



BEACON



FROM THE PRESIDENT

(Dr. Keith Beard)

As we head into the fall, I find that I have been reflecting on the past few months quite a bit. Perhaps it is because it is a new academic year for me and we have our new students arriving and our second-year students starting their first practicum experience. Remember what that was like? Seems like a long time ago but the memories of graduate school are firmly planted in my mind. Maybe because of the trauma that graduate school can be! But I like to think that it is because of the new and exciting world that opened up for me as I learned what being a psychologist was all about.

Over the summer, I was at the beach. While there, a very wise person brought me three shells. He told me that these three shells explained my job description.

First, he showed me a very thin shell. It's paper thin. I had never seen a shell that delicate. He told me that many of my clients would come to me and their lives would be in a very fragile state. Just like this shell.

He then showed me another shell. It was full of nicks and scratches. It barely looked like a shell, but it still held its form. He told me that many of my clients would come to me and their lives would be filled with scars and scratches, they will have been beaten and battered by life's waves, but yet, they would still have a form. They would not be destroyed. They would still be holding on.

He then showed me a third shell. It looked like a basically, normal shell, with a few minor nicks. He told me that my

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job was to help these people build up their lives so that they were stronger and not so fragile, like the first shell. Also, I was to help them heal their scars and work through the pain in their lives, like the second shell.

He also pointed out the little flaws in the last shell and told me that I was never going to make



them into a beautiful, perfect shell. Their lives would always have some tough times, some scars, some reminders of where they were and how far they have come.

This illustration gave me guidance. It helped me understand the purpose of graduate school, of the many hoops to get licensed, the difficulties dealing with insurance companies and other systems, and the work that I have done and try to go with every client that I see. These shells were my job description and why I chose to become a psychologist. It is easy to become jaded, disheartened, and cranky about the work we do. I hope that these shells help to remind you that even though all these other things can get in the way, what we do impacts people's lives and is important.

As my year as President of WVPA comes to a close, I want to thank everyone for your support, encouragement, and guidance. I strongly encourage you to get involved. WVPA needs strong leadership and people who care about psychologists and the people they serve. This is a great organization and we need to continue to work together to reach new heights. It has been a privilege to represent you and this organization. Thank you-

Message From The Executive Director

Jocelyn Burum Psy.D.

Welcome to fall! While fall does not technically start until September 22, the weather is starting to cool, pumpkin decorations (and flavors!) are starting to pop up, and preparations are well underway for the Fall 2017 Conference! We hope you will join us for a weekend of presentations focusing on "Psychologists' Pivotal Role in Health Care".

The past few months have seen a whirlwind of activity. I became the Interim Executive Director in March and am honored to be taking on this role with WVPA. There was a great turnout for the 2017 Lobby Day and another wonderful spring conference here in Charleston. Between participating in these activities, preparing for the fall conference, and other day to day tasks behind the scenes, this has been a busy year! I would like to thank the Board as well as the entire membership for their support during this transition/learning process.

Throughout this process, it has become even more clear that WVPA is a wonderful resource for many individuals - psychologists, students, early career psychologists, associates, retirees, and more. The spring and fall conferences offer opportunities to network and earn continuing education credits, including in areas related to ethics and working with veterans, and students are able to present posters on new research. Outside of the conferences, members have the opportunity to advocate during Lobby Day, participate in committees, and access online directories. Job postings are available on the website

along with a wealth of other information relating to mental health and providing quality care to many individuals and families. Membership dues can be paid online or by mail and new membership applications are also available online. Ensure your dues are up to date to continue receiving conference discounts and many other membership benefits. Thank you for being part of West Virginia Psychological Association and I hope to see you at our fall conference!

Dr. Scott Fields Awarded The APA's Karl F Heiser Presidential Award for Advocacy

Congratulations to our own (past president) Dr. Scott Fields for being awarded the APA's Karl F Heiser Presidential Award for Advocacy. The Karl F. Heiser Award honors those psychologists who have given voluntarily of their time to define the discipline of psychology statutorily by state and federal laws and regulations through advocacy. Since the award was established in 1992, many deserving psychologists have been recognized.



The Award is named for Karl F. Heiser, the person who succeeded in having the first state statute defining psychology adopted. Nominations are sought that identify people in the states/provinces or APA Practice Divisions who should receive recognition for their work in advocacy.

Dr. Fields received the award in August at the APA Convention in Washington DC. He is now one of four psychologists in WV who have received this award.

Scott wrote the following in response to accepting the award:

"I appreciate the congratulatory emails, texts and social media messages I have received regarding the Karl F. Heiser Presidential Award for Advocacy. It is a tremendous honor. I am very grateful to the WVPA Board and President Keith Beard for nominating me. For those who may not know, the award was in reference to WV House Bill 4594, the sequence of training bill, which passed both houses last spring and was written into law at about this time last year. While I will accept the award on the behalf of our WVPA team, I also know that HB 4594 would not have existed without the support of many people:

- *WVPA Members who lobbied in Charleston - This includes many practicing psychologists and a host of students from Marshall and WVU who made a difference

- *The WVPA Board of Directors and the vision of Marty Boone, who was board president at the time the bill was written

- *Frank Hartman who worked many hours crafting the bill and lobbying

Fields cont....

*The WVAPP Board of Directors for their support led by their president at the time, Jerry Spiegler

*William Brezinski who provided helpful feedback throughout the process

*The WV Board of Examiners of Psychologists and their Chair, Jeffrey Hammond and Executive Director, Jeffrey Harlow for their support

*Jessica Luzier, without whom there would be no HB 4594 and thus no new sequence of training change in WV law.

“I am convinced that if Jess Luzier had not already won this same award for her advocacy work passing similar legislation in Ohio, she would be winning one now. We went to many legislative and committee meetings at all kinds of odd hours to see this bill through. I will proudly accept this Heiser Award for her and all of you who helped and supported the change. West Virginia is now one of only thirteen states to have passed this type of progressive licensure legislation. I believe this change will convince more of our graduate students to stay in WV and take care of our citizens. That was the real goal of all this work. “

APA Council Report

—Dr. Marty Amerikaner

The APA Council of Representatives met Aug 2-4 in conjunction with the annual APA conference. Primary actions taken by Council include the following:

- Approved a proposal to send membership 2 bylaws revisions. The first would eliminate the \$2 discount for membership in a division. The savings would be dedicated to the new Office of Membership Recruitment and Engagement. The basic rationale is that administering this discount is cumbersome, it is very small per member, yet the dollars could be productively used by the new office to strengthen membership initiatives. The second would move the responsibility for determining eligibility for dues-exempt membership status to Council. A vote on these will occur starting in Nov.
- Council approved a series Guidelines that serve as APA policy- these included guidelines pertaining to multicultural issues, and training guidelines for consulting, organizational and I/O psychology.
- Resolutions were passed including a) affirmation of support for research with non-human animals, b) and two related to palliative care and assisted dying.
- A report from the Diversity Work Group was received and discussed. It is a complex document, including many recommendations aimed at changing the culture of APA.
- Council engaged in small and large group discussions focused on masters level training and practice in psychology. At the conclusion, Council agreed that nationally, there are a variety of important issues related to masters level training and practice that require APA to take formal actions on, and work regarding these

APA cont.....

issues should begin immediately. The general tone of these discussions were, in my estimation, supportive of masters level practice and intended to promote guidelines that would strengthen training and protect professional practice opportunities for graduates of masters degree programs that would protect them from recent moves by counseling boards around the country that have severely limited access to licensure. At the same time, there was strong sentiment expressed from Council reps around the country that the title of "Psychologist" must be kept at the doctoral level as a national standard.

The financial report indicated that APA continues to be in strong financial shape, supported again largely by publishing and real estate rental income. Membership declined a bit last year, but the decline has slowed in the last two years, and the new membership office voiced optimism that membership is likely to be basically flat this year and begin to increase again in coming years.

The next COR meeting will be in February in Washington DC

WVPA Awarded 2017 CAPP Organizational Grant From APAPO.

The newly formed APA Practice Organization (APAPO) works with its 60 affiliated state, provincial and territorial psychological associations (SPTAs) on a broad range of issues affecting the professional practice of psychology. This strong partnership allows the Practice

Organization to have its ear to the ground and maintain a watchful eye in jurisdictions where psychologists practice. This focus improves decision making regarding resource allocation and prioritization of advocacy efforts.

The Committee for the Advancement of Professional Practice (CAPP) has long recognized the vital role played by SPTAs in protecting the profession of psychology in their jurisdictions. One of the major ways that CAPP supports the work of the SPTAs is through the CAPP Grant Program. The grant program returns a portion of the Practice Assessment monies to the states in the form of grants for organizational development, legislative advocacy, special projects, and emergencies.

Earlier this year, WVPA was awarded the Organizational Grant. The majority of these funds are applied to funding our executive director and furthering legislative/advocacy efforts of the organization.

Snow in April? An Overview of the 2017 WVPA Spring CE Even

Jess Luzier, Ph.D., ABPP

The WVPA Spring CE Event, with the theme "Hot Topics for Psychologists in the Mountain State" was a vibrant and well-attended affair. Despite the early morning precipitation (snow for many of us!), nearly 50 participants attended the event, including students, private practitioners, academicians, and researchers.

In line with the theme for this conference, program chair Jess Luzier opted to pull for pertinent presentations from an interprofessional panel of speakers. First up was Charlotte Hoffman-Norris, Esq, who presented a dynamic, three-hour talk on Ethics and Risk Management Issues. Ms. Hoffman-Norris has over 25 years of experience representing behavioral health providers, and she served as in-house counsel for a local psychiatric hospital as well. Though many of us shudder during these talks, Ms. Hoffman-Norris kept her audience engaged, encouraging us to think critically and proactively.

After lunch and the WVPA Business Meeting, the next presentation covered Food and Mood. Co-facilitated by Dr. Scott Fields, Jenni Barenz, MS, and Ellen Bluett, MS, this presentation provided an overview of screening and interventions for disordered eating behaviors. Though two of the presenters had extensive experience in specialized eating disorder clinics (JB and EB), the third presenter brought a perspective from a general practitioner working in an outpatient family medicine clinic (SF).

The final presentation was with Dr. Hani Nazha, who is double boarded as a psychiatrist and internist, and faculty member for the WVU School of Medicine-Charleston Division. His talk was titled “From Chasing the Dragon to Shooting up Black Tar Heroin – The Tale of West Virginia’s Opioid Epidemic”. Do you know what Chyna White refers to? If you attended this workshop, you surely do! Participants not only reviewed the biological aspects of heroin addiction, but also received an in-depth overview of the history in our region and therapies to address this challenge.

CE evaluation forms were very favorable for the event, both for the selection and expertise of the presenters as well as the specific topics that were addressed. Furthermore, for many members this was our “official” introduction to Dr. Jocelyn Burum, our Interim Executive Director. Dr. Burum was paramount to the success of the WVPA Spring CE Event, helping with many minute details that cumulatively made the event a success. Thanks Jocelyn!

Of note, it was particularly impressive that WVPA collected a total of 25 student scholarships for the Spring CE Event. Since



we had 10 students attend (all fully funded), we are planning to use the remaining 15 scholarships toward Fall Conference registrations for students. We hope you will join us in Charleston in October for this next event – for the students, it will be first come first served when accessing these leftover funds to cover a great day of training!



West Virginia Psychological Association

2017 Fall Conference and WVPA

Annual Meeting

October 6-7, 2017 Charleston Marriott Town Center

“Psychologists’ Pivotal Role in Health Care”

Conference Highlights

“Addressing Suicide Risk and Meeting the Behavioral Health Care Needs of Veterans”

“Rural Ethics: Translating the Ethics code for Rural Practice”

“Psychology Internship Bootcamp”

“Ethical Issues In Child Abuse Cases”

Substance Abuse: What are “THEY” Thinking?

“Avoiding Stigmatization and Improving Clinical Outcomes in LGBT Populations”

“13th Annual Psych Bowl”

“Student Poster Session”



