board adopted legislative priorities for 2017 at its recent meeting, and these are referenced in Georgeann Brown’s article in this newsletter. The bulk of them deal with protecting the profession and practice of psychology from intrusion by government or others, and enhancing the opportunities for the education and practice of psychology in Kentucky.

**GET ACTIVE:** Advocacy has never been more important, nor has it ever been as active in KPA as it is now! Talk to your legislators, sign up for Advocacy Alerts, and join us in Frankfort on March 1, 2017. We need YOUR voice!

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**Be an Advocate: The 4th Annual KPA Legislative Day  
Let your voice be heard!**

*Georgeann Brown, Ph.D. & KPA Advocacy Committee*

Please join us on the morning of Wednesday, March 1st for the 4th annual KPA Legislative Day in Frankfort. We need to have a huge turnout to make sure psychologists are heard. KPA members are invited to gather in Frankfort to raise awareness among our legislators about important issues affecting mental health and the profession and practice of psychology. Registration details will be forthcoming in January.

You will have the opportunity to:

- Participate in individual or group meetings with your legislators
- Participate in a public education fair about the practice of psychology in conjunction with the KY Psychological Foundation
- Meet legislators who have worked closely with KPA
- Watch committee meetings and stay afterward to watch the legislative session
- Learn more about the legislative process and how you can be an effective advocate
- Help increase awareness among policy-makers about KPA, the science and practice of psychology, and issues that affect psychologists and the Kentuckians we serve

Please send questions to Georgeann Brown at

[georgeanns@hotmail.com](mailto:georgeanns@hotmail.com)

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### **Practice Points from 2016**

*Laurie Grimes, Ph.D. – Director of Professional Affairs*

Since this is the time of year to make lists and check them twice, maybe it's a good time to review whether your practice is naughty or nice. Review these practice issues from 2016 so that risk audits, CPT codes, and HIPAA guidelines will not intrude on the visions of sugar plums during your long winter's nap.

**Ghosts of practice past:** The things that come back to haunt us - audits! Risk audits, ACA audits, insurance audits – what's the difference anyway? To review:

The risk adjustment audits (RA), which are new on the scene as a result of provisions in the ACA (Affordable Care Act), are geared towards evening the cost burden of unhealthy populations with the healthier populations. RA audits are annual "spot checks" on patient health status and diagnosis reporting; they seek aggregated data (overall cost of care for the plan's population), not information on a particular psychologist or patient. Only a few insurance companies (mostly Inovalon on behalf of Blue Cross and Anthem and Episource on behalf of Aetna) have pursued these reviews, but more could follow. The sticking point has been the "full chart" aspect of the requests, which prompted privacy concerns for combined records and

led to discussions of “lean” vs. combined charts (see below). APAPO successfully negotiated with these insurers to accept “minimum necessary” information culled from more comprehensive records. The new administration’s handling of Obamacare may affect these risk audits.

Traditional record audits will continue to be conducted by insurance companies, which focus on individual psychologist’s record-keeping, billing practices, and medical necessity requirements of patient care. Phase 2 of HIPAA audits are currently underway by the Department of Health and Human Services, which could affect any HIPAA-covered practitioner. Potential targets will be sent a pre-screening questionnaire, from which a pool will be randomly selected to be audited. These audits entail a compliance review and could result in civil fines should breaches in compliance be found. The chances of being audited seem to be relatively low, but it is recommended that practice privacy and security policies and procedures be reviewed and updated (periodic CE courses recommended).

And then there have been the 90837 audits where a few insurance companies, again mostly Anthem and Aetna, have written to providers regarding “overuse” on the 90837 CPT code for sessions lasting 53 or more minutes. Questions arose as to whether it is “safe” to use 90837 or whether psychologists are putting themselves at risk of audit and overpayment recoupment when using the code. Practitioners are encouraged to keep the following points in mind when considering the issue: be aware that the use of 90837 may come under scrutiny, use clinical judgment and document therapeutic need for 90837 (APA guidelines recommended), and review insurance contract guidelines for 90837 (e.g., do they require special authorization?).

**Ghosts of practice present:** Things that are part of our practices on a daily basis – session notes. As referenced above, the matter of maintaining lean vs. comprehensive records is an important distinction and practice decision to make, as privacy issues are more complicated in this era of shared electronic health records, risk audits, and protecting information that could be discoverable in court. The issue is patient privacy. Lean charts are comprised of a discrete list of session data (e.g., start/stop times, diagnosis, treatment modality, etc) and do not contain any sensitive details of the therapy session. Lean charts are preferable in terms of patient protection. Some psychologists who keep lean charts also keep separate psychotherapy notes, where therapeutic details are kept but are not discoverable or accessible in audits or other requests. A combined record contains basic clinical information as well as extensive detail from therapy sessions and are not recommended from a privacy and risk management perspective. Make sure your practice has a policy and guidelines on session note format and purpose.

To keep your practice smoothly functioning, stay up-to-date on KBEP changes. During 2016 the new suicide CE requirement went into effect, as did the new license numbers and the method for determining license renewal dates. If you have not tended to these very important issues, contact KBEP, our licensing board, immediately (<http://psy.ky.gov>) - your license could be at stake!

And there's no time like the present to plan ahead for the future of you, your practice and dependents by putting policies and procedures in place for unexpected situations such as illness, disability, or death. Details such as how business partners can cover for a colleague, how client records will be handled, how to manage income when out of work, and how clinical decision will be made need to be explicitly documented and reviewed with colleagues. Establishing a professional will is an often overlooked but critical component of independent practice. For resources see prior DPA blasts, APA website, or Kenneth Pope's website.

**Ghosts of practice future:** What's in store in the years ahead? Are you a Medicare provider? If so, you have been acclimating to the changes in PQRS. As part of a major overhaul in the Medicare payment system (called MACRA), the PQRS system (a fee-for-service system) is moving to MIPS (a value-rather-than-volume-based program). While the PQRS changes are in effect, psychologists will not be subjected to MIPS until 2019, though early adoption of MIPS is recommended to stay eligible for bonuses and avoid penalties in 2019. To reduce the burden of reporting on low volume providers, for 2017 only, Medicare has increased the threshold to treating 100 or fewer Medicare beneficiaries or having \$30,000 or less in Medicare charges. There are new CPT codes coming in 2017- stay tuned for those details. CMS is also reviewing the Psychiatric Collaborative Care Model; though a psychologist cannot bill the collaborative care codes, they can provide behavioral care management services. A code for behavioral health integration models of care is being added as well though is not open to psychologists at this point. At least the Medicaid same day exclusion rule will not be in effect in 2017 so mental health and primary care services provided to Medicaid patients can not be provided on the same day. There are many unknowns with the Trump administration poised to move into the White House, so stay tuned and stay involved so we can work together to advocate for and protect our profession. Happy New Year!!

#### **KPA Member Benefits:**

**KPA CE Registry:** Never worry about trying to keep track of all those CE certificates again! When you join the KPA CE Registry, we take care of all the details (and headaches) for you. Click [here](#) to get started.

**Professional Issues Consultation** - KPA's Director of Professional Affairs, Dr. Laurie Grimes, is available to consult with KPA members concerning problems with third party reimbursement and will work with KPA members to bring these issues to the attention of insurers, regulators such as the KY Department of Insurance, and, in coordination with the KPA lobbyist, with legislators. She will also communicate as necessary with KY Board of Examiners of Psychology concerning legislative and regulatory issues which affect KPA membership and their ability to provide and be reimbursed for psychological services. Click [here](#) to fill out a request.

**Clinical Psychology** – Overview and Effectiveness

PowerPoint courtesy of KPA Member Eric Russ, Ph.D., University of Louisville. Click [here](#) to access the Powerpoint presentation.

**Post-Ferguson Resources for Coping, Learning, and Teaching**

Resources courtesy of the Georgia Psychological Association. Click [here](#) to access the webpage with listed resources.

**Ethics Resource** - The KPA Ethics Committee has developed a list of resources for KPA members aimed to help psychologists find resources about self-assessment, self-care and the development of skills, relationships, and personal qualities that will allow them to be less vulnerable to ethical breaches and "slippery slopes" in their professional careers and foster ethical awareness that leads to optimal practice. The posted resources define and discuss the stress—distress—impairment continuum, and the vulnerability at any point along the way to an ethical violation. They touch on topics such as risk factors, prevention of impairment, intervening with an impaired colleague, treatment options and the national movement toward establishing colleague assistance programs. Click [here](#) to fill out an Ethics Consult Request Form.

Have an Idea or Contribution for the KPA e-newsletter?

Contact the KPA Central Office or Brandon Dennis, Psy.D., KPA e-Newsletter Editor at [brandoncdennis@gmail.com](mailto:brandoncdennis@gmail.com). Deadlines for submission are the 15th of the month the newsletter is scheduled for distribution (Feb, April, June, Oct and Dec).

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