



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

Upcoming CE Events:

- **February 2nd, 2024**
Practice Ethics in Challenging Times
Jeffrey Barnett Ph.D.
Virtual · 6 Ethics CE Credits
- **Spring 2024**
Suicide Prevention
Virtual · 2 Suicide CE Credits
- **May 2024**
36th Annual Conference
In-person Reno, Nevada
6 Cultural Competency CE Credits
- **Fall 2024**
Suicide Prevention
Noelle Lefforge, Ph.D.
Virtual · 2 Suicide CE Credits
- **Fall 2024**
Autism: Intersectionality, Assessment & Treatment
Michelle McGuire, Psy.D.
Virtual · 6 CE Credits
- **Fall 2024**
Navigating Challenging Conversations: Ethics & Risk Management
Daniel O. Taube, J.D., Ph.D.
Virtual · 6 Ethics CE Credits

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2023 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 7)*

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

- **Update from our 2023/24 NPA President, Dr. Claudia Mejia**
- **Update from our Legislative Committee**
- **Article: Why Enforcing Mental Health Parity Matters**
- **2024 Continuing Education Calendar**
- **"Plastic Gravestones", a Poem by Dr. Richard Baldo**
- **Regional Boards and Committee Updates**
- **Article: Can You Mark Yourself SAFE as an Eating Disorder Recovery Ally?**
- **Are your 2023/2024 NPA membership dues current?**



Check the lists on Pages 18-19. If your name is not on the list, you still need to renew your NPA dues for 2023/2024. Renewing is easier than ever, just click QR code: Log in and navigate to My Profile, then click "Invoices" to renew online!



~ ~ ~ NPA Presidential Update—Claudia Mejia, Psy.D. ~ ~ ~



I am so happy to have a chance to update you on all things NPA! The engagement we've received from incredible psychologists and students in our community has been inspiring, encouraging, and motivates our organization to continue to strive for a more supportive association. Here's a look at what we've done so far.

Members of the Legislative Committee, guided by our incredible co-chairs Drs. Drucker and McGuire, were hard at work and wrapped the 82nd Session of the Nevada Legislature. They advocated for legislation that promoted increased attention to cultural competence, supported workforce development and parity, promoted gender affirming care, and aimed to protect the integrity of forensic evaluations. As we move into the interim session, NPA is committed to keeping the momentum going by making the most of this upcoming interim year. Doing so will help better situate ourselves and NPA's legislative priorities for the 83rd Legislative Session. The Legislative committee has already applied for a grant to support these efforts and continues to meet regularly. Many exciting things are ahead focused on educating, advocating, and connecting with members to learn more about what's important for our Nevadan psychologists!

Connection continues to be a priority as well and I'm pleased on what we've been able to foster as I reflect on the past 5 months. A few NPA townhalls have taken place, which have been well attended by local psychologists and students looking to make connection, receive support, and engage with the Nevada psychology community and we've established a calendar of these future gatherings to remain consistent with these efforts. We are also looking forward to NPA's representation at Las Vegas PRIDE! The Northern and Southern Regional socials have also created welcoming spaces, with special attention placed on early career folks and students.

I am so proud of all of these efforts as I look back at my presidential initiatives established in May, which included 1) increasing NPA membership, making it more accessible and desirable to join our association; 2) engaging our students, early career psychologists, and rural psychologists, hearing directly from our members and non-members; 3) fostering community involvement and forming collaborative relationships that support psychologists' and community needs; and 4) diversifying our learning opportunities, focusing on increasing quality educational opportunities focused on minoritized populations from experts with lived experiences in those communities.

Please join me as we continue to grow a more representative and inclusive association, foster leadership pipelines and mentorship, and allow our next steps to be guided by you, *nuestra comunidad*.

In gratitude,
Claudia Mejia, PsyD
2023/2024 NPA President

Fall 2023 NPA Legislative Committee Update

Legislative Update

The Legislative Committee is beginning a campaign to improve enforcement of mental health parity in Nevada. Echoing efforts underway at federal levels, we hope to bring accountability to insurers in Nevada who may not be offering mental health benefits/coverage at levels commensurate with medical benefits. Regulations adopted in Nevada under NRS 687 and NRS 689 require insurers to comply with Federal parity laws (under MHPAEA) and in 2019 insurers were required to demonstrate their compliance in reports to the Insurance Commissioner. This summer it was made clear by the Departments of Health & Human Services, Treasury and Labor that insurers have not been transparent or compliant in their reporting at the Federal level. We want to make sure they are in our state.

During this Interim Year (before the next Legislative Session in 2025) we will be gathering data, speaking with stakeholders, educating legislators and the public, and gaining sponsorship for legislation we hope to have introduced to strengthen enforcement of parity laws in Nevada. NPA is supporting this legislative effort in the interests of improving access to care for all Nevadans. Approximately 37% of Nevadan's report unmet needs for services that include long wait times to see providers through their insurance networks, and approximately 55% of Nevadan's report using out of network providers for mental health treatment. Improved accountability and enforcement of parity laws will address some of these inequities AND make sure that insurers are offering benefits and coverage that parallel medical and surgical benefits.

During the 2023 Legislative Session there were many efforts to support increases to the supply behavioral health providers in our state (Nevada is a federally designated workforce shortage district). The establishment of the Behavioral Health Workforce Development Center in Las Vegas was one successful outcome of these efforts. NPA attempted to gain support for revisions to NRS that would allow psychology trainee's and interns to be "provisionally licensed" and therefore able to bill insurance for their services (as MFT interns and Med/Surg residents do). We are committed to finding support for legislation to make these changes happen in 2025. Our hope is that by expanding funding for trainees to be in Nevada we can increase the likelihood that they will stay in Nevada.

The LC is monitoring other issues relevant to mental health services in Nevada. This includes expansion of Medicaid to the rural population, efforts in increase the diversity of our healthcare provider workforce, and ways to address the growing mental health needs of our state. We will be monitoring meetings of the regional behavioral health boards and interim Legislative Committees such as Health & Human Services and Commerce & Labor. We are excited to be working with the team at Tri-Strategies as we expand our outreach and advocacy.

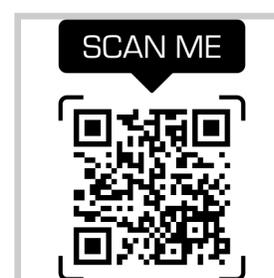
There are plenty of ways to get involved! You can join NPA (if not already a member). You can send us your thoughts, stories and feedback. We will be offering training in advocacy (for CE credit!) and developing public education campaigns. You can donate to the NPA-PAC or Legislative fund. You can join the legislative committee which meets monthly on the fourth Friday via zoom at noon. All are welcome and we want to hear from you!

To Donate, click QR codes below or visit our website: <https://www.nvpsychology.org/donate>

Donate to our NPA-PAC today:

Respectfully,

Laurie Drucker, Psy.D. and Michelle McGuire, Psy.D.
NPA Legislative Committee Co-Chairs



Article: Why Enforcing Mental Health Parity Matters

“All advocacy is, at its core, an exercise in empathy.” (Samantha Power)

Although I don't consider myself a “native” Nevadan, I've lived in Nevada longer than I've lived anywhere in my life. I grew up in a family that moved frequently so the concept of being “from” somewhere was foreign to me. After almost thirty years in this state, I've come to appreciate a sense of home and feel a commitment to the communities around me. This motivates my involvement with NPA and advocacy for the mental health needs in our state. As I see mental health coverage being chipped away at – while the need for treatment far exceeds the services available – it makes me mad and I want to do something about it.

In 2008 the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act (MHPAEA) prohibited health plan insurers that provide mental health benefits from imposing less favorable benefit limitations than on medical/surgical benefits. In Nevada, NRS 687B.404 requires insurers to comply with this federal law. NRS 689A states that an insurer in Nevada must provide coverage for severe mental illness, substance abuse, and autism services. This legislation was a win for all of us – mandating that more insurers cover mental and behavioral health services at equitable levels. People began to access mental health treatment with copays equivalent to those for a primary care visit. I remember how good it felt to offer more than 10 sessions per calendar year and rarely need to obtain prior authorization to initiate or maintain treatment.

Access to mental health coverage through insurance companies has changed since MHPAEA went into effect. The government took notice and in the 2021 Consolidated Appropriations Act required employers to document compliance with MHPAEA's NTQL requirements. NTQL's are “nonqualitative treatment limitations” that insurance companies use to set coverage restrictions. They are supposed to maintain parity of NTQL's for MH/SUD with Med/Surg and these analyses are supposed to be transparent. They don't and they aren't. This year in a report to Congress by the Departments of Labor, Health & Human Services and Treasury, it was made clear that insurers are not demonstrating compliance with MHPAEA's NQTL reporting requirements. The federal government wants to put some teeth back into parity enforcement. APA is campaigning for parity enforcement. We need to do it in Nevada too.

What are some common examples of parity violations in Nevada? According to Parity Tracker (a national database) these violations include: excessive or different co-payment or co-insurance; withholding authorization, treatment or payment; limiting the quantity or frequency of mental health treatment; imposing more restrictive prior authorization policies for mental and/or behavioral health treatment; paneling restrictions, limitations and inequities. I've seen these violations happening with increasing frequency in my practice. I'm seeing them in the insurance policies I look at while trying to find my own coverage on the open market.

NPA wants to do something about this. We want to introduce legislation in the 2025 Legislative Session to require insurers to be transparent about their coverage and rate setting practices and we will request oversight by the Insurance Commissioner and the Patient Protection Commission of their reporting practices. NPA is a small association with a limited budget for lobbying. We contribute hundreds of dollars, not thousands, to legislators through our PAC. But we who do advocacy work have big hearts, determined spirits, and long-term goals. We believe we can make a difference.

I recently heard that approximately 20% of the US population needs mental health care. Nevada is a federally designated healthcare provider shortage district, we don't have enough providers to meet the need. And the providers we do have struggle with insurance company paperwork and low reimbursement rates. While parity enforcement might seem like a drop in the bucket for how to make mental health care accessible and affordable – without it we go backward instead of forward.

Send us your stories! We are gathering data from practitioners across the state about their experiences with insurance companies who are non-compliant with parity mandates. If you want to do more - join the Legislative Committee and contribute to our PAC – all are welcome.

Laurie Drucker, Psy.D.
Psychologist and NPA Legislative Committee Co-Chair



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APA Council Representative Update—Noelle Lefforge, Ph.D., ABPP

This is my final report as the APA Council Representative for Nevada. I want to thank NPA for providing me with this leadership opportunity. It's been such an honor to represent such a fierce and mighty state at this level. Fortunately, I am providing this report with unbridled enthusiasm. I am fully confident that NPA's next representative, Lauren Chapple-Love, is the right leader at the right time. She is a force of good who will advance APA and Nevada. I'm grateful that I will have the opportunity to work alongside her on Council as I will be starting my term as Council Leadership Team Chair-Elect on January 1st.

APA Council of Representatives met before APA Convention (August) in Washington DC. The tone for the meeting was set during the plenary session which was presented by Indigenous psychology leadership who encouraged us to try to not get angry, live a clean life, be careful with our words, and not steal (including attention and time from others). President Thema Bryant (self-proclaimed Sister-President!) established three words to guide our time: Justice, Joy, and Join. President Bryant presented a Presidential Citation to the Committee on Women and the Ramond D. Fowler award to former APA President, Sandra L. Shullman, Ph.D.

In terms of APA policy, these outward-facing policies were passed at this meeting:

- [Resolution on Developmental Risks and Opportunities in Adolescent Employment](#), urging employers to establish safe working environments and work hours for adolescent employees in the wake of recent reports of youth being injured or killed due to unsafe job conditions.
- [Adopted a policy statement reaffirming its support for equity and inclusion in higher education](#) in the wake of the U.S. Supreme Court's ruling outlawing the consideration of race as a factor in college and university admissions, the.
- [Policy opposing the use of mental health screening questions on character and fitness exams for licensure to practice law](#).
- Received the [report of the Board of Educational Affairs Racial Disparities Task Force](#), which looks at racism and bias and their role in creating educational disparities.
- [Guidelines for Operational Psychology as APA policy](#), which provide recommendations for psychologists engaged in operational support activities within the areas of national security, national defense and public safety. This was the most controversial of the outward facing items, particularly in the wake of the [Independent Review](#) (i.e., Hoffman Report on APA's role in torture). Although months of effort were spent in negotiation and extensive revisions were made to the guidelines in response to criticism, a chasm still exists primarily between peace psychologists and military psychologists. Ultimately, Council seemed persuaded by the argument that psychologist do practice in operational settings and having guidelines in place was more desirable than not.
- Approved APA Guidelines for the Undergraduate Psychology Major: Version 3.0

Council also tackled several important internal-facing issues:

- Chairs of the Committee on Global Psychology and the Committee for the Advancement of General Applied Psychology were added to the Agenda Planning Group.
- Removed time limit and simultaneous service limits that were barriers to serving on the Needs Assessment, Slating and Campaigns Committee (NASCC)
- Cleaned up rules related to simultaneous service on the Board of Directors.
- Renewed Forensic Psychology as a recognized specialty.
- Election of Initial Fellows (which included your truly!)
- Received the reports of the Council Leadership Team Evaluation Task Force and the Council Effectiveness Implementation Oversight Task Force. Also approved a series of motions that continue to improve the effectiveness of Council.

Council approved the following bylaw changes which will go out to membership for a final vote soon:

- Reduction of requiring five APA President candidates on the slate to four candidates. APA has had difficult finding five qualified and willing candidates. I encourage you to support this recommendation.

APA Council Representative Update—Noelle Lefforge, Ph.D., ABPP (cont.)

- Require the Policy and Planning Board to formally consult and discuss with Council before proposing any amendments. This comes on the heels of last year's proposal by P&P to restructure Council, which Council was unaware of until its distribution. Personally, I think this is a solution in search of a problem. SPTAs rallied in response to P&P's proposal and would have been defeated if they had bypassed Council and gone straight to the membership for a vote. However, the proposed change seems harmless to me.

Please reach out to me for additional information on any of these items. In alignment with my pledge for transparency, I voted in favor of all items except for the P&P bylaw changes.

Thank you again for your trust in me. It has truly been a rich and meaningful journey.

Noelle, Lefforge, Ph.D., MHA, CGP, ABPP
APA Council Rep 2021-2023



AMERICAN PSYCHOLOGICAL ASSOCIATION

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.

Article: Can You Mark Yourself SAFE as an Eating Disorder Recovery Ally?

Written by Lindsey Ricciardi, Ph.D., CEDS-C

Lindsey Ricciardi is a psychologist and founder of the [Eating Disorder Institute of Las Vegas](#)

Eating disorder recovery is hard as hell, and without realizing it, you could be making it a whole lot harder. There is a good chance you know someone who is living with an eating disorder. Odds are they won't look like what you expect because of the stereotypes about who develops an eating disorder. *You cannot tell if someone has an eating disorder by looking at them.* Eating disorders impact people of all ages, sizes, genders, races/ethnicities, sexual orientations, religions, cultures, abilities, and socio-economic statuses.¹ The mortality risk for individuals with an eating disorder is among the highest of all the psychiatric illnesses.² Eating disorders carry a much higher risk of suicide compared to the general population.² When someone you care about is dealing with an eating disorder, they need your love and support more than ever! Here are five ways that you can be a more *informed, effective and supportive ally.*

1. Be mindful of how you talk about food. Eating disorders are fueled by extreme, rigid beliefs, dysfunctional thoughts, and ritualized behaviors around food. An essential component of recovery is relearning to eat a variety of foods in all contexts without deprivation. Moralizing foods as good or bad, healthy or junk, exacerbates guilt, stress, shame, and obsessive preoccupation around eating these foods. Your loved one is more prone to restrict, binge or purge when you moralize foods, as it reinforces the debilitating eating disorder voice they already battle. Our corporate world profits heavily from *diet culture* - a set of beliefs that values thinness, weight and shape above health & well-being. Diet culture places importance on restrictive eating habits and labels foods as "good" or "bad." Diet culture has been passed down generationally and is imbedded into all aspects of our lives. Comments like, "I'm being so bad," or "This is going to make me fat," are rooted in diet culture and anti-fatness. To learn more about diet culture, its origins, and its dangers, check out *Anti-Diet* by Christy Harrison.³

2. Stop judging the size, shape and appearance of bodies - your own or others. (not just the negative judgments, but the "positive" ones too!) Comments such as "You lost weight, you look great" may be well intended, but are actually harmful. They reinforce our cultures preference for smaller bodies, a concept known as the thin ideal (thinner people are "better" and morally superior). And on the flip side, they fuel weight-stigma and weight-based discrimination. The reality is that anti-fatness is a harmful social justice issue. It is deeply rooted in racism, sexism, ableism and capitalism,^{3,4} not health.

3. Stop promoting restrictive diets or intentional weight loss. For the sake of the millions of people who are struggling to nourish and accept their bodies just as they are today, please stop promoting intentional weight loss. Regardless of the intervention, nearly ALL dieters will regain any weight lost.^{5,6,7} People who diet for weight loss *are NOT* healthier in the long run, will gain more weight over time than non- dieters, and are more likely to develop eating disorders.^{5,6,7} The risks and stress of dieting far outweigh any short-term benefits. We must challenge our cultures brainwashed belief that dieting makes people healthier in the long run. That is simply true. Let's focus instead on real determinants of health, such safe places to live, access to health care, food and education, and healthy social support. There are so many effective ways to improve quality of life and health concerns that have nothing to do with losing weight and its associated risks.^{5,6,7}

5. ASK how you can be of support. If you do know someone who is struggling, I urge you to ask them directly how you can be of support. It is often hard for individuals to ask for what they need due to shame, people pleasing, or not wanting to feel like a burden. Often, they are just doing their best to get through the day. It is better to ask how to help rather than make assumptions. It might feel uncomfortable, but it is better than the alternative, which is more secrecy, avoidance and misunderstanding. If someone broke their leg, there is a good chance you would ask how you can be of support. Mental illness should be no different.

(article continued on next page)

Article: Can You Mark Yourself SAFE as an Eating Disorder Recovery Ally?

5. Reach out and offer healthy ways to connect. Living with an eating disorder can be a lonely and scary experience. Call, text, message, visit. Suggest playing a game, watching a movie, taking a walk, taking the dogs to the park, etc. Some people in recovery appreciate having meals with others, while others find this too overwhelming. Providing some options of activities might be helpful. Let your loved one know that their value has nothing to do with their body, shape, or weight. Tell them what you admire or appreciate most about them. Let them know that you are here to talk whenever they need it. Explain to your loved one that you might not understand, but you want to learn more and help.

Bottom line, living with an eating disorder is hard AF! It is a constant internal battle that cannot be understated. Given how debilitating and dangerous these disorders are, why not hit the pause button and try to break our societies old patterns of fat phobia, thin ideal, and diet culture? These attitudes permeate our culture and are rooted in some ugly history. For those impacted by an eating disorder, these attitudes are the equivalent to stepping into psychological land mines. I simply cannot. It cannot be understated how helpful it is to have a safe person to provide a healing space without harmful comments and actions. So, why not learn more about the ways you can be a safe eating disorder recovery ally. There are some excellent references attached to this article to get started.

1. Halbeisen, G, Brandt, G, & Paslakis, G. (2022). A plea for diversity in eating disorders research. *Front Psychiatry*, 18(13):820043. doi: [10.3389/fpsyt.2022.820043](https://doi.org/10.3389/fpsyt.2022.820043)
2. Van Hoeken, D., & Hoek, H. W. (2020). Review of the burden of eating disorders: Mortality, disability, costs, quality of life, and family burden. *Current Opinion in Psychiatry*, 33(6), 521-527. DOI: [10.1097/YCO.0000000000000641](https://doi.org/10.1097/YCO.0000000000000641)
3. Harrison, C. (2019). *Anti-Diet: Reclaim your time, money, well-being, and happiness through intuitive eating*. Little, Brown Spark.
4. Strings, S. (2019). *Fearing the black body: The racial origins of fat phobia*. NYU Press.
5. Wind, K. (2021). This changed my practice: Why I no longer prescribe weight loss, calculate BMI, or counsel patients on “obesity”. University of British Columbia. (online). <https://thischangedmypractice.com/why-i-no-longer-prescribe-weight-loss/>
6. Ge, L., Sedenghirad, B., Ball, G. D. C., da Costa, B. R., Hitchcock, C. L., Svendrovski, A., Kiflen, R., Quadri, K., Kwon, H. Y., Karamouzian, M., Adams-Webber, T., Ahmed, W., Damanhoury, S., Zeraatkar, D., Nikolakopoulou, A., Tsuyuki, R. T., Tian, J., Yang, K., Guyatt, G. H., & Johnston, B. C. (2020). Comparison of dietary macronutrient patterns of 14 popular named dietary programmes for weight and cardiovascular risk factor reduction in adults: Systemic review and network meta-analysis of randomized trials. *BMJ* (online), 369, m696-m696. <https://doi.org/10.1136/bmj.m696>
7. Memon, A. N., Gowda, A. S., Rallabhandi, B., Bidika, E., Fayyaz, H., Salib, M., & Cancarevic, I. (2020). Have our attempts to curb obesity done more harm than good? *Curēus (Palo Alto, CA)*, 12(9), e10275–e10275. <https://doi.org/10.7759/cureus.10275>



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 facilitate 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 its members.

Continuing Education (CE): Responsible for the planning and execution of 4-6 high quality, relevant continuing education trainings for licensed psychologists, mental health professionals and graduate students each year, including the Annual Conference each Spring. CE topics are chosen collaboratively based on the changing climate of our profession and member feedback. Our CE Committee meets monthly (virtually).

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 & State 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): An evolving initiative of NPA with the goal of using psychology to improve the lives of all people. The PEC consists of social marketing initiatives and public awareness campaigns intended to educate the public about how the science and application of psychology benefits society and improves lives. The PEC is also responsible for gathering member inquiries on public issues and responding to media requests.

Want more Info?

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

2024 NPA Continuing Education (CE) Calendar



To view our entire 2024 CE Calendar, [click here](#)

**Practical Ethics in Challenging Times: Ethical Decision-Making and Practice,
Boundaries and Multiple Relationships, Telepsychology and Clinical Supervision**
Jeffrey Barnett, Ph.D.

Friday, February 2nd ~ live, virtual Zoom webinar ~ 6 Ethics CE Credits

Suicide Prevention

Speaker tba

Spring 2024 ~ live, virtual Zoom webinar ~ 2 Suicide CE Credits

NPA's 36th Annual Conference

Speakers tba

May 2024 ~ In-person in Reno, Nevada ~ 6 Cultural Competency CE Credits

Suicide Prevention

Noelle Lefforge, Ph.D.

Fall 2024 ~ live, virtual Zoom webinar ~ 2 Suicide CE Credits

Autism: Intersectionality, Assessment and Treatment

Michelle McGuire, Psy.D.

Fall 2024 ~ live, virtual Zoom webinar ~ 6 CE Credits

"Last Chance Ethics"

Sequence XII: Navigating Challenging Conversations: Ethics & Risk Management

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

Fall 2024 ~ live, virtual Zoom webinar ~ 6 Ethics CE Credits

**The Role of Psychology in Addressing Pain and
Related Opioid Dependence**

Ravi Pradad, Ph.D., Jennifer F. Kelly, Ph.D., ABPP and Dan Bruns, Psy.D.

6.5 Homestudy CE Credits

NEED CE CREDITS?

To visit our Homestudy Library, [click here](#)



Southern Region Board Update

When I think of our all-female professional board, I am reminded of an Aristotelian quote that says, “The whole is greater than the sum of its parts.” This quote so eloquently describes our dynamic as a team and what we have been able to accomplish together over the past few months. Our team consists of Dr. Irma Corral, Dr. Sara Hunt, Dr. Angela Lewis, and our wonderful student representative, Ms. Rakshita Mohankumar. Our different and unique cultural and professional specialties/backgrounds helped create a community of support, openness and encouragement that gave rise to several movement-building conversations. Ultimately, as a board, we highlighted the following goals for the 2023-2024 academic year: *student advocacy*, *improving our social media presence*, and most importantly, *supporting professional women in the field*.

In terms of student advocacy, we needed to understand student needs before moving forward with programming initiatives. A survey was conducted in late July that revealed the following student needs: *professional connection*, *skills required to build a private practice*, *community outreach*, and *involvement in advocacy and legislation*. To begin addressing some of the needs, we planned a fall social that created opportunities for professional connection and mentorship. The social was unique in that it involved a panel of mid-career psychologists discussing career paths, tips for developing a successful practice, and one-on-one interactions with students who had questions about involvement in international advocacy work (Médecins Sans Frontières). The social was very successful as we had over 47 people signed up which is the highest number recorded in NPA’s history.

In addition to the social, back in June, Ms. Rakshita Mohankumar took on the role as our social media coordinator actively posting on all our social media platforms to keep community engagement high.

As for upcoming events, the town hall on October 20th will be geared toward engaging students and understanding their needs and concerns in addition to how we can better support them as an organization. We hope to host another social event in the spring where we can have professional psychologists and psychiatrists come together to create even more professional networking opportunities as well as opportunities for continued mentorship for students.

To support and highlight professional women, I started a professional page on LinkedIn entitled “Professional Women Empowering Women.” Since the development of this page, the Southern Board has helped recruit several women who have been highlighted for their professional accomplishments. On average, each post highlighting a professional woman receives between 300-600 impressions. We hope to continue the growth of this page as our goal is to create a space where women connect professionally, and receive mentorship and support in order to grow as confident professionals in this field. Ultimately, we would love to someday host NPA’s first mini women’s leadership conference.

In September, Dr. Angela Lewis and I presented for an NPA CEU event on the topic of “*Supporting Professional Women and Professional Women of Color in the Field*.” The goal of this presentation was to understand the unique professional challenges that women in this field face, highlight the importance of professional mentorship and provide recommendations for how we can continue to do better in supporting each other as women.

As a board, we are currently discussing the potential collaboration with the Kerkorian School of Medicine in creating opportunities for students to engage in Grand Rounds with other medical students and/or psychiatry residents. This is something we look forward to further exploring as it will not only strengthen professional relationships but increase and diversify clinical skills and knowledge for students in the long term.

In summary, I can honestly say that this role has been incredibly rewarding and impactful. I feel so grateful to work with strong and inspiring women who are open to creativity and have a great sense of humor! #womeninhighered #womeninleadership #womenempoweringwomen

Here are some photos from our Fall Social 2023.
Enjoy!

Sonia Dhaliwal, Psy.D.
2023/24 Southern Region Board President



Update from our Diversity , Equity & Inclusion (DEI) Committee



NPA's DEI committee started off the fall season with fun and excitement as we celebrated with the Las Vegas LGBTQIA+ Community and the annual Pride Parade. Our float was decorated with Pride swag and the parade MC's loved our NPA Banner. We handed out nearly 3,000 pieces of candy and had a chance to interact with pride attendees, promoting equality, inclusion, belonging, and of course NPA visibility.

Our DEI committee would like to hear from you! We are interested in what the members of NPA are hoping to receive in regard to DEI this year and years to come. We want to work with our members and our Executive Board to make sure we are providing our psychologists with everything we can. We've heard things as simple as an article of the month and as exciting as a DEI fair. If you have ideas, please do not hesitate to email us at leacaver@yahoo.com or admin@nvpsychology.org.

Lea Caver, Ph.D.
2023/2024 Diversity, Equity & Inclusion (DEI) Committee Chair

Northern Region Board Update



The Northern Region successfully hosted the annual Fall Social at Napa-Sonoma in Reno. Kaleb Cusack, Ph.D. has joined the Northern Board as the new Secretary, replacing Francesca Kassing, Ph.D., who the Northern Board is grateful for her service.

Lucas Culke, Ph.D.
2023/2024 Northern Region Board President



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**“Plastic Gravestones”
- A Poem by one of our Members -**

Plastic Gravestones

Richard Baldo

Haphazard stacks of bottles,
recently delivered by taxi,
already emptied, at the condo
on the lake with its elaborate
door, what should have been
a successful life. Fingerprints
smeared the wall with shit.
By the front window, lowering
himself between the bottles,
he stares out at the water,
An eagle glides over the shallows
hunting the fish at home there.
There are no children here,
only bottles that clatter
as they fall. *Hey Doc, let me
get you out of here,* I said.

Mt. Tallac's snowcross
stares down on us.

I'm doing what I want to do,
he said and asked me to leave.
The room echoed funeral.
I assume all those plastic bottles
were carried out two months later
when he finalized his marriage
to the drink and gave his life
to his promise,
complete.



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Current List of 2023/2024 NPA Members

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Ahmad, Sarah	Constantine, Mallory	Fobian McGinty, Kayla	Holland, Stephanie
Alaei, Kambiz	Cornelius, Rachel	Forsyth, Karyn	Hronek, Antrice
Alandy-dy,, Zyra	Corral, Irma	Foster, Rachel	Hronek, Ivan
Allen, Bruce	Crabb, Yangcha	Frantom, Linda	Huangfu, Victoria
Allen, Luke	Crawford, John	Freeman, Andrew	Hunt, Sara
Anderson, Carol	Crawford, Melanie	Freeman, Megan	Ignatenko, Valerie
Antonuccio, David	Crittenden, Persephone	Friel, John	Iribarne, Josette
Araza, John	Crum, JP	Fritz, Yvonne	Jankovich, Rebecca
Arian, Gretchen	Cusack, Kaleb	Fyfe, Christopher	Jeffers, Sharlene
Ayarbe, Susan	Cylke, Lucas	Gallagher, Alyssa	Jensen, Laura
Baily, Abigail	Damas, Sarah	Gallas, Jeremy	Jones-Forrester, Sharon
Baldo, Richard	Davis, Rachel	Garcia, Juan	Kabeer, Shalini
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Baumann, Janet	Deeds, Osvelia	Gentry, Ruth	Karmely, Jennifer
Belmont, Teri	D'Errico, Aimee	Gilbert-Elliot, Trudy	Kassing, Francesca
Birholtz, Laura	DeVillez, Amanda	Giron, Gregory	Katz, Hilary
Black, Amy	Devore, Tiger	Goto, Amber	Kegel, Amy
Borsh, Tara	Dhaliwal, Sonia	Gravley, Michelle	Kinsora, Thomas
Bradley, Shera	Dickens, Yani	Graybar, Steven	Klee, Steven
Brouwers, Vincent	Dillon, Stephanie	Griffin, Kaelyn	Kompaniez-Dunigan, Elysse
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Cao-Noya, Jorge	Doncaster, Maria	Guevara-Fayad, Magdalena	Krogh, John
Carlson, Rita	Drucker, Laura	Gunnarson, Daniel	Kubicki, Sandra
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Chakranarayan, Cheryl	Feil, Leslie	Harder, Gregory	Leark, Robert
Chapple-Love, Lauren	Fensken, Michael	Hardie, Lindsay	Lee-Farrimond, Jamie
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Chille, Taylor	Ferraris, Janelle	Harris, Shanel	Lenkeit, Gary
Christensen Pacella, Kara	Fertel, Evan	Hemenway, Leeanne	Leon-Villa, Sandra
Clark, Althea	Fidler, Scott	Hendron, Marisa	Levenson, Marvin
Cleaver, Tasman	Field, Clint	Hildebrandt, Mikaela	Lewandowski, Michael

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Lynn, Quinten	O'Bryan, Gwenyth	Sand, Rachael	Thompson, Loreli
Lyon, Lawrence	Ocskay, Oliver	Schafer, Jen	Tolbert, Valerie
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Marsh, Dustin	Owens, Whitney	Schlinger, Bethany	Ulofoshio, Joyce
Marshall, Regina	Panish, Jacqueline	Schnurstein, Jasmine	Van Steenwyk, Betty
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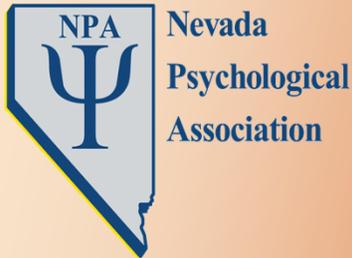
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