



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

Upcoming CE Events:

- **February 18th, 2022**
Suicide Prevention
Megan Freeman, Ph.D.
Las Vegas · 2 Suicide CE Credits
- **March 4th, 2022**
Eating Disorders
Lindsey Ricciardi, Ph.D.
Las Vegas · 6 CE Credits
- **April 22nd, 2022**
30th Annual Conference
Ethics & Risk Management
Daniel O. Taube, J.D., Ph.D.
Reno · 6 Ethics CE Credits
- **September 23rd, 2022**
The Legal & Ethical Game
Show Challenge
Clifton Mitchell, Ph.D.
Las Vegas · 6 Ethics CE Credits
- **October 21st, 2022**
Suicide Prevention
Kristen Davis-Coelho, Ph.D.
Reno · 2 Suicide CE Credits
- **November 11th, 2022**
Timely Topics in Clinical
Supervision
Michelle Paul, Ph.D.
Las Vegas · 3 CE Credits
- **Cultural Competency**
Speakers and dates tbd
2 Cultural Competency CE Credits

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2021 Fall Newsletter

IN THIS ISSUE....

THE APA APPORTIONMENT BALLOT - What it is and why you shouldn't just throw it away!

What is it? The Apportionment Ballot is used to determine the makeup of the **APA Council**. All APA members have ten votes that they can allocate to different divisions within APA. The ballots will arrive in early November.

What is the APA Council? It is the APA's chief governing body and it is the final decision making body. The APA Council votes on multiple issues that affect the practice of psychology everywhere, including here in Nevada. The APA Council votes on key issues such as budgets for state associations (like NPA), policy documents and guidelines that impact professional practice.

What should I do? First of all, don't throw away the ballot. In the event that you are not sure how to allocate your votes, please keep in mind that [NPA Needs Your Votes](#) and that you can allocate all ten votes to your state organization! We want to keep a strong voice on the council so that NPA and Nevada psychologists are appropriately represented.

(for more details, see Page 11)

Also, take a look inside to receive the latest information on topics relevant to Nevada

- **Update from our 2021/22 President, Dr. Tara Borsh**
- **Update from our Legislative Committee**
- **What's New with PSYPACT?**
- **2022 Continuing Education Calendar (includes both Ethics & Risk Management and Suicide Prevention)**
- **Article: Telepsychology: Like it or not, it's here to stay**
- **Are your 2021/2022 NPA membership dues current?**

Check the lists on Pages 14-15. If your name is not on the list, you still need to renew your dues for 2021/2022. Renewing is easier than every now, just visit our website at www.NVpsychology.org/join-renew

~ ~ ~ An Update from our President—Tara Borsh, PhD. ~ ~ ~

I realize I frequently find myself reflecting on the many direction's life takes in one month, three months, 6 months, etc. Although life in some ways has resumed to the new normal, there continues to also be so many "what ifs." I realize that as psychologists we must be mindful in this with the individuals we work with and with ourselves. Although, there are many positive aspects of day-to-day life returning, as well as the opportunities for attending bigger events, there continues to be the lingering stress and anxiety of the unknown. I recognize that although I feel the joy of being able to go out, I continue to feel ongoing stress due to the increased mental health needs in the community. This reminds me that the pandemic is not over, the stressors of the pandemic are not over, and that our state still has work to support our community and professionally serve our community. I continue to look for the stories of compassion, flexibility, and what we are truly capable of doing under pressure to remind me of our grit and resilience as a community. I know we continue to experience virtual fatigue and tentatively continue to make plans for return for more in-person engagement and trainings. NPA continues to balance these different avenues of gatherings, meetings, and CE opportunities. Last year, past-president, Dr. Hunt wrote about the staggering number of lives we have lost to COVID-19, along with the concerns centered around racism, diversity, and education for children struggling across the country. Although these areas do not appear to be highlighted in the news media, it remains important to remember that these continue to be detrimental to our country and especially our state. APA continues to highlight, research, and write these areas and they continue to be the areas we focus on within NPA. I encourage us all to share our stories of success, triumph, and strength, but also to continue to lean on one another when feeling overwhelmed and stressed. I also encourage us as an organization to not be afraid to fight for marginalized communities and continue to educate ourselves and our community on diversity, equality and inequity concerns that plague our society.

As president of NPA, I hold the mission statement of NPA strongly and reflect on what we are doing to advance and represent psychology as a science and a profession, as well as to serve the professional needs of its membership and the community. With continued flexibility and creativity, we have brought opportunities to partner with community organizations to offer CE trainings virtually (and anticipating that we can offer CEs in person, virtual, and/or hybrid in the spring), increase collaboration between NPA committees, expand our use of technology to build our education library, and navigate changes to strengthen the legislative committee. This issue is filled with updates on all the other amazing activities our Executive Board, Regional Boards, and Committees are doing to enact positive change in Nevada through our Strategic Plan and 2021/22 Strategic Business Objectives: • Improve financial stability • Provide high quality service to members • Develop and support leadership • Advocate for psychology as a science and profession • Embed diversity and inclusion into NPA culture. Change and creativity have also brought opportunities to partner with community organizations to offer CE trainings, increase collaboration between NPA committees, expand our use of technology to build our homestudy library, and more.

Looking ahead to 2022, NPA's Legislative Committee is hard at work preparing to find a lobbyist that can fulfill the necessary tasks that will lead to an increase in networking efforts, knowledge in upcoming bills, and the ability to advocate for necessary and important mental health objectives that surrounds telehealth, licensing, mental health service delivery, and other topics important to our members in the 82nd Session of the Nevada Legislature starting in February 2023. They need your help to optimize NPA's advocacy impact, so I ask that you read their update and sign up to assist. I also hope that you will join the many opportunities that the diversity, equity & inclusion committee is providing to our members and students with multiple workshops, activities, lunch-and learns, and continuing education events. Finally, as I wrote this spring, I would like to see more NPA members and students become a part of our committees and bring their ideas to help us continue to be a small but mighty association. In this time, there is a need for psychologists more than ever to respond with our knowledge, our skills, and our advocacy to support our communities, each other, and the profession of psychology. Please consider joining one of our committees (<https://www.nvpsychology.org/about/committees/>) or email us at admin@nvpsychology.org to learn more about NPA. Please continue to be healthy, safe, and connected.

Tara Borsh Ph.D., 2021-2022 NPA President

NPA Legislative Committee Update—Fall 2021

The 81st Session of the Nevada Legislature produced a number of bills relevant to psychology and mental health services in Nevada. SB 70 clarified procedures for instituting a Legal Hold, SB 5 made telehealth services permanently available and reimbursable, AB 327 required all behavioral health providers to receive training in cultural sensitivity. We were excited to see many legislators interested in expanding access to care especially for underserved Nevadans and will continue to advocate for psychology's role in mental health delivery systems.

The Legislative Committee successfully implemented changes in the ways we track legislation and continues to recruit members to become involved in policy and advocacy based on their areas of expertise. We are gearing up for 2022 which will include our PAC fundraising drive and increasing our presence at the policy-making level by having members attend Interim session meetings of the health care committee and regional mental health boards.

In addition, we have consulted with the legislative committees of other small state psychological associations regarding their advocacy and lobbying practices. It became clear that we needed to make some changes with how we budgeted and utilized our lobbyist. This summer NPA and the Gresh Group decided not to renew their contract. We are grateful for Bryan's many years of guidance and will be looking for a new lobbyist to work with us in 2022.

We welcome the involvement of any psychologist with an interest in advocacy and policy making. As a small state, Nevada provides many opportunities for direct engagement with legislators, and we continue to be successful in promoting psychologists as experts and advocates. It is our hope that NPA will continue to be invited "to the table" along with other mental health interest groups as Nevada works to improve access to quality care and addresses the need for a diverse and culturally-sensitive workforce.

Laurie Drucker, Psy.D. & Christina Patterson, Ph.D.
Legislative Committee Co-Chairs

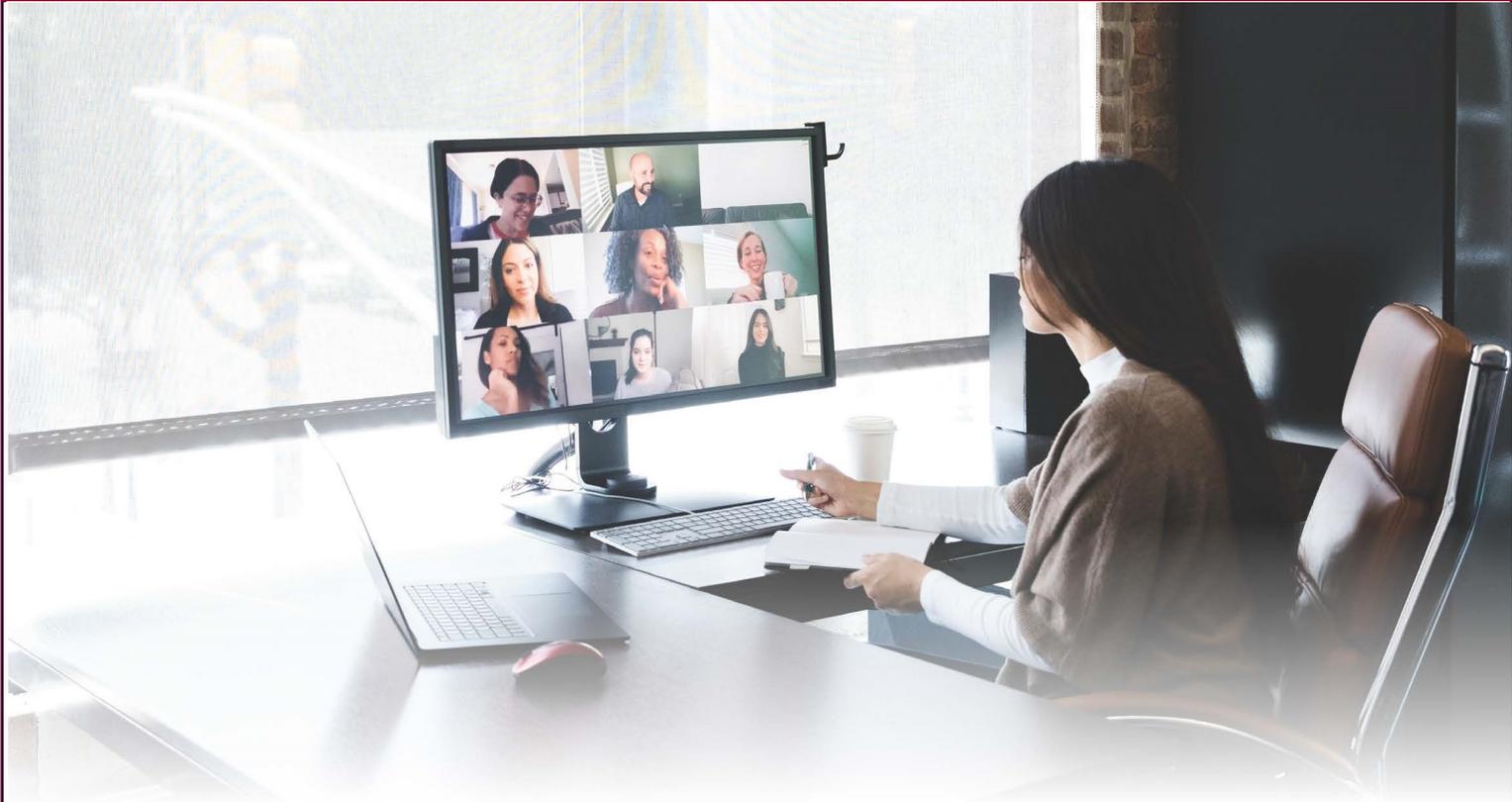


NPA Advocacy Benefits

NPA's advocacy efforts
are supported
by your membership in NPA.

NPA's advocacy benefits all
psychologists, NOT just those who
belong to our organization.

We thank you for continuing to
support the future of psychology
and those we serve through
your active membership
in NPA!



Professional Liability Insurance

The choice is easy – and so is switching!

Coverage that Changes with You

Our policy and supporting programs are tailored to meet your specific needs and to cover you whenever you perform psychological services.

Only The Trust offers the Advocate 800 Program that provides free and confidential consultations with licensed psychologists that have extensive legal, ethical and risk management expertise, not a “claims expert” like with other carriers.

When you're with The Trust, you're more than a policyholder. You're part of a community of like-minded peers with a common goal of making the world a better place, one patient at a time.

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- **Risk Management Consultations** - free, unlimited and confidential
- **Affordable Coverage Options** - choice of claims-made or occurrence
- **Multiple Premium Discounts** - some of which can be combined
- **Free ERP or "Tail"** - unrestricted, upon retirement, death or disability
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for psychologists, by psychologists!**

* Insurance provided by ACE American Insurance Company, Philadelphia, PA and its U.S.-based Chubb underwriting company affiliates. Program administered by Trust Risk Management Services, Inc. The product information above is a summary only. The insurance policy actually issued contains the terms and conditions of the contract. All products may not be available in all states. Chubb is the marketing name used to refer to subsidiaries of Chubb Limited providing insurance and related services. For a list of these subsidiaries, please visit new.chubb.com. Chubb Limited, the parent company of Chubb, is listed on the New York Stock Exchange (NYSE: CB) and is a component of the S&P 500 index.

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2022 Continuing Education Calendar

For more details and online registration, [CLICK HERE](#)

Evidence-based Suicide Prevention

Megan Freeman, Ph.D.

Friday, February 11th ~ Las Vegas, NV ~ 2 Suicide CE Credits

Tackling Eating Disorders: Risks, Prevention, Early Detection, and Evidence Based Interventions

Lindsey Ricciardi, Ph.D.

Friday, March 4th ~ Las Vegas, NV ~ 6 CE Credits

NPA's 30th Annual Conference

Perplexing Problems in Psychological Practice: Decision Science, Ethics & Risk Management

Daniel O. Taube, J.D., Ph.D.

Friday, April 22nd ~ Reno, NV ~ 6 Ethics CE Credits

The Legal and Ethical Game Show Challenge: Are You Smarter than a Fifth Grader?

Clifton Mitchell Ph.D.

Friday, September 23rd ~ Las Vegas, NV ~ 6 Ethics CE Credits

Suicide Prevention: Evidence-based Strategies for the Therapy Office and the Community

Kristen Davis-Coelho Ph.D.

Friday, October 21st ~ Reno, NV ~ 2 Suicide CE Credits

Keeping On Your Toes—Timely Topics in Clinical Supervision

Michelle Paul, Ph.D.

Friday, November 11th ~ Las Vegas, NV ~ 3 CE Credits

Also coming in 2022!

Cultural Competency/Diversity, Equity & Inclusion CE workshops

Speakers tbd ~ 1-2 Cultural Competency/Diversity CE Credits

Want to get more Involved with NPA? Join one of our Committees!

NPA Committees

Legislative: Advocates for psychology and psychologists by participating in the development of legislation and policies relating to mental and behavioral health services in Nevada. The Legislative Committee advises the Board of Directors of suggested legislative actions, and carries out such actions as approved by the board with the assistance of the NPA lobbyist. This may include proposing legislation to be introduced to the Nevada State Legislature, meeting with legislators, arranging for educational meetings about legislative matters for members and legislators, building relationships with others interested in mental health issues which are of common interest with psychologists, developing relationships with state agencies to further mental health services and acilitate the status and role of psychologists within the state. NPA's advocacy efforts are supported by your membership in NPA. NPA's advocacy benefits all psychologists, NOT just those who belong to our organization.

Continuing Education (CE): Responsible for the planning and execution of 4-5 continuing education trainings for licensed psychologists, mental health professionals and graduate students each year, including the Annual Conference.

Diversity, Equity and Inclusion (DEI): The Diversity, Equity and Inclusion Committee is dedicated to promoting diversity statewide in Nevada. This includes welcoming psychologists from diverse backgrounds as well as promoting culturally sensitive services and practices to the community. NPA has developed a Diversity Mission statement, which includes scientific and evidence-based information about working with diverse populations in our CE trainings. We strongly support full equity and inclusion of individuals of different genders, ethnicities, ages, backgrounds, sexual orientations, abilities, national origin, immigration status, and so on, within our organization and throughout our communities across the world.

Early Career Psychologists (ECPs): We are proud to have ECP's strongly represented on our regional and state boards, and send an ECP to the annual APA Practice Leadership Conference in Washington, D.C. NPA is committed to supporting the needs of early career psychologists by offering discounts on membership, opportunities to participate in monthly support group meetings, and extends a special welcome to newly licensed psychologists every fall at annual social events, held in both Las Vegas and Reno. We are active in recruiting ECP's to participate in committees and leadership positions in the state, and offer mentorship opportunities to interested psychologists.

Public Education Campaign (PEC): This is an APA-sponsored initiative. Interested psychologists can obtain a fully developed presentation kit, including marketing materials and power-point presentations, for use in giving presentations to local businesses and community groups. Current initiatives include campaigns on Mind/Body Health and Resilience and the Psychologically Healthy Workplace Awards. In 2014, APA added a new campaign initiative, Psychology: Science in Action, that demonstrates how translational science is unique to psychology and helps people in all areas of their lives.

Want more Info? Contact our Executive Director at admin@nvpsychology.org or (888) 654-0050

Update from our Diversity , Equity & Inclusion Committee

NPA's participation in this year's celebration of PRIDE was a success! Special thanks to Drs. Chapple-Love, Patterson, and Adams for their participation in both the parade and tabling! Additional thanks to Dr. Black and the many family and friends who joined us to decorate and walk in the parade! To my knowledge, this was our first year tabling at PRIDE and our presence was well received! We provided guidance on how to find LGBTQAI+ affirming therapists as opposed to LGBTQAI+ "friendly" therapists. Additionally, we presented facts, graciously provided by APA Division 44, that show that "Conversion therapy" is not therapy and is harmful. We are encouraged by the feedback we received and look forward to continuing to show our support!

Stephen Grey, Ph.D.
2021-2022 Diversity, Equity & Inclusion Committee Chair



Northern Region Board Update

The Northern Regional Board continues to adapt to pandemic restrictions while seeking ways to engage with our community. We have postponed our annual Fall Social until spring 2022 (look for information early next year) in the hopes that we can again gather safely in person. In the meantime, we continue outreach efforts to students, clinicians, and faculty at UNR and will be hosting a couple zoom meetings for newly licensed psychologists and students this fall. We encourage anyone who has an interest in learning more about NPA and who would like to become involved on the regional board to reach out to any board member.

Looking forward to 2022!
NPA Northern Regional Board

Public Education Campaign (PEC) Update

Over the past five months we reached out to NPA members asking if they would like to be a point of contact for various specialties. We have several names across a variety of specialties but we could use more. Whenever NPA is contacted by the media, we will refer them to those who identify as specialists in the area being discussed. For those who have not submitted your name or specialty, it's not too late. Send an email to NPA @ admin@NVPsychology.org indicating your willingness to be on the media relations list as well as your area of expertise.

Although being on the media relations list is not a referral campaign, many psychologist say that the increased visibility of doing these types of outreach has provided them with the kind of recognition that has proved helpful in marketing their practice.

In addition, many psychologist say that engaging in these types of outreach activities is very satisfying and makes them feel like they are giving back to their communities. Talking with the media about issues that matter to the public, as well as engaging in various activities (see Social Media Committee activities below) and making those face-to-face connections between psychologists and members of their communities increases awareness about practicing psychologists and the many ways psychologists help people develop skills and implement strategies for a healthier life.

If you engage in social media (FB, IG, Twitter), you may have noticed an increase in activity by members of the Social Media Committee. By dividing the various media platforms we have been able to increase our interaction with the public and you. While you will continue to find information on upcoming CEUs, you will also see posts related to a variety of topics such as Mental Health Awareness Month, Suicide Prevention, celebration of holidays, and even social awareness activities such as the Pride Parade and the Womens' March. Everyone is encouraged to post updates on social media and tag NPA (@NVPsychology).

Robert Moering, Ph.D., 2021-2022 Public Education Campaign Coordinator Chair

Thank you to our 2021 Diamond Level Virtual CE Sponsors!



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 24 hours a day, seven days a week.**

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If you or someone you care about is struggling with their mental health, know that you are not alone. Spring Mountain Specializes in behavioral health for children, teens, adults and older adults

- Inpatient and Outpatient Programs
- Telehealth & Tele-Assessments Available

Treatment for:

- Depression & anxiety
- Substance use (detoxification)
- Co-Occurring Issues
- Other mental health conditions



Residential Treatment for Kids

Willow Springs Center is a secure, locked 116-bed medical model residential treatment facility for children ages 5-17. Our approach is to challenge, engage and encourage our patients. We rely on a clearly defined treatment plan, frequent clinical interactions, a multi-disciplinary team approach and a positive, supportive environment that inspires each child to give his or her best.

Dialectical Behavior Therapy (DBT) program for girls and boys. Our program implements all components of an adherent DBT program.

Journey Program for Adolescents, built around the core principles of Cognitive Behavioral Therapy (CBT).

Journey Program for Children ages 5-11, helps children make a successful transition from childhood to early adolescence.

For more information on Willow Springs Center programs and services, please visit our website at: www.WillowSpringsCenter.com or call us at: **800-448-9454**

690 Edison Way ® Reno, NV 89502

PSYPACT WHAT'S NEW WITH

THE PSYCHOLOGY INTERJURISDICTIONAL COMPACT

PSYPACT STATES

Arizona
Colorado
Delaware
Georgia
Illinois

Nebraska
Missouri
New Hampshire
Nevada
Oklahoma

Pennsylvania
Texas
Utah
Virginia
North Carolina*

CMNI
DC
GUAM
PR
USVI

North Carolina becomes effective 3/1/2021.

PSYPACT COMMISSION

The PSYPACT Commission is the governing body of PSYPACT responsible for oversight of the compact and for writing the Bylaws and Rules that govern PSYPACT. Each PSYPACT state has appointed a representative to serve as their state's Commissioner.

Since its formation, the PSYPACT Commission has convened for six meetings. For more information about the meetings as well as future meeting dates, please visit the Scheduled Meetings page at www.psypact.org.

PSYPACT APPLICATIONS ARE NOW OPEN

On July 1, 2020, applications to practice under the authority of PSYPACT officially opened. There are two ways to practice under PSYPACT. As a psychologist licensed in a PSYPACT state, you can apply to practice telepsychology and/or conduct temporary in-person, face-to-face practice in PSYPACT states.

VISIT WWW.PSYPACT.ORG TO START YOUR APPLICATION!

FEEES FOR PSYCHOLOGISTS

TELEPSYCHOLOGY	FEE	TEMPORARY IN-PERSON, FACE-TO-FACE PRACTICE	FEE
Authorization to Practice Interjurisdictional Telepsychology	\$40	Temporary Authorization to Practice	\$40
E.Passport Application Fee	\$400	Interjurisdictional Practice Certificate (IPC) Application Fee	\$200
E.Passport Annual Renewal Fee	\$100	Interjurisdictional Practice Certificate (IPC) Annual Renewal Fee	\$50

PSYPACT COMMISSION TIMELINE

- July 22-23, 2019** Inaugural PSYPACT Commission Meeting held (in-person)
- October 9, 2019** PSYPACT Commission Meeting held for Proposed Rules from July 2019 Meeting (via teleconference)
- November 21-22, 2019** PSYPACT Commission Meeting (in-person)
- January 28, 2020** PSYPACT Commission Meeting Scheduled (via teleconference)
- February 27, 2020** PSYPACT Commission Meeting held for Proposed Rules from November 2019 Meeting (via teleconference)
- November 19-20, 2020** PSYPACT Commission Meeting (via teleconference)

Center for Sexual Health and Wellness

The Center for Sexual Health and Wellness is a mental health practice in southern Nevada focused on providing sexual and mental health treatment to adults. Owned and operated by Licensed Psychologist and AASECT Certified Sex Therapist Dr. Jordan Soper, the Center for Sexual Health and Wellness uses evidence-based treatment approaches to address co-morbid anxiety and sexual health conditions including:



Sexual Health & Functioning

- Desire/Interest
- Arousal
- Performance
- Orgasm and ejaculation
- Satisfaction
- Pain
- Exploration
- Communication
- Infidelity
- Medical co-morbidities
- Education
- Out of control sexual behaviors (“sex addiction”)
- Gender and sexual identity concerns

Anxiety & Trauma

- Generalized Anxiety Disorder (GAD) and worry
- Obsessive Compulsive Disorder (OCD)
 - Sexual obsessions
 - Sexually violent obsessions
- Social Anxiety & performance anxiety
- Panic Disorder and panic attacks
- Phobias
- PTSD

In-person and telehealth appointments are now available!

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 Henderson, NV 89052
 702.587.1573
 Receptionist@TheCSHAW.com
 TheCSHAW.com



APA Apportionment Ballot

ATTENTION APA MEMBERS....Your APA Apportionment Ballot will be sent out electronically on **November 1st**.

Don't Throw Away Your Voice at the National Level!!!

**THE APA APPORTIONMENT BALLOT—DOES IT MATTER?
YES IT DOES !!!!**



WHY??? The Council of Representatives is APA's chief governing body and is charged with legislative and oversight responsibilities for the entire Association. Council's function is to develop and implement policies and programs..."to advance psychology as a science and profession and as a means of promoting health, education and human welfare."

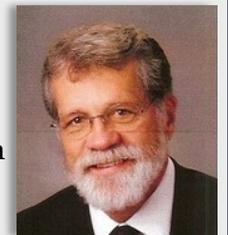
While policy development begins with APA's boards and committees, and the Board of Directors, the final decision-making body is the Council. The Council votes on MANY items that impact state associations and the professional practice of psychology. In 2013, SPTAs composed 53% of the organized entities that make up Council, but had only 40% of the representatives and votes. The good news is that SPTAs have gained 5 seats since 2007, but you need to vote to help NPA gain more seats.

NPA Needs Your Votes! The number of votes obtained in the Apportionment Ballot process determines which SPTAs and Divisions get the additional seats past the one per entry. APA Members are given 10 votes to use as they wish—you can allocate all of your ten votes to your state (or split them up amount your SPTA and Divisions) to ensure that NPA, and all state associations, continues to have a voice on the APA Council. Because Divisions can draw from large pools across the country, many end up with multiple representatives on Council, whereas states typically can only muster enough votes for one seat.

NPA would like to recognize our Platinum Level Members
for their generous support to NPA!



Dr. Susan Smith



Dr. Earl Nielsen

Thank You!

Telepsychology: Like it or not (and some of you don't) it's here to stay



Morgan T. Sammons, PhD, ABPP

In June, a number of you were kind enough to complete a survey that the Register conducted alongside the Trust. Thank you! We've analyzed the data (our full report will be published in the summer issue of the *Journal of Health Service Psychology*) and I will take this opportunity to share key findings with you.

As you may recall, the Register and the Trust have conducted three surveys of psychologists' practices during the pandemic. The first was conducted at the very beginning of the crisis (late March-early April 2020), the second approximately 6 months later (September 2020), and the most recent survey a month ago. Although we asked many of the same questions during each survey, particularly about your adoption of telepsychology, we also attempted to gauge your attitudes towards practice as the pandemic unfolded. The results, while unsurprising, did provide insight into not only how you as psychologists responded to the crisis but how it affected your outlook.

Let's start with the easy stuff. First, we had a great response rate, with more than 2,700 Registrants and Trust policyholders participating, again making it the largest pandemic-related survey of psychologists we are aware of. We're fairly confident that your responses are reflective of the practitioner community as a whole.

The majority of our respondents were in solo or group or private practice, with those in institutional or agency practice representing around 20% of responses. Most of you were fully vaccinated (two doses of Pfizer or Moderna, or one of J&J) when you completed the survey. Only 3% of our respondents did not intend to become vaccinated. A lot of you, sadly, were directly affected by the

pandemic. Most of you knew of someone who had gotten ill, and almost a third of our respondents knew of a family member, friend, or colleague who had died from COVID-19.

When we asked how many of you had switched to telepsychology, we found much the same result as we had in earlier surveys – a rapid and decisive switch to distance service provision. Fifty-five percent of you saw more than 90% of your caseload entirely via distance technology. The most commonly used platforms were Zoom and Doxy.me (about one-third each for these) followed by in-house solutions, such as the VA's proprietary telepsychology system. A few of you continued to use systems that may or may not be HIPAA compliant, such as FaceTime. A reminder here please – simply because a platform says it could be HIPAA compliant doesn't mean it is – it's up to you to get a Business Associate Agreement (BAA) from the internet provider to ensure you're HIPAA compliant.

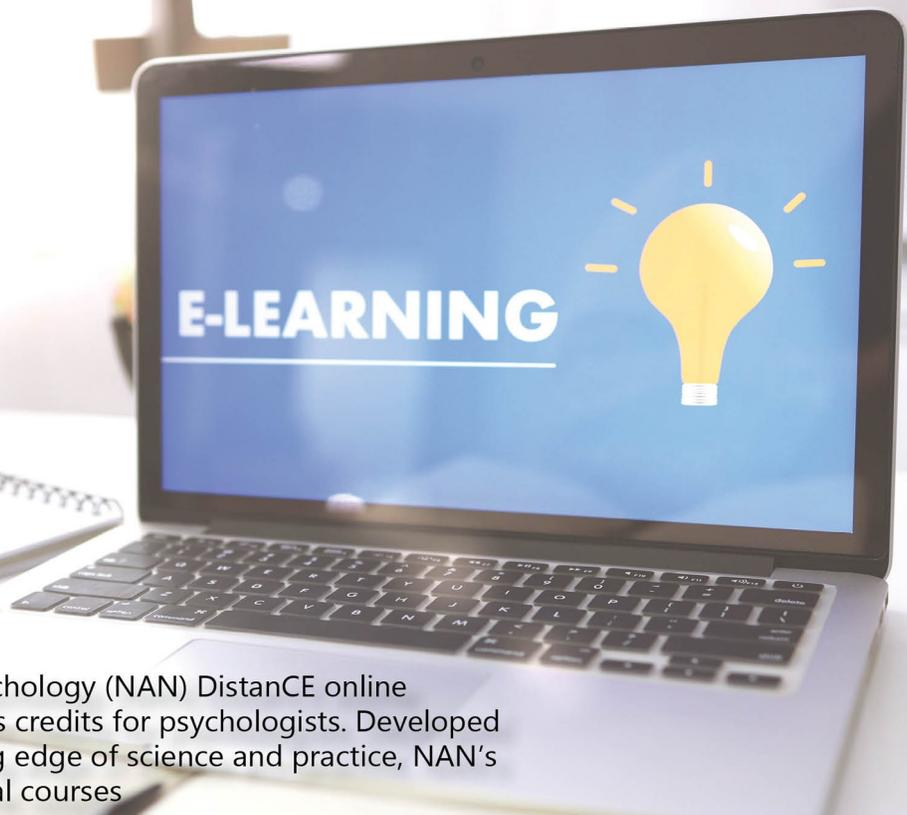
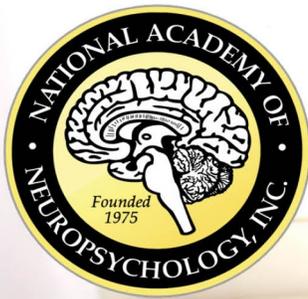
Most of you indicated your intention to resume some in-person practice, though a number of you may stick entirely to telepsychology. It will be interesting to see how patients respond to this decision.

Early in the pandemic, we asked you what your patients thought of telepsychology, and most of you responded that they were pretty ambivalent. That attitude has changed, with most of you now reporting that your patients accept telepsychology. Many patients have found it simply more convenient to be seen from the comfort of their home or office, even though a number of psychological services still cannot be provided distantly. For those of you who plan on returning to the office, you're planning on relying on a combination of patient and provider vaccines, social distancing, and sanitization protocols to ensure patient and provider safety. Our respondents, not surprisingly, have seen an increase in the acuity of the patients/clients they see. The majority of you reported clients with higher levels of emotional distress than before,

with 63% reporting an increase in chronic stress levels among patients. Alarmingly, almost 20% of respondents have seen an increase in patients reporting suicidal thinking or behavior as compared to pre-pandemic times. Such increases may be responsible for the fact that the majority of respondents reported an increase in caseload. Over half of you reported such an increase, and of those reporting an increase, 60% reported the need to establish a waiting list. We contrast this number with a significant decline in caseload that we observed at the beginning of the pandemic.

Then things got a little more complicated. Although most of you plan on using telepsychology in the future, our respondents had a mixed view of how it affected them. Less than 10% of you reported that the growing use of telepsychology made you feel more optimistic about the future of your practice, and indeed half of you felt less optimistic about the future of your practice. Almost 20% of you reported that your clients/patients had trouble accessing the internet, pointing to the continued existence of a digital divide. And while most of you didn't find increasing regulations, documentation requirements, or regulatory complexity to be troublesome when using telepsychology, a substantial minority, around 40%, were concerned that telepsychology would remove traditional boundaries provided by an in-person office environment. We do not know how future developments will affect this. Right now, while several jurisdictions have passed temporary legislation enabling telehealth, only eight states have made these changes permanent. We also don't know how third-party payors are going to handle reimbursement in the future, or whether patients will decide that in-person care is more appealing. So we have a lot of unknowns, but for the time being, it sure looks like telepsychology is here to stay.

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The National Academy of Neuropsychology (NAN) DistanCE online continuing education program offers credits for psychologists. Developed by neuropsychologists at the leading edge of science and practice, NAN's DistanCE program brings educational courses directly to you in the comfort of your home or office.

[LEARN MORE + REGISTER](#) 

Multiple Lifestyle Factors Related to Cognitive Aging in a Longitudinal Cohort | 1.5 CE Credits

Azizi Seixas, Ph.D., NYU Langone Health, Department of Population Health, Department of Psychiatry

Mindfulness Meditation and Cognitive Augmentation | 1.5 CE Credits

Ruchika S. Prakash, Ph.D., Associate Professor at the Department of Psychology, The Ohio State University

Harnessing Positive Psychosocial Factors to Optimize Cognitive Aging | 1.5 CE Credits

Laura B. Zahodne, PhD; Assistant Professor, Department of Psychology, Co-Director, Michigan Center for Contextual Factors in Alzheimer's Disease, University of Michigan

Motivating the Masses: Promoting Brain Health Through Media Work and Public Education | 1.5 CE Credits

Michelle Braun, Ph.D., ABPP-CN, Ascension Healthcare, Racine, WI

Evaluating and Designing Lifestyle and Social Factors to Promote Neurocognitive Health | 1.5 CE Credits

Michelle C. Carlson, Ph.D., Professor, Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health

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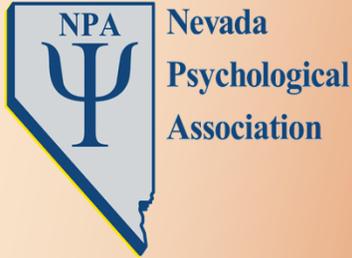
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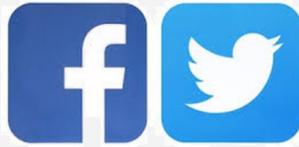
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