



BEACON



From The President

Dr. Keith Beard



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When I attended the APA State Leadership Conference last February, all of the President-Elects were challenged to come up with what their goals were for their respective State organization when their term as President began. This challenge has been in the back of my mind with everything that I did for WVPA over the past year. I kept asking myself, “What were my goals? How did I see WVPA changing? Growing?” I struggled with this challenge and what my part would be as President during the 2017 year.

The past year has had a lot of changes for all of us, personally and professionally. I expect that 2017 will also be filled with a lot of change. Like many people, I hate change. It’s scary, uncomfortable, sometimes even painful. However, we can’t grow, mature, and adapt without change. While change is inevitable, what we do with it is up to us. We can stay stagnant and try to keep things the same or we can focus on progressing. I’m reminded of a quote by Socrates. He said, “The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” This quote stuck with me as I thought about my goals for this organization. So, what are my goals? Just as this quote states, I will not be fighting the old, I will be focusing on the new. WVPA will never be what it was. Trying to recapture that or recreate it will leave us trying to hold on to the past when things have already changed.

We need to look at what we want WVPA to be and concentrate our attention on those things. Too much time and energy has been expended on the past. Even from a psychodynamic point of view, we acknowledge the importance of the past but look at how it is impacting us in the here and now. While I don't want to ignore the past, and acknowledge that it has impacted us, I will stay focused on the here and now as well as where we are going.

With this in mind, I would like to see our organization grow in numbers. That is one of my primary goals for this year. In particular, I will be focusing on growing the number of younger members and encouraging students to join. I have some ideas that I will be discussing with our Board and hopefully implementing some new things to foster growth.

Please don't take this as disrespect to those who have been involved in the organization for years. We have had good, strong leadership that has guided this organization through some tough times. I want, and we as an organization need, the wisdom and knowledge of those who come before so that previous mistakes aren't made again. There is going to be change. There already has been and there will be more. You can choose to be stagnant and fight the change – or – progress, adapt, and grow. I hope everyone will choose the later.

We've learned many lessons from the past. The future is what is in front of us. Are you ready to help me shape it into what we want? *We need everyone.* So, as I was challenged a year ago to think about my goals for this organization, I will challenge you – what can you do to help WVPA move forward?

Donate some extra money as a contributing member? Join a subcommittee? Take part in lobbying? Talk to 5 newly licensed psychologists about the benefits of WVPA? Something else? The list of things that will help this group grow is countless. There is something for all of us to do. I'm excited to see what we can do over the next year and look forward to working with you all as we shape WVPA into the organization that we want it to be. If there is anything that I can do, please feel free to contact me – beard@marshall.edu

Student Recap

with Hannah Greenbaum

As I reflect on the last year and my service as the West Virginia Psychological Association Student Representative I am flooded with feelings of gratitude for the opportunity to engage in advocacy with WVPA members. The culmination of my advocacy efforts at the State Leadership Conference (SLC) in Washington, D.C. was an opportunity I feel fortunate to have experienced. Learning from Jeff Boggess, Jessica Luzier, Penny Koontz, and Keith Beard at SLC inspired me to continue on a path of advocacy as my career develops in psychology. The supportive team atmosphere of this organization has provided direction for me personally, and I am grateful.

I set out last year with specific goals in mind, including engaging more students in the variety of opportunities WVPA provides. I was delighted to see a strong student presence at the WVPA Fall Conference. Watching, joining, and supporting my peers as they presented research and engaged in dialogues about important issues affecting our state and professional psychology at large, I was overcome with a sense of pride to be apart of the WVPA community.

Student recap cont.....

I hope students continue to take advantage of the value and opportunities WVPA offers. I hope that WVPA members feel free to provide feedback to me as a student representative and leader within this organization.

This has been a difficult year for many in our community of West Virginia, United States, and the world. It is difficult to make a difference as an individual. As a psychologist in training, I have learned through my service at WVPA that part of our role involves modeling the “attitudes and actions we can take to get ourselves out of the current mess we are in as a country” (as cited by Susan H. McDaniel, past APA president). It continues to be a pleasure to be involved in this organization, wishing you a happy and healthy new year!

WVPA Elects Two Fellows

It is with great pleasure that WVPA is pleased to present two new Fellows to our ranks. Both of these outstanding psychologists were unanimously elected by the Board of Directors in late 2016 for their outstanding contributions to the field of psychology and to the West Virginia Psychological Association.



G. Lane Wagaman, Ed.D

Dr. Wagaman completed doctoral studies at West Virginia University in 1975. Prior to entering full time independent practice in 2000 Dr. Wagaman was employed as Clinical Psychologist R.F. Kennedy Youth Center, Morgantown, WV, the Veterans Affairs Medical Center, Wilkes-Barre, PA, then as Clinical Psychologist in the Medical / Psychiatric Unit and Chief, Psychology Service, at the Federal Correctional Institution, Alderson, WV. He has held university and medical school adjunct faculty positions at West Virginia University, The University of Scranton, West Virginia College of Graduate Studies, Indiana University of Pennsylvania, West Virginia University Medical School and Hospital, and Hahnemann Medical College, Clinical Associate Professor of Psychology at the West Virginia School of Osteopathic Medicine (WVSOM) and in the Family Medicine Residency Program at WVSOM and Greenbrier Valley Medical Center, where he also maintains current Allied Health Staff status. He has been a consulting psychologist for several rehabilitation and long-term care facilities. Dr. Wagaman has been in independent practice since 2000, in West Virginia where he was associated with The Greenbrier Clinic, and North Carolina where he is currently associated with Carolina Rehabilitation and Surgical Associates, Cary, NC, and HRC Behavioral Health and Psychiatry, Raleigh, NC.

Dr. Wagaman maintains active membership in several professional organizations including the **American Psychological Association** (Society for Health Psychology, Society for Psychological Hypnosis, Society of Counseling Psychology, Psychology-Law Society), **American Society of Clinical Hypnosis** (Approved Consultant and Chair, Education Committee), **Society of Clinical and Experimental Hypnosis**, **Association of State and Provincial Psychology Boards** (Invited Individual Member),

Wagaman cont.....

North Carolina Psychological Association (NCPA) (Long Term Planning Committee), **NCPA Division of Independent Practice**, and is a Diplomate of the **Academy of Integrative Pain Management** (formerly American Academy of Pain Management). He has served as a member and chair of the **West Virginia Board of Examiners of Psychologists**. Dr. Wagaman has been an active member and leader of many civic, behavioral health center, religious and scouting boards.

Steven Cody, Ph.D.

Dr. Cody earned his bachelor's degree in Psychology from St. Joseph's College in Brooklyn, New York and his master's and Ph.D. in clinical psychology from the University of Connecticut. He did his internship training at the Albany Medical Center/VA Medical Center Consortium in Albany, New York.

After teaching in the Psychology departments at Marshall University and Morehead State

University, Dr. Cody joined the faculty of the Joan C. Edwards School of Medicine at Marshall University, where he was Professor of Medical Psychology and Director of Neuropsychology. In addition to serving as Course Director for medical school courses in Behavioral Medicine and Psychopathology for more than 20 years, Dr. Cody taught graduate courses in neuroscience, pharmacology and geriatrics. In his clinical work he was consulting neuropsychologist for the West Virginia Rehabilitation Center, Hanshaw Geriatric Center and Mildred Mitchell Bateman Hospital.



Cody cont.....

He has experience in a wide variety of settings including inpatient and outpatient primary care, inpatient and outpatient rehabilitation and inpatient and outpatient mental health care. In 2012 Dr. Cody joined Clayman & Associates in Charleston, where his practice is focused on clinical and forensic neuropsychology.

In his three decades as a member of the West Virginia Psychological Association, Dr. Cody has chaired a variety of committees, edited the organization's newsletter, served multiple terms on the Board as Representative at Large and served as President of the Association in 2012.

APA Council News

Martin J. Amerikaner, Ph.D.

As many of you know, I've been serving for the last few years as WVPA's representative to the APA Council of Representatives (COR). Dr. Boggess asked me to write a "year in review" piece for this newsletter, and though it's challenging to summarize a year's worth of activity in a short space, here we go.... In some ways, it was a year of continuity of themes and issues- as was true last year, APA is being led by an interim CEO; Cynthia Belar—former head of the Education Directorate within APA—was recruited out of retirement to serve in this role after CEO Norm Anderson's early retirement in the wake of all the shockwaves generated by the now-famous Interim Report. Cynthia has been a steady, smart and balanced voice during this time period. In the meantime, the Board of Directors formed a search committee for a new permanent CEO, and is in the latter stages of the search as I write this piece. A new person may well have been named by the time you receive the newsletter

APA Council cont.....

In terms of COR activities, much of our attention continued to focus on internal functioning of the group- for example, a series of votes modified how the COR agenda is formed and the rules under which COR operates. A bylaw change was approved that modifies how representatives from APAGS (APA's graduate student organization) are voted on to various boards and committees- these were changes requested by APAGS to better coordinate service opportunities with typical time frames for graduate students. The COR also voted to require the Board of Directors and Council Leadership Team establish a work group comprised of members of Council, the Board of Directors, and boards and committees to "develop guidelines that will reduce bias, increase transparency, and promote diversity in the selection of individuals serving on APA task forces".

In other actions, COR approved a policy resolution opposing laws that criminalize behavior associated with HIV infection, with exceptions tied to sexual crimes tied to high risk of transmission of the virus. We also approved a resolution calling for more research on gender identity, including a focus on improved measurement and assessment.

Financially, APA remains in a strong long term position, largely due to publishing activities and real estate holdings. There are short term problems, however, that have required attention. Most important, there was a \$6 million deficit in this year's operating budget, due apparently to a long standing budgeting methodology that put some high expense special projects outside of the normal budget approval process. A new budgeting process has been adopted that ought to preclude this kind of error from recurring in the future.

At least partially due to the current budget challenges, it was announced in the fall that there would be a reduction in force within several Directorates of APA. Membership has continued a decline dating back at least to 2009, though it was pointed out to us that almost all national organizations have experienced similar membership challenges in recent years. To help address membership issues, APA has created a new office dedicated to working on membership recruitment and retention.

The Independent Report continued to influence the COR both directly and indirectly during the year, as we sought to understand how so much could go wrong within the structure and processes of APA and make constructive changes to how APA goes about its business. For example COR voted to approve a change in criteria for approval of any new "Resolution" regarding APA's stance on public issues. Specifically the following language was added directing COR to consider: "The extent to which the resolution is consistent with APA's core values, and the extent to which it addresses human rights, health and welfare, and ethics." Further, COR voted to approve a motion that would require the Board of Directors and Council of Representatives to prioritize ethics, human rights and social justice in all aspects of the next Strategic Plan. During our summer meeting, COR approved a change in Ethics code language that absolutely precludes participation by psychologists in activities associated with torture; other policy revisions to the effect had been approved in the last few years, but this was a change to the enforceable Code. An Ethics Commission has been working this year to reexamine all aspects of the Ethics office policies and practices; we received an update but no proposals have yet been put forth for action by Council. A lingering controversy within COR surrounds military psychology. More specifically, a proposal before council that would have expressed "support" for military psychologists to

APA Council cont.....

be able to provide health care services to detainees was postponed until the February meeting. There was significant disagreement within Council concerning these activities and what sort of wording, if any, would be broadly acceptable.

The costs associated with the Independent Report in dollars was staggering, the personnel ripples were powerful, and perhaps most important, the impact on trust in and support for this organization, and for psychology more broadly, has been disheartening. One continuing concern is a delay in receiving a second report from David Hoffman's group; they were requested to revisit some of their work, based on claims from some individuals that Hoffman had ignored relevant material in forming his conclusions. He agreed to do so, and promised a report within a set time frame. However, since that time, several legal issues have emerged that have apparently interfered with his ability or willingness to complete this task and thus there has been a delay. I'm not sure of the current status of this report, but hope to learn more at our February COR meeting.

Though I'm certainly not blind to the consequences of this sad episode in APA's history, I personally continue to see APA as an incredibly strong voice for and contributor to education, research, professional practice and public policy for psychology, behavioral sciences, behavioral health care, and I'm convinced that APA will survive this crisis. We are still the major voice for psychology and for behavioral health care in national policy discussions. Indeed, in spite of- or perhaps because of the issues tied to the IR, APA's voice has significant impact.



In 2015, COR voted to change APA policy to more clearly state that no psychologists could ethically work in military or national security sites that operate in jurisdictions not governed by the US Constitution and the protections it provides—particularly for detainees. Though this change is not legally binding on anyone, the Department of Defense announced soon afterwards that all psychologists would, in fact, be removed from those sites. Though still controversial within APA, (and perhaps within the WVPA membership), I believe that this action demonstrates that APA remains an important national voice.

APA still publishes the largest array of world-respected journals and books in the field, we are a major voice of advocacy for integrating psychology into health care more generally, we are the only organization recognized by the US Dept. of Education as a legitimate accrediting body for graduate education in psychology, we continue to contribute psychological knowledge and expertise to the judicial system through our long standing practice of writing amicus curie briefs for major legal cases, and we continue to organize the largest international conference in psychology, as well as a multitude of smaller, more focused meetings each year.

One last note regarding the continuing contribution of one of WVPA's own to the larger APA mission- in a recent summary of her 2016 presidential year, President Susan McDaniel expressed her appreciation for the impressive help provided to her by a group of 7 young psychologists with whom she had monthly phone meetings. Known as her "Early Career Psychologist Advisors," President McDaniel called them "supremely talented and diverse in every way"—and among this small group of special people is our own Dr. Emily Selby-Nelson. Congratulations, Emily and thanks for your ongoing terrific work.

Focus on Research

The Fall Conference at Stonewall Resort witnessed a record turn out for student poster presentations. As such, we felt these outstanding contributions needed to be shared with all our WVPA members. Our congratulations to all student presenters as choosing “winners” was nearly an impossible task due to the excellent quality of all the entries.

4th place Poster

Title of Poster: Disgust Sensitivity and Sexist Attitudes Towards Women

Author #1 Name: Rachel McDonald

Author #2 Name: Natalie Shook

Affiliation (University, Agency): West Virginia University, Department of Psychology Abstract:



Abstract

Disgust evolved to protect individuals against pathogens. As other people are a primary source of disease, disgust adapted to regulate social attitudes. Those more sensitive to disgust are more prejudiced toward homosexuals, obese people, etc.

4th place cont....

The relationship between disgust sensitivity and prejudice is mediated by social conservatism. The current project aimed to see to what extent disgust sensitivity is related to sexism. Participants (Study 1: N = 310, Mage = 19.58; Study 2: N = 263, Mage = 23.27) were recruited for online surveys consisting of measures for disgust sensitivity, sexism, and social conservatism. Across both studies, participants who were more sensitive to disgust endorsed more sexist attitudes. In Study 2, disgust sensitivity was also associated with more socially conservative values, and social conservatism mediated the association between sexism and disgust sensitivity. The mediation model shows a clear decrease in significant association between disgust and sexism when social conservatism is used as a mediator. This suggests that the relation between disgust sensitivity and sexism is driven by social conservatism.

3rd place Poster

Title of Poster: Exploring the role of interpersonal sensitivity and social support for suicide risk in an outpatient eating disorder sample.

Author #1 Name: Jennifer Barenz, M.S.

Author #2 Name: Ellen Bluett, M.S.

Author #3 Name: Alexandra Hummel, M.A.

Author #4 Name: Andrew Jarrett, M.A.

Author #5 Name: Jessica Luzier, Ph.D.

Affiliation (University, Agency): Charleston Area Medical Center



Abstract:

Eating disorders are increasing at alarming rates in Western countries, with approximately 24 million people suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, or unspecified eating disorders in the United States alone (Eating Disorders Coalition, 2014). Disordered eating often involves secrecy, isolation, and resistance to the justified concerns of loved ones, which can negatively impact close relationships (Manlick et al., 2013; Hicks, Schlegel, & King, 2011). Additionally, individuals with eating disorders commonly struggle with high levels of interpersonal sensitivity and emotion dysregulation, which can also detract from the quality of their relationships (Schmidt, Tiller, & Treasure, 1993). Recent research has begun to examine how compromised social support may relate to risk for suicide among individuals with eating disorders (Forrest et al., 2016). The current study will examine relations among eating disorder symptom severity and interpersonal concerns in an outpatient eating disorder clinical sample. The sample is predominantly female ($N = 54$), white ($N = 51$), with a median age of 17 (range of 13-60 years old). Interpersonal sensitivity will be measured using the Symptom Checklist – 90 (SCL-90),

social support will be measured using the Multidimensional Scale of Social Support (MSSS), and symptom severity will be measured using the Eating Disorders Examination-Questionnaire (EDE-Q). This research contributes to a better understanding of how interpersonal risk factors may confer risk for suicide in people with eating disorders.

2nd place Poster

Title of Poster: Moral Injury Construct Relevance Among Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans: A Literature Review

Author #1 Name: Timothy Swiger

Affiliation (University, Agency): West Virginia University



Abstract:

Recent military conflicts present a unique set of engagement circumstances that differ from conventional military operations (e.g. terror attacks or guerrilla style warfare). Military personnel in these campaigns may bear witness to intense human suffering and atrocities, or engage in actions that may transgress their moral

2nd place cont....

foundations, which can be amplified when morally ambiguous decisions are made (e.g. killing or harming of non-combatants). The moral injury construct has been suggested as a means for explaining combat-trauma related symptoms (e.g. shame, guilt, social withdrawal, and self-condemnation) that are not encompassed in the Posttraumatic Stress Disorder (PTSD) diagnosis. This literature review contains the definition, prevalence, and diagnostic implications of moral injury. I conclude with recommendations and implications for practitioners.

1st place Poster

Title of Poster: Utilizing Smart Phones to Deliver Exposure Stimuli in the Treatment of Specific Dental Phobia

Author #1 Name: Matthew C. Arias

Author #2 Name: Daniel W. McNeil

Author #3 Name: Racheal Petrie

Author #4 Name: Casey D. Wright

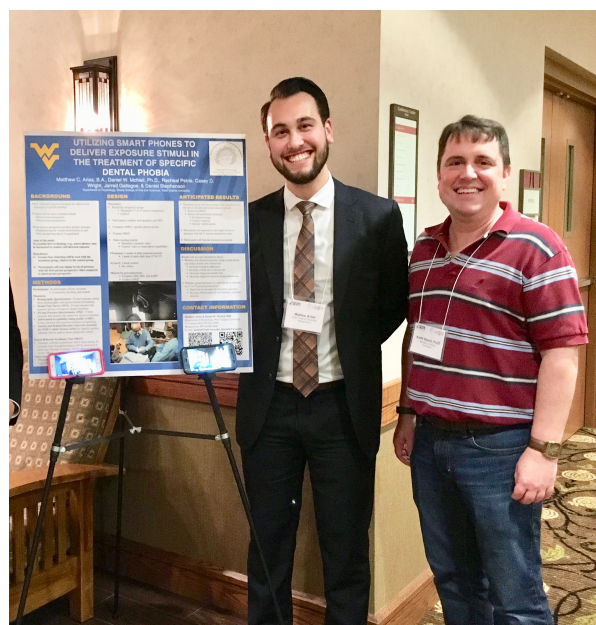
Author #5 Name: Jarred Gallagos

Author #6 Name: Daniel Stephenson

Affiliation (University, Agency): West Virginia University

Abstract:

Self-directed exposure therapy is effective for treatment of specific phobias. Various forms of exposure stimuli are available (e.g., videos) to conduct self-directed exposure. There is a need to examine how technology (e.g., smart phones) may be harnessed to conduct self-directed exposure. Additionally, since exposure can incorporate stimuli from different perspectives (i.e., first-person or third-person), such



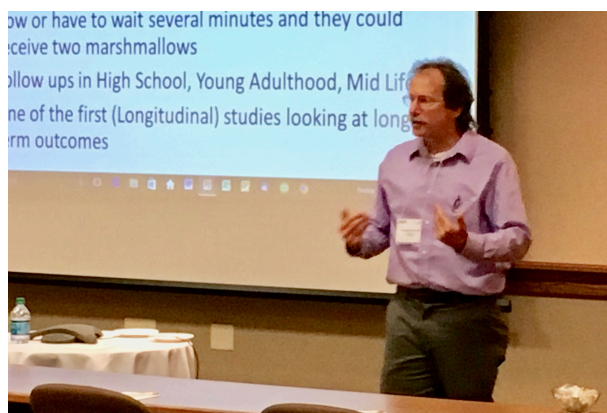
perspectives may influence treatment outcomes. This ongoing study is examining video perspective in relation to conducting self-directed exposure therapy using a 3 (group) x 2 (time) mixed prospective design. Participants are randomly assigned to the control group or one of the treatment groups (i.e., first or third), and then are assessed pre- and post-treatment. Participants in the treatment group experience both video perspectives, and are randomly assigned to which version they see first. At the first assessment, participants answer questions about dental care-related fear/anxiety, and undergo a behavioral assessment (i.e., simulated dental experience). For two weeks, the treatment group watches the exposure videos daily on their smart phones. After the two weeks, participants come back to the lab for a post assessment, which they will again answer questions about their dental care-related fear/anxiety and perform the behavioral assessment. Anticipated results are that participants in the treatment group, relative to the control group, will show greater fear reduction with the use of self-directed smart phone exposure, as evident of scores on the questionnaires and various behavioral assessment

1st place cont....

Anticipated results are that participants in the treatment group, relative to the control group, will show greater fear reduction with the use of self-directed smart phone exposure, as evident of scores on the questionnaires and various behavioral assessment measures (i.e., avoidance/escape, cardiac response, and SUDS verbal reports). Furthermore, participants are expected to rate higher levels of presence with the first-person perspective video compared to third-person perspective. The findings from this study will help inform whether self-directed exposure using a smart phone can help in reducing fear associated with specific (dental) phobia. Additionally, results will provide information about whether greater presence is experienced in response to first- or third-person perspectives in video exposure stimuli.

Fall Conference Recap

The WVPA Fall Conference was held a beautiful, scenic Stonewall Resort and Conference Center in Roanoke, WV on October 7th and 8th. This was the first conference held featuring our new two-day format schedule and both full and student members voiced enthusiasm for the new format. Although the weather was less than desirable, a full slate of outstanding presenters and topics was on hand. A hearty congratulations to Dr. Keith Beard and Rose Ann Prince for organizing such a great event. Attendees were treated to great presentations that ranged from diversity training to the neuroscience behind attachment. We had a record turn out for poster session and capped off Friday evening with a spirited game of Psych Bowl (12th annual) hosted by past president Scott Fields. We look forward to returning to Stonewall Resort in the fall of 2018.



Mark your calendars!!

WVPA SPRING EVENT

FRIDAY, APRIL 7th, 2017

**Charleston ,WV
(WVU/CAMC Memorial Campus)**

Theme: "Hot Topics for Psychologists in the Mountain State".

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