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Kentucky Psychological Association

e-NEWS

2014April

**CE Connections:
Upcoming KPA CE Events**

Wednesday, May 7th

Live Webinar

[A Developmental Perspective on Attachment:
Why and How Early Attachments Form and their
Significance for Children and Adults](#)

1 CE

Friday, May 16th

Louisville, KY

[Viewing Eating Disorder Treatment through
Multiple Lenses: Integrative and
Multidisciplinary Approaches](#)

6 CE

Wednesday, June 11th

Live Webinar

[Adult Attachment and Religion/Spirituality:
Research Findings and Clinical Applications](#)

1 CE

Friday, June 13th

Louisville, KY

[Basic Supervision](#)

3 CE

Friday, June 13th

Louisville, KY

[Advanced Supervision: Psychodramatic](#)

Exciting News from KPA in April

Here's the April edition of the KPA e-NEWS, a regular e-newsletter, to enhance communication about psychology across the state. Numerous opportunities exist in 2014 to increase knowledge, enhance organization, planning, and practice opportunities, and cultivate new personal and professional relationships. 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.

Update from KPA Executive Director

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

Change is in the air! Now that our long cold Kentucky winter has finally given way to spring, it's a good time to take note of other transitions as well.

Since returning to work from her maternity leave, KPA's administrative assistant for the past six years, Sarah Burress, has made the decision to leave her position with us in order to be able to spend more time with her growing family. We are so

[Supervision-Beyond Role-Playing](#)
3 CE

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

Next KPA Board of Directors Meeting

May 30th
Frankfort, KY

[View the KPA Board of Directors](#)

Visit the KPA Book Corner

The KPA Book Corner highlights books written by KPA Members and those recommended by KPA speakers, including those from the 2013 Convention. [Click here to take a look at our current listings.](#)

If you have presented for KPA or are a KPA Member author, please send your suggested items to kpa@kpa.org. (If you order Book Corner recommendations or other items through Amazon, remember to access the Amazon site by clicking on the Amazon link on the KPA home page - Amazon donates a small percentage of these purchases back to KPA!)

-Advertisement-

grateful to Sarah for her great work over the years, and for being the friendly face and voice of KPA that our members have come to know and appreciate. We will certainly miss her, and I am confident that you join Leslie Proasi and me in wishing Sarah the very best in her new adventures. While no one will ever really replace Sarah, we have a search underway for a new administrative assistant. Stay tuned for updates!

The KPA Convention Committee, under the very capable leadership of Dr. Lisa Powell and Dr. Laurie Grimes, have arrived at a theme that underscores transitions currently underway in healthcare delivery around the country. *Psychologists as Collaborators: Partnering to provide comprehensive care* – featuring national speakers Dr. Helen Coons, Dr. Gerald Koocher, and others -- will highlight interdisciplinary treatment models for children and adults, integrated care, multicultural competence, new treatment delivery models including telehealth, and much more.

KPA's approach to advocacy is also in transition, as we continue to make progress on the goals outlined in our strategic plan in preparation for Dr. Sheila Schuster's retirement. Thanks to the work of the KPA Advocacy Committee under the leadership of Dr. Georgeann Brown, Director of Professional Affairs Dr. Laurie Grimes, KPA's new partnership with McCarthy Strategic Solutions (working alongside Dr. Schuster as our lobbying team throughout the 2014 General Assembly), and the executive committee, KPA's 2014 advocacy activities have been, in Dr. Schuster's words, "stronger, more coordinated, involving more members and touching more legislators than ever before." The 2014 KPA Legislative Day in Frankfort – the first of a planned annual event - was a great



2014 Psychology Workshop Series

Sponsored by UI&U's
PsyD Program in Clinical
Psychology

Cincinnati Academic Center
440 E. McMillan Street
Cincinnati, OH 45206

Mindfulness-Based Cognitive Therapy

Richard W. Sears, PsyD, MBA, ABPP
Friday, May 9 / 8:30am – 4:00pm
\$145/Early \$130 (6 CE credits)

The Competent and Ethical Practice of Clinical Supervision

Jennifer Ossege, PsyD &
Joy McGhee, PsyD
Thursday, May 29 / 8:30am – 4:00pm
\$145/Early \$130 (6 CE credits)

Multicultural Competencies in the Era of Evidence-Based Practices

Brian D. Riker, PsyD &
Jessica Bunce, PsyD
Friday, June 6 / 9:00am-12:15pm
\$75/Early \$65 (3 CE Credits)

Dissociative Disorders: An Overview of Assessment, Diagnosis and Treatment

Jaime B. Willis, PsyD
Friday, June 20 / 9:00am – 12:15pm
\$75/Early \$65 (3 CE Credits)

Community Bulletin Board

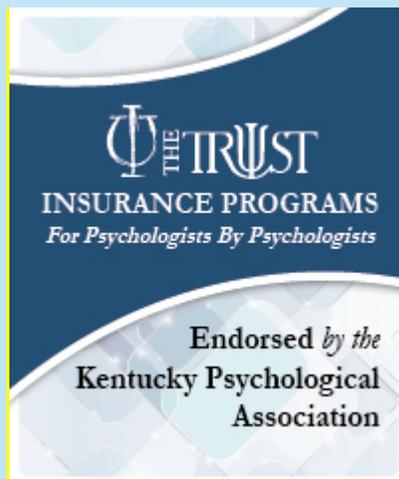
success. With the help of lobbyist John McCarthy and his associates, we will continue working toward making advocacy for psychology a member-centered and year-round effort.

Springtime at KPA included several continuing education events, including our sold-out and highly regarded 2014 featured workshop with Dr. Janina Fisher. So many of you have requested more from Dr. Fisher that we are in discussion with her about a return visit in 2016! (For more on upcoming CE events see the [KPA Event Calendar](#).)

Turning to the Kentucky Psychological Foundation (KPF), this year's Spring Academic Conference was a great success once again. Many thanks to the SAC Planning Committee, chaired by Dr. Jennifer Price, and to Dr. Janet Dean and Dr. Art Nonneman for coordinating the hosting of this year's SAC on the beautiful Asbury University campus. (See below for the SAC wrap-up report, including a full list of 2014 award winners.) Spring is a time of renewal, and in other KPF news, the recently reconstituted Psychology in the Workplace Network is in the process of re-launching Kentucky's Psychologically Healthy Workplace Awards. This public education initiative is designed to raise public awareness about the value psychology brings to the workplace, and to promote policies and practices that enhance employee well-being and organizational performance. Chaired by Dr. Courtney Keim, Kentucky's PWN has just received financial support from APA to re-charge our program. The committee has been successful in soliciting some very promising nominations, and has recently extended the nomination deadline through May. Please spread the word if you work for or know of Kentucky organizations and businesses who deserve recognition for their psychologically healthy practices: www.kpa.org/PHWA

I wish all of you a happy spring, and look forward to seeing you at a KPA event soon!

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 Currents

A Snapshot of Events in the Lives of KPA Members

KPA's **Dr. Felicia Smith** and **Dr. Sheila Schuster** are featured in a photo in the current APA Monitor! See p. 40 to view our local celebrities.

Congratulations to **Elizabeth McKune, Ed.D.**, on being profiled on APA's new public education campaign, Psychology: Science in Action. To read her profile as well as those of

2014 APAPO State Leadership Conference: Report from the Kentucky Delegation

Twelve KPA members attended this year's State Leadership Conference, Creating Roadmaps for Practice, in Washington, DC on March 8-11. This annual conference is sponsored by the APA Practice Organization.

KPA's delegation included elected and staff leadership, Diversity and Early Career Psychologists delegates, and our Public Education Campaign Coordinator. In addition, Kentucky's delegation included three graduate students attending in APA Graduate Student (APAGS) roles, and a member of the APAPO Committee of State Leaders, a team that plays an active role in conference planning. KPA applied for and received APAPO funding this year for the participation of our Diversity and ECP delegates.

To view some SLC highlights as reported by the members of KPA's delegation, go to:

<https://kpa.site-ym.com/?2014SLCReport>

Kentucky Psychological Foundation (KPF) Spring Academic Conference: Highlights

The **2014 Kentucky Psychological Foundation Spring Academic Conference** was held on **Saturday, March 29th** at **Asbury University**. Annually, the SAC provides a unique opportunity for graduate and undergraduate students to present their research in juried competitions, learn about career options and paths, develop practical skills, attend workshops, and network with fellow Kentucky psychology students. Congratulations to Dr. Janet B. Dean, winner of the Undergraduate Mentor of the Year Award, and to Dr. Danielle Stevens- Watkins, winner of the Graduate Mentor of the Year Award. Congratulations to Bellarmine University's team for winning the Psych Bowl competition. Winners of other awards, including research prizes and multicultural scholarships, have been listed below. Faculty members from most of the Commonwealth's Psychology Departments, and many

other psychologists, go to: www.Psychscienceaction.org

Members in the Media

KPA Members **Dr. Kelli Marvin** and **Dr. Kristen McCrary** were featured in Jean West's Medical Digest television segment that aired on WAVE3 in February.

The following members appeared on "Let's Talk" at 970AM WGTK with fellow KPA member Stan Frager, Ph.D.

David Hanna, Ph.D., & Dustin Wygant, Ph.D. discussed "Mental Health and Violence"

Suzann O'Koon, Ph.D. discussed "Holiday Stress"

Please send your announcements to kpa@kpa.org so that your news may be shared with the KPA membership.

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

other volunteers participated in the Conference as judges, research consultants, mentors, coaches, and more. This year's SAC was attended by more than 200 participants overall.

There were 16 Graduate Division posters and 49 Undergraduate Division posters entered in the competition this year - all competing for cash prizes totaling \$850.

Graduate Division

Graduate Research Paper - 1st Place: Caroline Pittard, Patrick Pössel, and Rosamond Smith- *University of Louisville. Teaching Behavior and Depressive Symptoms in Middle and High School Students.* .

Faculty Advisor: Dr. Patrick Pössel. Dr. rer. soc.

Graduate Research Poster - 1st Place: Monica L. Gremillion, M.S. - University of Kentucky. *Reactive control and callous-unemotional traits mediate the longitudinal association between ADHD and CD symptoms.*

Faculty Advisor: Michelle M. Martel, Ph.D.

Graduate Research Poster - Tied for 2nd Place: Michael G. Mejia, B.A., Martha C. Hinchey, M.S., Margaret M. Byrne, Ph.D., Paul Han, Ph.D. and Jamie L. Studts, Ph.D. - *University of Kentucky. Lung cancer screening: Evaluation of a pilot continuing education program for primary care providers.*

Faculty Advisor: Jamie L. Studts, Ph.D.

Graduate Research Poster - Tied for 2nd Place:

Michael G. Mejia, B.A., Rachel F. Steffens, Ph.D., Jennifer L. Kilkus, M.S., Stacey A. Slone, M.S., Susanne M. Arnold, Ph.D. and Jamie L. Studts, Ph.D. - *University of Kentucky. Attitudes toward cancer; Clinical trials among rural individuals with lung cancer.*

Faculty Advisor: Jamie L. Studts, Ph.D.

Undergraduate Division

Section.

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

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 378 "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>

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, Apr, Jun, Aug, Oct and Dec with submissions accepted at any time. Complete information and pricing details are available on the KPA Advertising webpage.

Support KPA During in 2014 via Shopping on Amazon.com

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Undergraduate Research Poster - 1st Place: James Austin Scott- Asbury University. Self-perception, social dominance, and right-wing authoritarianism as correlates to prejudicial implicit attitudes toward gender.

Faculty Advisor: Janet B. Dean, Ph.D.

Undergraduate Research Poster - 2nd Place: Macy T. Kootz and Nolan R. Williams - Morehead State University. The green-eyed monster: Jealousy's link to relational self-efficacy and emotional intelligence.

Faculty Advisor: Laurie L. Couch, Ph.D.

For more information, go to the Spring Academic Conference Page at:

<https://kpa.site-ym.com/general/custom.asp?page=307>

KPF Silent Auction Coordinator Needed

The Kentucky Psychological Foundation is looking for a volunteer to help coordinate the 2014 Silent Auction which will be held in conjunction with the KPA Annual Convention this November in Louisville. If you are interested in learning more about this role please contact Leslie Proasi, leslie@kpa.org.

2014 KPA Webinar Series – Exploring Attachment: Clinical Insights Across the Life Span, Season 2

Moderated by Steve Stratton, Ph.D.

The 2014 Kentucky Psychological Association Webinar Series on "Exploring Attachment" brings together international researchers and practitioners who enhance understanding and promote application of attachment-based clinical practice. [Click here to register.](#)

Psychologically Healthy Workplace Awards: Applications now

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.

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:

- Accept Visa, MasterCard, Discover & AMEX.
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- No contract or annual fees.
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KPA Home Study Opportunities

Under revised KRS CE regulations, you can now earn up to 12 credits per licensure cycle for home study courses. See what KPA has to offer...

[A First Step in Understanding the Affordable Care Act and Its Potential Impact on the Health and Mental Health of Kentuckians](#)

[Navigating the CPT Changes for 2013](#)

[KPAF Diversity Conference Home Study](#)

being accepted

The Kentucky Psychological Association is pleased to announce that it is accepting applications now through May 31, 2014, for the Psychologically Healthy Workplace Awards (PHWA). These awards are aimed to recognize KY organizations that foster employee health and well-being while enhancing organizational performance. Nominees will be evaluated on their efforts in the areas of Employee Involvement, Work-Life Balance, Employee Growth and Development, Health and Safety, and Employee Recognition. Organizations can be for or non-profit, and small, medium or large in size. State winners will be eligible for a national award (which receives national press!) given by the American Psychological Association. [Click here for additional details.](#)

APA Council Representative Report

by David T. Susman, Ph.D., APA Council Representative

In late February, I traveled to Washington, DC and attended my first APA Council of Representatives meeting as the representative for KPA. It was a very interesting experience. The Council is the legislative body for APA, and it has full power and authority over the affairs and funds of the 134,000-member association. The Council is comprised of 172 members, including 98 Division representatives, 61 representatives from state, territorial and provincial associations, and 13 members from the APA Board of Directors. Thanks to Rhea K. Farberman, APA Monitor executive editor, for providing a summary of the Council meeting, which I have edited below. Please contact me at susmand@gmail.com if you would like further information about any of the Council actions.

At its February 2014 meeting, the APA Council of Representatives continued its work to create a new, more nimble association governance structure and adopted resolutions to advance psychology education and training and the application of the discipline to human welfare.

Of particular importance was the council's approval as APA policy of the document [Health](#)

[Courses](#)

[KPA Domestic Violence Home Study Series](#)
[Clinical Applications of Neuroscience Research Home Study Series](#)

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

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

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Service Psychology: Preparing Competent Practitioners. This first-of-its-kind policy describes the competencies that a psychologist working in a health delivery setting should possess. Such a document is critical to ensuring quality in training and good health services outcomes as psychology continues its move from a primary focus on mental health to a broad focus on a range of health problems, according to the document authors. The new competencies focus on basic biological, psychological and social knowledge of health and disease, and they require practice-based research skills and interdisciplinary collaboration.

Also in the area of psychologists' doctoral education, the council provided funding for APA to create an online application system for psychology graduate programs. The platform will create a centralized system for the submission, processing and review of student applications and faculty recommendations for use by students, programs and reviewers. It is expected to be available in 2015.

Another discussion that council members devoted extensive time to was on the ways the Affordable Care Act would affect psychology and psychologists. The council discussed opportunities the act creates for the discipline, as well as ways the law fails to recognize psychology or the contributions it can make to integrated health care.

Council also reviewed and discussed the Good Governance Project (GGP) implementation action plans. The action plans approved were:

- Delegating specific duties, including financial and budget matters and the evaluation of the CEO from the council to the board of directors for a three-year trial period.
- Creating a new composition for APA's board of directors, including six members drawn from the general membership and elected by members, a public member and a commitment to have at least one early career psychologist on the board at all times.

- Creating a Needs Assessment, Slating and Campaigns Committee to conduct annual needs assessment and develop slates for those seats on the board elected by and from the general membership. The committee is also expected to conduct a needs assessment and develop slates for council members elected by and from the general membership, if such seats are added to a new council structure.
- Creating a Council Leadership Team. This team's duties will include managing the council's workflow and developing a process by which the council will identify, prioritize and address the major issues facing psychology.

In addition, the council:

- Adopted as APA policy a new Resolution on Gun Violence Research and Prevention. The resolution is focused on reducing gun violence through a comprehensive, science-based public health approach. It calls for research that identifies risk and protective factors vis-à-vis firearms violence for diverse groups and for a continuum of mental health services to meet the needs both of people with severe mental illness and those in emotional crisis.
- Adopted an official definition of early career psychologists as those psychologists within 10 years of earning their doctoral degrees. Having a standard definition will improve consistency in awards criteria and allow for better data collection about early career members, according to the motion's supporters.
- Endorsed a document entitled [Multidisciplinary Competencies in the Care of Older Adults at the Completion of the Entry-level Health Professional Degree](#), developed by the Partnership for Health in Aging, of which APA is a member. The document is designed to guide multiple health professions in understanding the competencies needed to provide care to older adults.
- Received the *Report of the Task Force on Trafficking of Women and Girls*. The report's aim is to raise awareness among psychologists and the public about human trafficking; make recommendations to enhance research, education and

training; and urge psychologists to apply scientific research and expertise to influence public policy and enhance services to survivors of trafficking.

- Approved the revised [Principles for the Recognition of Proficiencies in Professional Psychology](#).
- Received the report *Assessing and Evaluating Teacher Preparation Programs*. The report calls for the use of valid and efficient tools in the measurement of teacher preparation programs and teacher effectiveness. Such teacher evaluations should be grounded in well-established scientific methods that have evolved within the psychology discipline, according to the report authors.
- Received a report from the association's chief financial officer, indicating that APA expects to finish 2013 with a positive operating margin of more than \$1.8 million. The council also approved a 2014 budget that forecasts a \$1.4 million positive operating margin on revenue of \$111 million and expenses of \$109 million.

APA Ambassadors

The American Psychological Association is in the process of instituting an APA Ambassadors program, based on the longstanding KPA Ambassadors. KPA's own head ambassador, David Susman, Ph.D., will serve on the APA Ambassadors steering committee!

KPA Annual Conference - Save the Date!

The 2014 KPA Annual Conference will be held at the Galt House in downtown Louisville from November 6-8, 2014. Plan to join us for "Psychologists as Collaborators: Partnering to provide comprehensive care." Complete details coming soon!

Business of Practice: Managing Your Profit

By Jim Ray, MBA

For many mental health care providers, there's a chasm between helping your patients to cope with significant psychological challenges and effectively managing the business of your practices. Most of you have invested years of study and training in the effort to develop successful, therapeutic practices. Many, however, haven't had the time to seriously study the fundamentals of accounting, marketing, and the other disciplines associated with actually running a business. As a practitioner (and business owner) you're confronted with challenges on both ends of this spectrum. At times, the business of your practice may present greater challenges than your patients. Sound familiar?

You may remember me from a presentation I gave at the 2012 Business of Practice conference. We discussed topics such as personal branding, marketing on the Internet and tips to attract new patients. My hope is to provide an on-going series of articles for you about ways to run your practice more profitably.

I'd like to start with a simple observation, and then a definition. Observation: Patients will heal and move on. The key to any successful practice is managing the intake of new patients. However, it's critical that you understand practices can go out of business, profitably.

Businesses of all types are subject to financial constraints. While the desire to treat patients is a driving force, doing so profitably is paramount. You have a finite capacity to treat individuals. There are only 24-hours in a day and we must assume that family and sleep will demand at least a small portion of those hours.

Your ability to think and effectively treat patients is highly dependent upon your personal stress and energy levels. Over the years, I've seen numerous professionals burn out because they thought they simply needed to work harder. However, when you do this for an extended period of time, you run the risk of making poor decisions which might not only impact you, but your practice and

possibly your marriage.

That point brings me to a definition. “Profit” is what is left over after you subtract your business expenses (including taxes and wages/salaries) from the billable revenue you generated. As a pure business fundamental, you need to focus on your net profit, much more than on your overall revenue for the practice. This is where many practitioners struggle. You may have significant income from private pay patients, provider reimbursements, or government programs. However, if you’re not actively managing the types new patients you’re taking, you may be in for a crash. More on that point in a minute.

For now, let’s consider two ways to manage your profit. The first is to limit or cut your expenses. While that can be effective in the short run, there’s only so much that you can cut. For most, there is a necessary level of expense, which must be incurred to run your practice. Your ability to “cut costs” by its very nature, therefore, is limited.

However, you can also manage (and increase) your profit by increasing your overall revenue. But beware; this also requires a healthy balance between taking on new clients, and accepting the right clients.

When you consider the changes in our health care system, it’s fairly certain that government supported reimbursements (e.g. Medicare) are going to be reduced over time. Many of you have already seen this. As the focus on mental health grows, practitioners are going to be faced with an ever-increasing pool of potential patients, but whose ability to pay (or at least pay what you actually deserve) will be reduced. This is going to put immense pressure on you to ensure that you’re being properly compensated for the services you provide.

Let’s come back to my earlier point about actively managing your types of new patients. In most businesses, there are a core group of services that yield the best results for the business. For you, this might be testing and evaluations, short-term counseling, group therapy, or possibly intense one-on-one psychotherapy.

Whatever it is, this is your best possible type of patient. However, some practitioners struggle to maintain an active influx of these “ideal patients.”

Overtime, the practitioner may take on other types of cases simply to pay the bills. They run the risk of deviating too far from their core patient load, which typically requires either more time, yields less income, or both. While the cash seems to be coming in, the actual profit margin is less and less. Eventually, your days are spent dealing with the wrong types of patients for your particular practice. This is what I meant when I said practices can go out of business profitably. Reaching the point at which zero income is generated isn't at all typical. Like a puddle on a hot day, the evaporation of your profits may occur rather slowly. Add to that the on-going pressures of daily life, family and work and you can see the implosion coming. You may have a colleague who has already experienced something similar.

By putting into place strategies and tools to assist you in broadening your exposure to a larger pool of potential patients, you'll eventually have a larger group of individuals from which to choose. This will help you, as the practitioner/business owner, to effectively select enough of the right kinds of patients to allow you to take on other non-core cases - all while growing the overall profitability of your practice.

In the next several articles, I'll detail various ways you can do this. I'll provide you with tips and suggestions intended to help you develop your practice to the point at which you might begin working less, but actually earning more. Sound interesting? You'll have to look for my next article to find out. Until then, feel free to check out my blog at www.JimRayConsultingServices.com.

Q&A on Current Issues in Ethics

by KPA Ethics Committee

Ethical Question:

A psychologist asked a question regarding whether or not there is a duty to report to authorities sexual relations between a traumatic-brain injured (TBI) 19-year-old and her 22-year-old stepbrother. The young woman and man also had an earlier sexual relationship when the girl was 16 and he was 19. While the committee could provide some possible guidelines from an ethical perspective, the committee agreed that this is primarily a legal question and a consultation with an attorney well-versed in mental health law would be a prudent avenue to pursue.

If the client is accurate regarding the age at which she first had a sexual relationship with her stepbrother, she was legally able to consent (Kentucky law has as its age of consent at 16), so there may be no reportable activity with regard to that time period. The recent re-emergence of a sexual relationship appears to coincide with the female's TBI and lowered functioning as a result of it. Clearly, as a psychologist, there is concern about whether the relationship is exploitative and whether or not it is reportable. Unless this young woman has a legal guardian, she is of adult age and has the right to make decisions regarding her sexual relationships, whether or not they may be in her best interest. If she has a guardian, there may be an avenue for reporting to that guardian, but again, a consultation with an attorney would be prudent.

Under the assumption that the young woman does not have any legal guardianship, then she is entitled to all of the legal and ethical considerations given to any adult client, including confidentiality.

Regarding confidentiality, the APA guidelines state:

4.05(b): Psychologists disclose confidential information without the consent of the individual only as mandated by law, or where permitted by law for a valid purpose such as to (1) provide needed professional services; (2) obtain appropriate professional consultations; (3) protect the client/patient, psychologist, or others from harm; or (4) obtain payment for services from a client/patient, in which instance disclosure is limited to the minimum that is necessary to achieve the purpose.

Given that there appears to be no mandate by law to disclose confidential information, the client's confidentiality must be maintained from an ethical perspective.

Additional guidelines to consider:

4.02: Psychologists discuss with persons (including, to the extent feasible, persons who are legally incapable of giving informed consent and their legal representatives) and organizations with whom they establish a scientific or professional relationship (1) the relevant limits of confidentiality and (2) the foreseeable uses of the information generated through their psychological activities.

10.01: (a) When obtaining informed consent to therapy.....psychologists inform client/patients as early as is feasible in the therapeutic relationship about the nature and anticipated course of therapy, fees, involvement of third parties, and limits of confidentiality and provide sufficient opportunity for the client/patient to ask questions and receive answers.

These guidelines may help answer questions such as how therapy was framed from the beginning with regard to confidentiality and disclosure of information to others. Is the client so impaired that someone co-signed her consent to treatment form? Were arrangements made then that someone could be informed of information that might be necessary at some point? If it is believed the client is not capable of providing informed consent (to sex or other things), perhaps legal guardianship should be pursued.

From a therapeutic standpoint, it seems reasonable to discuss her current relationship with her and attempt to determine an appropriate response, which would include her permission should it be determined that some intervention is needed. Again, however, please understand that this is an ethics committee, not a legal committee, and, as such, the committee highly recommends a consultation with an attorney if there is consideration of breaching confidentiality of an adult.

KPA Member Benefits: Ethics 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 learn more and to access the resources.](#)

APA Adopts a More Efficient Governance System

From the APA Governance Affairs Office

Over the past several years, the APA Council has been working on developing a more nimble, efficient and responsive governing system, as part of the APA Good Governance Project (GGP). This project was an outgrowth of the strategic plan focused on optimizing organizational effectiveness. APA's existing governance system is a 1950's model built for a world where twice annual meetings was sufficient for conducting the business of the association. The new model, proposed after a thorough assessment with input from many different groups, has 3 primary goals: nimbleness, strategic alignment across the organization and increased member engagement. Under this model, members will have a more direct voice in the decision-making process and more opportunities for service.

In February 2014, Council voted to begin a 3-year trial delegation of authority to the Board of Directors for: financial and budgetary matters; oversight of the CEO; alignment of the budget with the Strategic Plan; and internally focused policy development. The Board composition changes with 6 member-at-large seats now open to election from and by the

general membership, the addition of a public member and the guarantee that both a student and early career psychologist voice will be present. Two seats are reserved for members of the Council Leadership Team, to ensure a bridge between the two bodies.

This change frees Council to focus on strategic and emerging issues affecting psychology, and will be engaged in higher level strategic dialogues that inform the development of policy and strategic directions. The work of Council will be managed by a newly created Council Leadership Team (CLT). Understanding member wants and needs related to the topics at hand will be an integral element of the deliberation process. In addition to this change in function, Council plans to consider a change in its structure this August. The current proposal retains a single seat for each division and state, province and territory, and adds a handful or member-at-large student and early career representatives. The attributes of the at-large seats will be determined based on an annual needs assessment to determine what would best help create a balanced Council.

These changes, coupled with a more efficient triage system, improved integration of technology, a formal leadership pipeline and development program and other enhancements, will allow APA to be more responsive to the needs of its members, to allocate resources more efficiently and to address emerging issues in a rapidly changing environment head on. Members will have the opportunity to vote on new bylaws language this fall that will optimize APA's governance system for the 21st century.

For additional information on the implementation of the Good Governance Project, please visit <http://www.apa.org/about/governance/good-governance/index.aspx> or contact Nancy Gordon Moore, PhD, MBA, Executive Director, Governance Affairs at nmoore@apa.org.

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

Contact the KPA Central Office or Sean Reilley, Ph.D., KPA e-newsletter Editor at dr.sean.reilley@gmail.com. Deadlines for submission are the 15th of the month the newsletter is scheduled for distribution (Feb, April, June, Aug, Oct and Dec).

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