



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

Upcoming CE Events:

- October 17th, 2015**
Sexual Issues in Psychotherapy: 6 hours towards Basic Competency
 Tiger Devore PhD
 Reno 6 CEs
- February 19th, 2016**
Understanding the ICD-10-CM: Concepts and Considerations in the DSM-5 Crossover
 Greg Neimeyer, PhD
 Las Vegas 6 CEs
- April 29th, 2016**
 NPA Annual Conference
Ethics & Risk Management in the Age of The Affordable Care Act
 Daniel Taube, JD, PhD
 Reno 6 Ethics CEs



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2015 Spring Newsletter

~ ~ ~ ~ ~ A Message from our President ~ ~ ~ ~ ~

When I joined NPA as a graduate student at UNLV, I never thought I would have the opportunity to be its President. This position has been held by many of my own mentors, esteemed colleagues and incredible leaders who helped shape our organization. My election as President I consider to be a testament to NPA's continued commitment to developing emerging leaders and supporting early career psychologists. I am honored and ecstatic to be part of that!



Over the past couple of years, as a member of the Executive Board, I have had the privilege of working together with Drs. Melanie Crawford and Susan Ayarbe who laid the foundation and then initiated implementation of our Strategic Plan. This past year, Dr. Whitney Owens worked diligently on many of the strategic objectives. I hope to emulate such productivity in the upcoming year by continuing to work on identified targets to help us attain our goals.

One of our strategic objectives is to increase our financial stability. Considering that I have spent the last two years as the Treasurer of NPA, this goal will be a high priority. Since a significant portion of revenue is generated by continuing education (CE) workshops, we will endeavor to select topics for CEs which the majority of members would attend. Membership dues constitute our other fiduciary driver. Of those who completed the annual survey earlier this Spring, approximately 83% endorsed the utilization of automatic membership renewal. That will be just one of the ways we plan to stabilize finances in the upcoming year. That way, we will be able to allocate monies on producing CEs, continue advocating for psychology with the help of our Lobbyist Bryan Gresh and keep the organization running smoothly with the help of our Executive Director, Wendi O'Connor. Members can facilitate this goal by attending our CEs, encouraging fellow NPA members to renew their membership, select the automatic renewal option, and telling local psychologists who are not yet members of NPA the reasons for being a part of this wonderful organization.

Also this year, we will continue to work on the strategic goal of developing effective leaders. We are a small state, not in physical size, but in regards to the ratio of psychologists per capita. We have streamlined certain aspects of the process for training our future leaders and will continue to do so. By encouraging members, we can grow not just our leadership but the strength of our organization as a whole. On that note, I encourage members to think about whether they are interested in getting more involved. Many may not be ready to be nominated as President at this point, but perhaps there is interest in serving on the Executive Board, a Regional Board and/or on one of our committees.

And, that is not all we hope to accomplish! The Strategic Planning meeting this year was structured differently than previous years with the general membership being invited to the brainstorming portion of the process and then the Executive Board meeting to distill and discuss each idea generated. It is with eager anticipation that I await the voting process to determine which of the ideas generated will be added to our goals for the upcoming year. The energy from this meeting paired with the selection of the individuals dedicated to continuing to support and move NPA forward has instilled in me the utmost confidence that this is going to be yet another exciting year for NPA! Please stay tuned!

~ Robyn Donaldson, Ph.D., 2015-2016 President

2014-2015: A Year in Review by Whitney Owens, Ph.D.

Time flies when you are having fun! I can't believe that this past year has gone so quickly. We have been busy continuing to implement our strategic plan and I am pleased to report that we are well on our way with our strategic objectives. While many of the goals we have worked on this year may not be visible to the membership as a whole, we have worked hard this year to secure the foundation and infrastructure of the organization that will allow NPA to grow and be strong and sturdy for years to come.

Our membership has continued to grow and again we are at an all time high. We continue to search for ways to incorporate new members into the organization and encourage non-members to join and reap the benefits that NPA provides. **If you know anyone who is not an NPA member, please take a few moments to discuss the benefits of membership with them and encourage them to join.** Financially, the organization is still in the black, and we hope to continue to offer high quality CE programs that meet the needs and interests of our members.

Maximizing organizational efficiency and developing effective leaders has been a passion of mine over the past year. We have developed processes to help new leaders in the organization feel supported and encouraged, to be knowledgeable and empowered, and to advocate for their fellow psychologists. We have been creating processes to reduce redundancy and to help us thrive with the low number of volunteers that we have to run the organization. We are ***always*** looking for more volunteers and leaders to help us continue to grow a sustainable and thriving organization.

We are well on our way through our strategic roadmap and I am looking forward to supporting and encouraging Dr. Robyn Donaldson on her upcoming journey as President of NPA.

Sincerely,

~ Whitney Owens, Ph.D., Past-President, Nevada Psychological Association

2015 NPA Award Winners



James Mikawa Award for Outstanding Contributions to the Field of Psychology: NPA presented **Marta Meana, Ph.D.** with the 2015 James Mikawa Award in recognition of her substantial contributions to research within the domains of women's health and human sexuality, her role as editor for multiple scholarly journals, as well as her service as President to the Society for Sex Therapy and Research. She was commended for her many years of excellence in teaching and mentorship of students and ECPs

Left to right: Robyn Donaldson, Marta Meana, Lindsey Ricciardi

Outstanding Advocacy Awards: NPA awarded **Laura Drucker, Psy.D.** (not in attendance) and **Lindsey Ricciardi, Ph.D.** for their many years of service to the NPA Legislative Committee, demonstrating a strong commitment to advocating for psychology in Nevada with their willingness to review bill drafts, give thoughtful and informed feedback as well as providing testimony during legislative session.

Outstanding Contribution to NPA Award:



NPA recognized **Susan Ayarbe, Ph.D.** for her many years of service to the NPA Executive Board. She has gone above and beyond her job description by initiating and facilitating the development of NPA's first ever Strategic Plan. Her expertise in business consulting and innate ability to collaborate with others has greatly impacted NPA. NPA recognized **Whitney Owens, Psy.D.** for her many years of service to the Southern Region and Executive Boards. As PEC chair, she developed our Social Media Policy, and created and oversaw our Facebook and Twitter accounts.

Left to right: Melanie Crawford, Susan Ayarbe



Special Recognition Award:

NPA recognized **Bryan Gresh, NPA Lobbyist**, for his 16 years of dedication and exemplary work in representing NPA and advocating for psychology in Nevada.



Left to right: Lisa Linning, Lindsey Ricciardi, Whitney Owens



Left to right: Robyn Donaldson, Whitney Owens

NPA
Recognizes
the
Hard Work
Of its
Members
at our
2015
Annual
Business
Meeting!

Legislative Update by Lisa Linning Ph.D. & Laura Drucker, Psy.D.

As the 2015 Legislative Session winds to a close, we are starting to catch our breath. It's always a busy four months, and this year we were actively tracking some 40 different pieces of legislation. Several of these bills will have a significant impact on the practice of psychology:

- AB 292 establishes provisions for providing **telehealth** services in Nevada
- AB 6 improves access to services for children with **autism**. Among the provisions of this bill, NBOPE will continue to regulate the licensure and practice of behavior analysts and assistant behavior analysts, but technicians/tutors (formerly CABI) will now be registered with the national association (RBT) and regulated under the license of the BCBA or licensed psychologist
- SB 15 added "**Tarasoff**" **Duty to Protect** provisions for mental health providers
- SB 7 and AB 91 addressed **Legal 2000** practices, attempting to add practitioners who are able to certify/decertify emergency Mental Health admissions. AB 91 was defeated; SB 7 was amended and passed both houses
- AB 289 created an Interim Healthcare Study Committee to establish **Regionalized Mental Health authority** in Nevada
- AB 93 adds a requirement for **suicide prevention training** to the licensure of all healthcare and mental health care professionals
- SB 353 **prohibits the practice of conversion therapy** to change sexual orientation of minors

Additionally, NPA tried to address changes to current NRS statute 89.050. Known as "corporate practice" laws, we sought support from Sen. Joe Hardy to introduce legislation that will allow physicians to form professional corporations with mental/behavioral health providers (psychologists, MFT's, LCSW's). Despite broad support from psychiatry and a range of medical practitioners, the legislation was not introduced this session. Senator Hardy is supportive of addressing this issue through the Interim Healthcare Committee in preparation for the 2017 session.

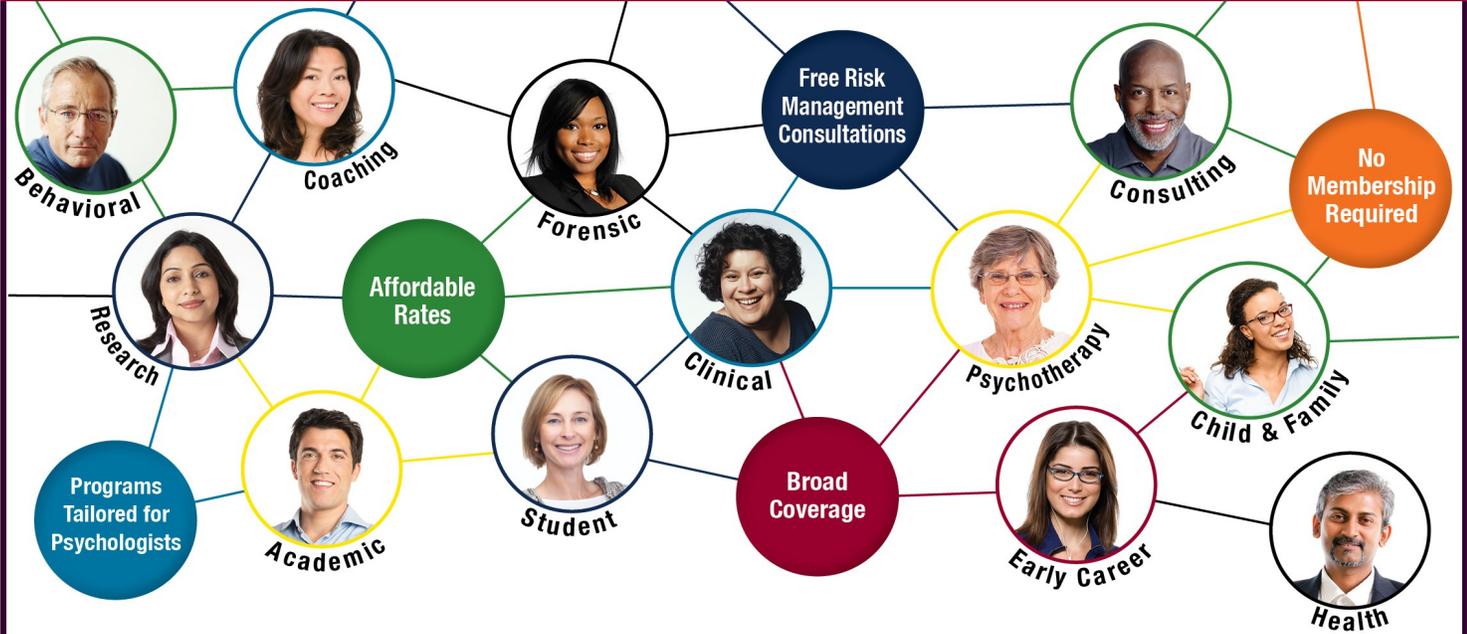
NPA was actively involved during the 2013/2014 Interim Healthcare Committee meetings, and we will be active again in 2015/2016. We have become "players" at the table with legislators and other healthcare providers, sharing our expertise as lawmakers attempt to improve mental/behavioral health services in Nevada.

As always, volunteers to the NPA legislative committee gave hours of their time to monitor legislation, write letters in support or disagreement, and testify in Carson City. We focus on bills that impact the practice of psychology and our scope of practice licensure, making sure psychologists are represented in legislation impacting mental/behavioral health services in Nevada. Countless additional bills such as gun violence prevention, bullying, and human trafficking are issues the committee monitors but does not currently have the resources to address. We invite feedback from membership about the activities of this committee and your thoughts about additional advocacy for which NPA can or should engage?

~ Lisa Linning, Ph.D. and Laurie Drucker, Psy.D.

NPA Legislative Committee Co-Chairs





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2015 NPA Strategic Planning Meeting—Saturday, May 9th, 2015 in Las Vegas, NV

During this year's Strategic Planning meeting, the general membership was encouraged to attend the morning portion during which the organizational structure of NPA and review of the year was provided. Members then separated into groups where they brainstormed specific methods and activities, call Translators, that would move us closer to achieving our Strategic Business Objectives (SBOs). During the afternoon, the Executive Board combined these new ideas with the remaining translators and identified which ones required further research. Each SBO and the potential translators are identified below:

Developing Effective Leaders

- developing a mentorship program
- increase the involvement of students and early career psychologists
- Increase participation of members in committees
- developing leadership training.

Growing Our Membership

- communicating challenges, accomplishments, and goals
- a digital and trial listserv membership
- improving the Find a Psychologist function
- encouraging members to offer low-cost CEs
- increasing member use of technology
- reaching out for college and university faculty memberships.

Increasing Financial Stability

- increasing the number of automatic renewals
- considering automatic renewals as the default option in 2016
- increase non-dues revenue, increasing CE workshop sponsorship, investigating webinars
- investigating grant writing
- providing a table at the Annual Conference for renewing membership with an "iPad,"
- providing CE training for sponsorship recruitment
- becoming a CE provider for suicide CEs for all mental health professionals
- teaming with UNLV's The Practice
- hosting a Gala Fundraising event
- expanding the online donation options, implementing a Social Media Campaign, merchandise creation.

Maximizing Organizational Efficiency

- maximizing the use of new and emerging technology to better communicate with membership
- increase effectiveness of legislative communications
- investigating web-based technology for board and committee meetings
- investigating use of a marketing intern
- investigate ways to increase effectiveness of NPA listserv
- investigating use of website for sound bytes of important information.

The Board decided that the following translators would require research and written proposals for further discussion during the next board meeting:

- investigating the use of a marketing intern
- maximizing use of new and emerging technology to better communicate with membership
- communicate challenges and accomplishments to make benefits explicit
- improve the Find a Psychologist function
- hosting a gala fundraiser.

Finally, individuals were selected as key leaders to create proposals for review during the June Executive Board meeting.



Afternoon session with NPA Executive and Regional Board Members



Whitney Owens, past President reviews Translators from morning session



Travis Loughran, APAGS rep, Leisze Lapping-Carr, UNLV campus rep, and Susan Ayarbe, NPA Secretary

2015-2016 Nevada Psychological Association: Executive Board Members



Robyn Donaldson, Ph.D. graduated from UNLV's Clinical Psychology doctoral program. She completed her pre-doctoral clinical internship at the Counseling and Psychological Services (CAPS) of Oregon State University and post-doctorate year at Healthy Minds in Las Vegas, Nevada conducting disability assessments and individual therapy. After earning her license, she started her private practice in Henderson, Nevada providing psychotherapy to adults. Last October, she accepted a full time position with UNLV's CAPS as a Staff Psychology and continues to maintain her private practice on a limited and part-time basis. Prior to becoming President of the NPA, she served as UNLV campus rep and two years as Treasurer.

President-Elect and ECP Co-Chair: South—Bree Mullin, Psy.D. was born and raised in Las Vegas, Nevada. In 2003, she earned her bachelor's degree in Psychology from the University of Arizona and in 2011, she earned her doctoral degree in Clinical Psychology from Alliant International University in San Diego, California. She returned to Las Vegas to complete postdoctoral training and provide mental health services to the residents of Clark County. Bree became licensed in 2013 and now a private practice working with children, adolescents, adults, and families in clinical & forensic settings.



Past-President: Whitney Owens, Psy.D. has been involved with the NPA since moving to Las Vegas in 2008. She has enjoyed her service in NPA, from Southern Region President to President of the Executive Board. Professionally, Whitney is an ECP who became licensed in the Spring of 2009. Her specialties include eating disorders, addictive disorders, depression, anxiety and relationship issues. She has a full time private practice in Henderson.

Secretary: Susan Ayarbe, PhD. received her degree in Clinical Psychology from UNR in 1988. After working for eight years at the Rocky Mountain Multiple Sclerosis Center in Denver, Co as a staff neuropsychologist and research assistant, Susan spent the next six years in corporate consulting, providing training in process improvement and change management. After moving to Reno, Susan started her private practice, which is focused on the neuropsychology assessment of children and adolescents.



Treasurer: Adrianna Wechsler-Zimring, Ed.M., Ph.D. worked in the field of education before earning her doctorate in clinical psychology at UNLV. After her completing her internship at University of Washington School of Medicine and her postdoctoral fellowship at Stanford University School of Medicine, Dr. Zimring returned to the greater Las Vegas area and established a private practice specializing on evidence-based practices with children and adolescents. She also serves as an adjunct faculty member at both Stanford and UNLV. Dr. Zimring has been a member of NPA since her time as a doctoral student at UNLV.

Diversity Chair: Johanah Kang, is a Clinical Psychology Doctoral Student at UNLV who is passionate about all things diversity related. She will complete her internship at the Veteran's Affairs Puget Sound Health Care System in August 2015 and return to Las Vegas for two-year post-doctoral residency in Neuropsychology. The Diversity Committee plans to continue promoting diversity issues in NPA and Nevada in the upcoming year.



ECP Co-Chair: North: - Ruth Gentry Ph.D. earned her degree from UNR in 2010 and is licensed in California and Nevada. She completed her internship and postdoctoral fellowship in integrated care/health psychology at the West Los Angeles Veterans Affairs. She is in private practice in Reno specializing in treatment of sleep disorders, chronic pain, anxiety, depression, and PTSD.



APA Council Rep: Lisa Linning, Ph.D. is a Licensed Psychologist at DRC, Children's Program, in Las Vegas and part-time private practice. She is involved with treatment of severely abused and disabled youth through research, youth corrections, residential and inpatient treatment centers, and outpatient services. Dr. Linning started with NPA in 2002 as UNLV/APAGS rep, spent several years on the Southern Board and committees

APAGS Rep: Travis Loughran (UNLV) and Allison Ruork (UNR) Campus Reps: Leiszle Lapping-Carr (UNLV) and Eddie Eraco (UNR)



2015-2016 Nevada Psychological Association: Regional Board Members



Northern Regional President: Yani Dickens, Ph.D., CC-AASP is a Licensed Psychologist and certified sport psychology consultant working as the director of training at the UNR Counseling Services and also in private practice. He provides training to UNR clinical psychology doctoral students, psychology interns, and postdoctoral fellows. In addition, he provides student athletes with counseling and sport psychology consulting services as an adjunct clinical faculty member with the University of Nevada School of Medicine. He is also adjunct faculty with the UNR Psychology Department.

Northern Regional Vice-President: Elysse Kompaniez, Ph.D. received her Ph.D. in Cognitive and Brain Sciences from the University of Nevada, Reno and she is currently respecializing in clinical neuropsychology. Elysse's interests as a psychologist include the neuropsychological assessment of children and adolescents. She is excited to become involved in NPA and looks forward to the upcoming year.



Northern Regional Secretary: Kelly Cramond, Ph.D. is a Clinical Neuropsychologist and Certified Brain Injury Specialist. She graduated from Brigham Young University in 2010 and is currently employed by Rehab Without Walls and the VA Sierra Nevada Health Care System in Reno, NV. She and her husband (Dr. Alex Cramond) also manage Summit Neuropsychology, PLLC, a private practice which includes outpatient neuropsychological evaluation, concussion management, and cognitive rehabilitation.

Northern Region Treasurer: Kris Harris, Ph.D. is a Licensed Psychologist and graduated from Southern Illinois University Carbondale in 2013. She completed her postdoctoral fellowship focused on eating disorders at University of Nevada, Reno's Counseling Services, and currently works at VA Sierra Nevada Health Care System conducting outpatient individual and group therapy with veterans experiencing a range of mental health concerns.



Southern Regional President: Sarah Ahmad, Psy.D. is a native of Las Vegas and received her B.A. from UNLV. She completed her graduate work in California and then secured a Postdoctoral Fellowship in Las Vegas at Desert Psychological. Following completion of her postdoc she remained with Desert Psychological and currently assists with the training program as a licensed psychologist. Eager to actively participate with NPA, she now is serving her second term as Southern Region President for the Southern Board and looks forward to the upcoming year.

Southern Regional Vice-President: Kelly O'Neil, PhD has worked at Desert Psychological for 4 years, completed her postdoctoral fellowship under the supervision of Dr. Stephanie Holland and is now a licensed psychologist. Her therapeutic training has focused on services provided to adjudicated youth at Caliente Youth Center; and, individual, family and couples therapy provided to those in the Las Vegas area.



Southern Region Secretary: Ana Olivares, M.A. is a post-doctoral fellow under the supervision of Lindsey Ricciardi, PhD. A native of Los Angeles, CA, she completed her undergraduate studies at California State University, Los Angeles. She earned her PsyD from The Chicago School of Professional Psychology in December 2014 and completed all of her clinical training in Las Vegas. She currently provides individual and group therapy with a specialization in the diagnosis and treatment of eating disorders and weight-related issues.

Southern Region Treasurer: Emily Slife, Ph.D. is a Psychologist at the UNLV Student Counseling and Psychological Services, where she serves as the Training Coordinator and the Eating Disorder Treatment Team Coordinator. Dr. Slife is excited to be getting involved with NPA and is looking forward to serving in this role.





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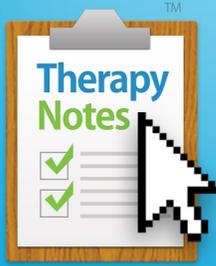
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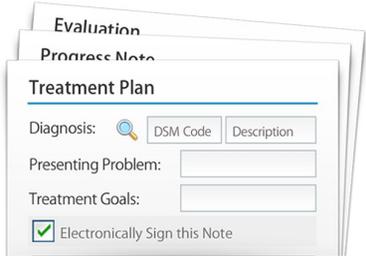
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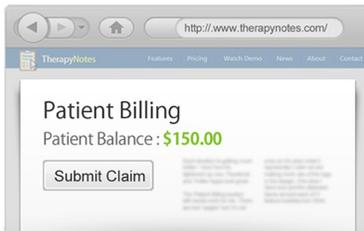
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Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

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Kathleen Bremer, PCC-S

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The View from Carson City by Bryan Gresh, NPA Lobbyist

We've entered the homestretch of the Nevada Legislature for 2015. By the time this hits your inbox, the time remaining here in Carson City will be counted in days. Much has happened since early February. **The NPA Legislative Committee, chaired by Lisa Linning with help from Laurie Drucker**, has been as active as any legislative committee in the history of NPA.



A number of major issues remain in play as this column goes to press, but the larger view must be taken of the wide reach NPA exercised during Nevada's 78th Legislative Session. Where to begin?

- **AB 6** focused on removing State Psychology Board certification for Certified Autism Behavior Intervention Specialists (CABIS). The Legislative Committee felt strongly about this bill and NPA testified during the hearing. Our main objection: if CABIS were to lose Board certification, they should face with similar requirements.

- NPA was at the table again, testifying on **AB 91**, a bill which proposed to expand the providers who could a person on a Legal 2000 hold. Just as importantly to NPA, who can decertify a person under a Legal 2000. The list of providers to decertify was too broad, we argued.

- **AB 93** added two CE's of evidence-based suicide prevention and awareness annually. NPA was strongly opposed to **AB 269**, a bill that would have done away with the state's Board of Psychological Examiners, among other occupational Boards.

- On the Senate side, examples continued. NPA expressed its concerns on **SB 7**, a parallel bill to the Assembly's AB 91 on Legal 2000 holds.

- We weighed in on **Senate Bill 15**, the legislature's Tarasoff bill. We ensured psychologists did not fall off the list of "providers of healthcare" in **SB 84**. Last session, psychologists appeared, then magically disappeared from certain bills before we would have to lobby to have them put back in. Fortunately, the challenge wasn't as elevated this session.

- NPA was supportive of a measure to allow Nevada become the first state in the nation with a psychology compact. And we authored testimony in support of **SB 353**, Senator David Parks' bill prohibiting sexual orientation **conversion therapy** to a minor.

- And we stood in support with the sponsors of legislation to establish a **statewide mental health hotline**.

A couple of issues remain in play for NPA as we round the corner to home in these last few days of the session. Key among them, the opportunity for psychologists to enter into business partnerships with psychiatrists. We'll be working on this **Corporate Practice of Medicine** bill until the final hours, it appears. Senator Dr. Joe Hardy has, once again, proved his understanding of, and support for, Nevada's psychologists. Afterwards, once the dust settles, we'll be able to delve a bit deeper into the legislative muck and report on those issues.

It's been an amazing session, thanks to your legislative team:

Team leaders: Lisa Linning, PhD, Laura V. Drucker, PsyD (also Co-chair) and Lindsey Ricciardi, PhD.

Team members: Dan Gunnarson, PhD, Megan Freeman, PhD, Melanie Crawford, PhD, Ruth Gentry, PhD, Robyn Donaldson, PhD, Adrianna Wechsler-Zimring, PhD, Michelle Pitts, MA, Ian Pritchard, PhD, and Noelle Lefforge, PhD.

Help with testifying: Judy Phoenix, PhD, Richard Baldo, PhD, Laurie Drucker, PsyD.



Commission on Behavioral Health Update by Paula Squitieri, Ph.D.

The Commission on Behavioral Health and Developmental Services is charged with sending the Governor a report in January of each year. Here are some of the highlights:

Children's Behavioral Health:

- In July 2014, the Interim Finance Committee of the Nevada Legislature approved Governor Sandoval's request to expand DCFS's pilot program for mobile crisis intervention services. A total of 27 new positions were funded in order to expand the services statewide. All of the newly funded positions have been filled and services expanded throughout Clark and Washoe. Children's behavioral health mobile crisis teams provide services to children and families referred by schools, emergency rooms and local law enforcement personnel. DCFS estimates the program has prevented the need for psychiatric inpatient hospitalization for approximately 91% of the youths served by the program thus far.

- Over the past year, the Department of Health and Human Services has begun to implement a program that allows hospitals to determine presumptive Medicaid eligibility for their patients. Provider training has been initiated and hospitals began implementing the program on January 1, 2015.

- In early Fall, 2014, the Commission and the four Consortiums (Washoe, Clark, Rural and State) formalized itself and became the Commission on Behavioral Health: Children's System of Care Behavioral Health Subcommittee. This committee is comprised of voting representatives of organizations, public and private throughout the state. They have been focusing on building the system of care component for school based behavioral health programs.

Adult Behavioral Health:

One of the strides that the Division of Public and Behavioral Health has made this past year to address workforce development is to fund the Nevada Psychology Internship

Consortium, for the 2015-2016 internship year. This program has been designed to provide broad and general clinical training while emphasizing the diversity and service provision to Nevada's unique populations. The Nevada Internship Consortium will offer four (4) internship slots in the first year, with training opportunities available in outpatient community mental health clinics, inpatient psychiatric facilities, forensic services, child and family mental health services, and the provision of psychological services across the age spectrum. All interns will complete major training experiences in Behavioral Health Intervention, Assessment and Systems Collaboration, as well as optional minor rotations that carry across internship sites. The Nevada Psychology Internship Consortium participated in the National Match this year and has accepted its first cohort of interns, to start in August 2015. This program, while new, is being developed from the ground up with accreditation by the American Psychological Association in mind and will meet all requirements for accreditation eligibility. This is such an important step in the right direction for recruiting and hopefully retaining high quality psychologists in our state.

Update from NPA's Diversity Committee by Johanah Kang, MA, Diversity Chair

In [Building a House for Diversity: A Fable About a Giraffe and an Elephant Offers New Strategies for Today's Work-](#)

[force](#) (Thomas & Woodruff, 1999), the authors share a fable about a friendship between a giraffe and an elephant. Their friendship becomes threatened when a house built for a tall, lean giraffe cannot accommodate his friend, an expansive, hulking elephant. This fable is a light-hearted metaphor that illustrates the difficult issues inherent in diversity. The giraffe represents the main group – it is his house and he is in charge. The elephant represents the other group. Although he is warmly invited and welcomed, he is an outsider in the giraffe's home and always will be. The house was not built with the elephant in mind.

I had the opportunity to attend the March 2015 Diversity Leadership Development Workshop sponsored by Division 31 of APA, where I heard of this fable, and wanted to share some highlights from the workshop with you. We started the workshop discussing how being a part of the other group, like the elephant, can make it difficult to feel confident about pursuing leadership roles. However, the image of leadership is evolving, and now includes recognition of an individual's culture and gender variables as an important part of their identity that may allow them to be more effective leaders. Thus, an individual treating their diversity like an expertise to be effortlessly utilized as an additional leadership skill can generate an increased sense of confidence about what that individual brings to the table. Moreover, one should remember that leadership happens by design, not by default. Self-reflection on one's competency, confidence, authenticity, and effectiveness may help an individual assess their leadership readiness more objectively.

Giraffes and elephants working together can build a more inclusive house for diversity.

If you'd like to be a part of NPA's Diversity Committee, contact Johanah Kang (kangj@unlv.nevada.edu). I look forward to meeting you!

Respectfully,
~ Johanah Kang, M.A.

References:

Thomas, R.R. & Woodruff, M.I. (1999). *Building a House for Diversity: A Fable About a Giraffe & an Elephant Offers New*



2015 APAPO State Leadership Conference, Washington D.C. 3/14—3/17/15

The 2015 State Leadership Conference proved again to be an invaluable and exciting experience for me this year. By far, the best experience for me was lobbying on Capitol Hill. Being my third year, I felt empowered and excited to speak with lawmakers and advocate on behalf of psychologists. The conference focused on being a good storyteller to help lawmakers understand what is at risk by not including Psychologists in the Medicare physician definition and not including us for Electronic Health Record incentives. Discussing how these laws are impacting our businesses, and more importantly our clients, made a noticeable difference in how the lawmakers listened and understood our concerns. I encourage each and every one of you to consider going to State Leadership Conference at some point in your career. It is important that we take time and ownership to advocate for ourselves and our clients to ensure that mental health and psychologists have a voice in Washington D.C.

~ Whitney Owens, Psy.D., Past President

*In front of the Supreme Court Building,
(Left to right) Back row: Travis Loughran, Johannah Kang
Middle row: Melanie Crawford, Wendi O'Connor,
Whitney Owens, Robyn Donaldson
Front row: Sarah Ahmad*



Perspective of SLC from our APAGS Student Rep:

This Spring I had the privilege to attend the APAPO State Leadership Conference (SLC) as an APAGS student delegate. As this was my first time attending the SLC, I was a little unsure of what to expect, equipped only with an anecdote from one of my professors that it would be a transformative experience. After attending, transformative would be an understatement. As a student delegate, I was invited to an intensive advocacy training with other student representatives from around the country. This training focused on many salient topics to psychology graduate students, such as how to address the internship crisis, ways to advocate for psychological research and how to grow an active and engaged student membership within APA. This training helped prepare me for the rest of the SLC and to make the most out of this great opportunity. The conference included engaging keynote speakers, thought-provoking talks and great networking opportunities; all of which culminated with a visit to Capitol Hill, where I had the opportunity to meet with Nevada's congressional representatives and their staff.

What made the SLC experience so exciting was the impact I was able to have as a graduate student. In a conference filled with seasoned psychologists whom many have attended SLC multiple times, I always felt that my perspective as a graduate student was not only respected, but also encouraged to be shared amongst the thoughts of others. Many of the topics at the SLC centered on the role that psychologists play in the greater healthcare world, and as a future psychologist this is a topic that greatly affects my future as a professional. It was refreshing that my views were so welcomed.

Overall, my main take away from the experience was the importance to take an active role as an advocate for the field of psychology as soon as possible. Whether at SLC or back on campus at UNLV, there is too much at stake to wait until after I graduate to become active. Being engaged as a student sets a precedent for being an engaged professional, and helps to shape the future of psychology!

~ Travis Loughran, APAGS Representative

2015 State Leadership Conference, Washington DC 3/14/15—3/17/15

This year constituted my second venture to SLC, but this time in the role of President-elect. Still considered an early career psychologist (ECP), I listened intently as other state organizations described how they are attempting to increase participation of “the next generation,” which include utilizing social media, implementing webinars, etc. The general theme of this year focused on “Practice Innovation” and emphasized assisting our field in better adapting to current changes. As such, many of the ideas generated to encourage ECP involvement were also enthusiastically recommended for reaching all members.

The Plenary Session in particular impacted me. It was titled: “Change the story, change the world.” Andy Goodman discussed the importance of using stories to carry one’s message. Part of the intrigue for me sourced from the personal quest to better utilize metaphors as a tool in psychotherapy, specifically Dialectical Behavioral Therapy. But Mr. Goodman’s message went further to include how we could also communicate more effectively with the legislators we would be meeting later during the conference. This recommended shift in how to approach our visit to Capitol Hill provided such a relief! It had been a bit nerve-wracking the first year to attempt to “down load” into our brains the numerous and important facts, memorize them, travel to “the Hill” and then spend whatever time allotted in trying to persuade our state politicians to advocate or continue advocating for psychologists. And, here was Mr. Goodman encouraging us to simply tell our story: make it personal; make it real. This was definitely empowering, and, I hope, even more effective! Another session, this one in workshop form, was called “Understanding the ICD-10-CM.” With all honesty, given the title, I was expecting a rather lackluster presentation. However, that was far from what I experienced from the workshop’s dynamic speaker, Dr. Greg Neimeyer! He reviewed the history of the ICD and philosophy behind its creation as well as comparisons between it and the DSM. I felt I learned more about the various iterations of the ICD and now feel less intimidated about implementing. I would highly recommend attending one of Dr. Neimeyer’s workshops or presentations if given the chance!

Attending SLC for the first time felt like a semi-structured walk through a whirlwind of activity. This second time around, all of the excitement and urgency were definitely still present but the additional experience turned the sensation of stumbling through the conference to that of re-learning the steps of a familiar dance. Connecting with other President-elects provided insight into the struggles other states are experiencing as well as inspiration for handling potential issues in the future. Our lobbying efforts provided another reminder that we as psychologists need to advocate for our field and our profession. We all need to be active participants in the democratic process. For those years when will not be possible for me to join our team in Washington, D.C., I will continue to be a part of the process by donating to our PAC fund, being a member of the Legislative Committee, communicating with other psychologists about these important legislative issues and by writing letters to our representatives because, yes, it IS that important.

~ Robyn Donaldson, NPA President 2015/16



March 14, 2015



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Thank You

to the **Committee for the Advancement of Professional Practice (CAPP)** for awarding
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