



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

Upcoming CE Events:

- **Desperate Identities of Dangerous Men**
Dr. Peter Langman
January 30th, 2026
Virtual · 3 CE Credits
- **Ethics: Dante's Inferno**
Dr. John Gavazzi
February 27th, 2026
Virtual · 6 Ethics CE Credits
- **Racial Trauma**
Dr. Jessica Smedley
March 2026
Virtual · 3 CE Credits
- **38th Annual Conference**
Dr. Arthur Evans
Dr. Kristen Davis-Coelho
Dr. Reginal Marshall
Dr. Jordan Soper
May 8th, 2026
Las Vegas · 6 CE Credits
- **Suicide Prevention**
Dr. David Jobs
September 18th, 2026
Virtual · 2 Suicide CE Credits
- **"Last Chance" Ethics**
Dr. Daniel Taube
Oct/Nov 2026
Reno · 6 Ethics CE Credits

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2025 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. (*see Page 6*)

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

- Update from our 2024/2026 NPA President, Dr. Christopher Shewbarran
- Update from our Legislative Committee, NPA-PAC Fundraising Drive & Nevada Mental Health Parity—Know Your Rights and How to Take Action
- Weekly Policy Update, October 6th
- APA Council Representative Update
- 2025/2026 Continuing Education Calendar
- NPA Committees and How to Get Involved!
- Article: Couples on the Brink & Poem from Dr. Richard Baldo
- Regional and Committee Updates
- Member Spotlight: Dr. Akiko Hinds
- Classified Ad Listings
- Are your 2025/2026 NPA membership dues current?

Check the lists on Pages 22-23. If your name is not on the list, you still need to renew your NPA dues for 2025/2026. Renew in month of October and save 20%!

Renewing is easier than ever, [just scan our website QR code:](#)



~ ~ ~ NPA Presidential Update—Christopher Shewbarran, Psy.D. ~ ~ ~

Greetings, Nevada Psychological Association.

I hope this message finds you well as we enter the final months of 2025. It has been a truly remarkable — and often challenging — year. No matter the current landscape, the Nevada Psychological Association (NPA) remains firmly committed to our mission of representing and advancing psychology as a science and a profession and serving the professional needs of our members and the communities we reside in and serve. Our core values also remain the same, including promoting and progressing diversity, inclusion, and social justice, applying and utilizing knowledge based on scientific methods, engaging in and practicing ethical behaviors, and supporting, advocating, and mentoring psychologists and future psychologists.

While recent events have tested the resolve of our organization and our members, we will continue to stand by our mission and core values, for we know that they will serve and better us, as professionals and as individuals.

2025 has been one of the most challenging years our organization has faced, it has also brought some of our greatest successes.

A few of our accomplishments this year include increasing organizational involvement and engagement within our organization and outside of it, launching new and forward-thinking strategic goals for our organization, and successfully advocating for legislation that strengthens mental health support and access across Nevada, including enforcement of mental health parity and creating a provisional licensure status for future psychologists.

Looking ahead, we continue to focus on goals such as growing our membership, achieving greater financial stability, and, most importantly, listening to you so we can better support your professional needs. As well, we are continuing to promote committee gatherings and events, and regional social events with our membership. For announcements and more information on those, please look out for E-Mails and communication from our social media platforms.

As we turn toward 2026, I am excited about what is in store for our future. One of the bigger announcements I'm glad to share is about our Annual Conference next May, which we're planning to host in Las Vegas as we've invited Dr. Arthur Evans, Chief Executive Officer of the American Psychological Association, to be our keynote speaker. We're also planning on hosting an event during fall of 2026 in Reno to offer live continuing education units (CEUs), so that our members in northern Nevada have an opportunity to attend an NPA event in-person. More details on that will come in the new year!

While my term as President will come to close next May, I am still excited and proud to be serving in this role for NPA for the next few months, and of all the things we've done over the past couple years. More importantly, I'm looking forward to the future of what we have on our horizon and of the possibilities. I strongly encourage you to reach out to me, our board, and our committees to share your thoughts, ideas, and perspectives. We can only build a stronger future for NPA by working together.

While my term as President concludes next May, I remain incredibly proud of all we've accomplished. Our challenges have only strengthened our resolve, and our organization has never been brighter. As I mentioned before during our annual conference this year, President Abraham Lincoln once said—and as I believe deeply about the NPA:

“The best way to predict your future is to create it.”

Through your efforts, contributions, and continued support, we are not just predicting the future of psychology in Nevada — **we are creating it.** Thank you for being an essential part of the Nevada Psychological Association. I look forward to seeing you and hearing from you soon.

-Christopher Shewbarran, Psy.D.

President, 2024-2026

Nevada Psychological Association

NPA Legislative Committee Update

After “sine die” – the end of the 2025 Legislative Session – I think we breathed a collective sigh of relief. Whether all our legislative goals were achieved or not – it was over. We got to go back to just being psychologists for a little while.

We want to acknowledge, with respect and gratitude, all those who contributed to NPA’s advocacy efforts during the session. Starting with volunteer-psychologists on the legislative committee – a team with varied amounts of experience and exposure – each played a role in the successful passage of two NPA bills this session: AB207 which strengthened enforcement of MH Parity standards in Nevada (eff. 10/1/25) and SB251 which codified “provisional licensure” status for psych assistants and interns so their services can be billed to insurance (eff. 1/1/26). To our legislative affairs team TriStrategies – “shout out” to you for embracing our small organization and championing mental health issues this session! There were plenty of difficult moments and meetings – but we were “there” because of your guidance and connections. Finally, we want to express our appreciation to the psychologists who weighed in, for and against, NPA’s position on some complicated legislation. Bills ranging from autism diagnosis to reunification therapy and scope of practice issues presented challenges for our team. We didn’t all agree and that is good – our hope is that we can continue to challenge each other to get into the weeds on complicated issues while also thinking about the broader impact on those we serve.

NPA will continue to monitor and report on the implementation of policies passed during the Legislative Session. We will closely follow parity enforcement efforts, behavioral health workforce expansion (and scope of practice concerns), impact of federal funding cuts, protections for marginalized groups, as well as state efforts to expand services and streamline government operations.

NPA has become a member of the Behavioral Health Alliance of Nevada – a new non-profit organization backed by the National Council for Mental Wellbeing – so that we can work more effectively with other stakeholders that advocate on behalf of psychology and mental health services in the state. We are continuing efforts to reach out to other mental health providers, advocacy groups, and policy makers, to build collaborative alliances.

Finally, a comment about the changes happening to health and mental health care in Nevada and across the nation. Nevada will be impacted by reductions in Medicaid funding and ACA marketplace subsidies. Grants for research and program development, mental health services in schools and community centers, support for those in marginalized communities, are all in question. All counties in Nevada continue to be underserved for behavioral health services and we all know that provider panels are inadequate, and reimbursement rates are lower in Nevada than in neighboring states. While reaching out to our federal representatives is important, reaching out to our local representatives can have a big impact. Based on our experience of lobbying in-person in Carson City it’s important to remember that Nevada’s lawmakers are accessible, they chose this part time job not because of its pay (probably lower than insurance reimbursement rates) but to contribute. We can educate, we can question, we can talk with them. Working together trumps polarization and division. As trauma therapies teach us, activating our “social engagement” systems helps us overcome fear and separation, down regulate stress, and lean into our common humanity.

Laurie Drucker, Psy.D. and Michelle McGuire, Psy.D.
2025/2026 NPA Legislative Committee Co-Chairs

MENTAL HEALTH PARITY ENFORCEMENT

Please report mental health parity violations to the Division of Insurance and to us. Parity violations are rampant across the country (one state fined 22 of 23 insurance companies for MH Parity violations this year) and Nevada now has new systems in place for monitoring and reporting on metrics like network adequacy, INN vs OON network coverage, reimbursement disparities, and utilization review inequities. If you have questions or need more information please contact NPA and we will be happy to assist.

<https://doi.nv.gov/Consumers/File-A-Complaint/>



Please support NPA-PAC Fundraising Drive!

Support NPA-PAC!

The LC is raising funds for NPA's PAC!

What is our PAC and what does it do? The Political Action Campaign is a fundraising mechanism that allows NPA to contribute to the campaigns of individuals running for office in Nevada. We collect donations from individuals – like you – and during the election cycle make contributions from NPA to those who we believe will advocate for psychology/mental health care while in office. We contribute to the campaigns of both parties, to candidates in the North, South and Rurals, and to those running for both the Assembly and the Senate. Selection criteria include their support for mental health care and their willingness to collaborate with NPA as evidenced by their responses to our “candidate scorecards” and professional histories.

**NPA-PAC
Needs
Your
Help!**

Election season is beginning well in advance of the primaries next year. The LC is reaching out to all members asking you to contribute to the PAC – consider a contribution of \$250 to become an “Advocate for NPA” - or at any amount that works for you. We will be collecting PAC donations through May 2026 for candidates who support mental health care.

Donating is easy....

Donate via our website: www.NVpsychology.org/donate
OR scan the NPA website QR code



THANK YOU to everyone that donated to the **NPA-PAC** in 2025!

NPA Champion

Dr. Joyce Ulofoshio

NPA Advocates

Dr. Richard Baldo
Dr. Sharon Jones-Forrester
Dr. Thomas Kinsora
Dr. Bree Mullin
Dr. Michelle Paul
Dr. Jacqueline Pistorello
Dr. Susan Pittenger
Dr. Ruth Ann Wright

Friends to NPA

Dr. David Antonuccio
Dr. John Araza
Dr. Melanie Crawford
Dr. John Friel
Dr. Yvonne Fritz
Dr. Gregory Harder
Dr. Mikaela Hildebrandt
Dr. Steven Klee
Dr. Paul Kwon
Dr. Michael Lewandowski
Dr. Lisa Linning
Dr. Jennifer Luboski
Dr. Regina Marshall
Dr. Claudia Mejia
Dr. Whitney Owens
Dr. Chris Shewbarran
Dr. Susan Smith

Thank You



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Nevada Mental Health Parity—Know Your Rights and How to Take Action

Nevada law protects the right to equal coverage for mental health and substance use care.

MHPAEA Guidelines

Mental Health Parity means: Insurance companies must treat mental health and substance use benefits **the same way** they treat medical and surgical care — no extra limits, no unfair costs, no extra hurdles.

If a plan delays, denies, or limits mental health treatment, it may be breaking the law.

Look for unfair differences in: - Copays or visit limits - Prior authorization or referrals - Provider network size or access - Denial reasons or medical necessity rules

Insurers **MUST** report their decision-making to enforcement agencies and those reports must be made public!

Who Enforces MH Parity?

Different agencies handle different types of plans:

- **Nevada Division of Insurance (DOI):** Most commercial health plans sold in Nevada.
- **U.S. Department of Labor (EBSA):** Self-funded employer (ERISA) plans.
- **Centers for Medicare & Medicaid Services (CMS):** Marketplace plans and Medicaid managed care.

Spot a Parity Problem — Quick Checklist

- ✓ Denied mental health care the plan would approve for a similar medical condition.
- ✓ Told to get extra approvals or paperwork only for therapy, counseling, or substance use treatment.
- ✓ Charged higher costs or given fewer visits for behavioral health care.
- ✓ Couldn't find in-network therapists, psychiatrists, or treatment programs even though medical specialists are available.

What to Do — Step-by-Step

1. **Gather documents:** Keep denial letters, policy numbers, provider notes, and any communications with your insurer.
2. **Ask for written reasons:** Request the “medical necessity criteria” used to deny or delay your treatment.
3. **Appeal through your insurer:** Every plan must offer an appeal process. Use it first and keep copies of everything.
4. **File a complaint:**
 - ◇ If your plan is regulated by the **Nevada Division of Insurance**, file online or call Consumer Services.
 - ◇ If your plan is **self-funded** (through a large employer), contact the **U.S. Department of Labor, EBSA**.
 - ◇ For **Marketplace or Medicaid managed care** plans, contact **CMS** and your state Medicaid office.
5. **Follow up and document:** Note your complaint number and every date you contact someone.

After Filing a Complaint

- Agencies will review your complaint, request documents, and may contact your insurer.
- Investigations can reveal systemic parity issues — your report helps protect all consumers.
- You'll receive written updates and a resolution once the review is complete.

Key Contacts

Nevada Division of Insurance — Consumer Services

Northern NV (775) 687-0700 | Southern NV (702) 486-4009 | Toll-free (888) 872-3234

Email: insinfo@doi.nv.gov

File online: [Nevada DOI Consumer Complaint page](#)

U.S. Department of Labor — EBSA

Phone: 1-866-444-3272

Website: askebsa.dol.gov

Centers for Medicare & Medicaid Services (CMS)

Visit the [CMS MHPAEA webpage](#) for federal complaint instructions.

APA Council Representative Update—Lauren Chapple-Love, Ph.D.

Highlights from the August 2025 APA Council of Representatives Meeting

The APA Council of Representatives met in Denver on August 5–6, 2025, to take action on several important policy initiatives shaping the future of our field. One major step forward was the approval of **operational principles for master's-level professionals in health service psychology (M-HSPs)**, which will guide future efforts to define title, scope of practice, and licensure pathways. This development aims to expand access to psychological services while ensuring high standards of training and competence.

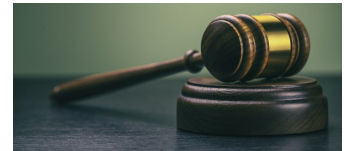
The Council also adopted a **Policy Statement on the Benefits of Inclusivity in Psychology and Higher Education**, emphasizing that inclusion strengthens both scientific and educational environments, especially amid current challenges to academic freedom and access.

Another significant action was the passage of the **Policy Statement on Disability and Inclusion**, which promotes recognition of disability as a natural aspect of human diversity and calls on psychologists to actively combat ableism through inclusive design, research participation, and public education.

In addition, the Council approved a **Policy Statement on Reconciling Traditional Wisdom and Psychological Science**, encouraging the integration of global and Indigenous perspectives with psychological research to foster a more culturally responsive discipline.

Finally, the Council updated two key documents: the **Resolution on Psychological Needs of Children Exposed to Disasters**, underscoring culturally informed approaches to resilience and recovery, and the **Guidelines for Psychology's Role in Pediatric to Adult Health Care Transition**, which support multidisciplinary collaboration and equitable care for youth with medical conditions.

Lauren Chapple-Love, Ph.D.
APA Council Rep 2024-2026



AMERICAN PSYCHOLOGICAL ASSOCIATION

APA Apportionment Ballot Reminder

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.

The apportionment ballot election is conducted annually to determine the composition of APA's Council of Representatives. This year's election will begin November 1st and will close December 16th.

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.

Weekly Policy Update—American Psychological Association Services, Inc.

Week of October 6, 2025

Hill and Budget Updates:

- The government shut down continues as lawmakers continue to debate whether to reopen the government with a short-term stopgap spending bill with no additional policy components, or with provisions to extend enhanced Affordable Care Act subsidies and roll back steep Medicaid cuts enacted earlier this year. The shutdown continues to halt most nonessential operations at key federal agencies, including the review of research grant applications, review of behavioral health program grant applications and staffing of those programs. While Medicare and Medicaid benefits will continue, there will be delays in customer service and administrative functions due to staff furloughs.

- *The Advocacy Office will continue to advocate for the re-opening of the federal government, though we are not taking a position on how to do so. Our advocacy is focused on the timely resumption of peer review, funding opportunities for psychological research, stability for educational and training experiences for graduate students and early career psychologists, the restoration of the Medicare telehealth coverage rules in place prior to Oct. 1, and a permanent repeal of the in-person visit requirement.*

Supreme Court:

- The Supreme Court heard oral arguments on Tuesday morning in *Chiles v. Salazar*, challenging Colorado's ban on conversion therapy for minors and focusing on whether a therapist's talk therapy is protected free speech or a regulated professional services. Justices seemed to struggle with a fundamental conflict: while they questioned the ban for unconstitutional viewpoint discrimination (allowing affirming therapy but banning change-oriented therapy), they were also wary of setting a precedent that would undermine the state's ability to regulate any harmful professional practice that involves speech. Given that the Court is grappling with these high-stakes constitutional limits and the supporting clinical evidence, it is difficult to predict the final outcome, which is expected by June 2026.

- *APA Services submitted [an Amicus Brief](#) in this case and posted on the topic on [social media](#). Please consult this [APA factsheet](#) for more information on the harms of conversion therapy, as well as this [Axios article](#) featuring APA's Head of Practice Lynn Buffka.*

APA Policy Updates:

- Psychological research, infrastructure, and regulatory environment:
 - Advocacy staff spoke on digital mental health policy regulations and best practices at a Meadows Mental Health Policy Institute convening, [Bright Spots in Digital Mental Health: Policy and Practice Solutions to Improve Outcomes](#). The event also covered topics such as tech-enabled measurement informed care, real-world challenges to measurement informed care, and the legislative landscape surrounding behavioral health tech.
 - APA Services is helping collect sign-ons for a [coalition letter](#) to Congress on research funding as part of our membership in the [Ad Hoc Group for Medical Research](#). The coalition has one mission: to enhance the federal investment in biomedical, behavioral, social, and population-based research by increasing the funding for NIH. The letter specifically urges Congress to "provide no less than the Senate Appropriations Committee-approved level of \$47.2 billion for NIH, in addition to funding for the Advanced Research Projects Agency for Health (ARPA-H)." [Please fill out this form if your institution or organization would like to sign-on to endorse this letter.](#)

For more information, please contact [Corbin Evans](#), Deputy Chief, Science and Technology.

Weekly Policy Update—American Psychological Association Services, Inc.

- Practice of psychology and psychology workforce:
 - APA Advocacy staff provided a webinar Tuesday evening to SPTA leaders to introduce and discuss the Medicaid Advocacy Toolkit. The toolkit is designed to support SPTAs in understanding the structure and function of Medicaid, identifying opportunities for influence, and engaging in high-impact advocacy to protect and strengthen Medicaid coverage for psychological services and the role psychologists play in the Medicaid. The webinar was recorded and a link made available for SPTA leaders who were not able to attend in a follow-up email. Medicaid is the largest payer of behavioral health services in the United States and a vital source of health coverage for low-income children, adults, people with disabilities, and rural populations. Mental and behavioral health services are considered optional services under Medicaid. Optional services are often the first services to face additional coverage limitations in the event of state or federal budget cutbacks. With recent federal changes threatening to significantly reduce Medicaid funding and access, SPTAs have a critical role to play in protecting access to psychological services and advocating for sustainable Medicaid policy in their states.

For more information, please contact [Dr. Stephen Gillaspie](#), Deputy Chief, Health Policy & Health Care Finance.

- Population health (education):
 - Last week, the Department of Education held its first session of negotiated rulemaking to implement the higher education portions in the One Big Beautiful Bill Act. Perhaps the most consequential provision to psychology being negotiated is the definition of “professional degree” for the purposes of the newly established student loan limits. As a reminder, prior to the start of negotiated rulemaking, APA Services [submitted comments](#) to the Department, making the case as to why health service psychology must explicitly be included in the list of programs designated as professional degrees. We have been and will continue working with the negotiators to ensure that health service psychology is designated as a professional degree. The committee will return in the first week of November for the final round of negotiations, after which the Department will publish a proposed rule for public comment (APA Services will submit comments) with the goal of issuing final regulations sometime next spring, prior to the implementation date of July 1, 2026.

For more information, please contact [Kenneth Polishchuk](#), Deputy Chief, Education and Training Policy.

- Health equity and social justice:
 - This week, APA Services and a representative from APA’s Committee on Disability Issues in Psychology (CDIP) convened a meeting with two APA members from Colorado to discuss issues arising at the intersection of individual education plans (IEPs) and school preparedness regarding active shooters. Specifically, the conversation centered on students with disabilities’ anxieties that schools are not adequately taking into account their needs in safety preparedness. Contact information for the Colorado Psychological Association was shared as a starting point to address these concerns on a state level and staff offered to provide expertise as necessary as the APA members move forward.

For more information, please contact [Stefanie Reeves](#), Deputy Chief of Public Policy & Engagement.



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- How to enhance the therapeutic relationship by keeping your clients motivated and engaged.

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

Ethics Committee: The fundamental objectives of the NPA Ethics Committee shall be to promote ethical conduct by members at the highest professional level, to educate members concerning ethical standards; to thereby contribute to the protection of the public against harmful conduct by all members (hereafter referred to as members); and to aid the Association in achieving its objectives as reflected in its Bylaws.

Graduate Student Committee: The Graduate Student Committee, made up of graduate students and postdoctoral fellows from Nevada who are members of the Nevada Psychological Association (NPA), serves as a vital platform for collaboration and advocacy. This committee offers an opportunity for psychology graduates across the state to unite, discuss, and address issues pertinent to their field. The primary goal of the committee is to enable graduate students to connect and advocate for the interests and needs of their peers within the psychological community. Additionally, the committee fosters networking among students from both universities of Nevada, helping them build a supportive community and professional relationships. This involvement not only empowers future graduates to impact the field of psychology but also prepares them for their professional journeys.

Membership Committee: The Membership Committee is responsible for overseeing the recruitment, retention and engagement of its members. It works to ensure that the organization attracts a diverse and active membership base that aligns with the organization's mission and values.

Want more Information on how to get Involved?

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



ARTICLE: Couples on the Brink & Poem: Psychologist Returns to Therapy

Have you ever had a couple where one partner really doesn't want to stay in the relationship, and the other one is pushing them to do couples therapy? These couples might do well in Discernment Counseling (DC). William Doherty, who created Discernment Counseling*, calls these "mixed-agenda couples". He has done extensive research on this protocol, and it does help *ambivalent couples* come to a decision about their relationship.

The process starts with a free 15-20 min phone interview with each partner separately, to determine if a couple fits the criteria for this protocol. This generally requires one partner to be leaning out of the relationship and the other leaning in and willing to be the champion for the relationship. The visits take about two hours and are highly structured. Most of the intensive work is done in individual sessions with each partner, ending with a report-back to the other partner and a summary at the end.

The goals of DC are for the couple to gain clarity and confidence about what direction to take the marriage, to gain greater understanding of what happened to the relationship, and to understand each partner's own contributions to the problems. This is not couples counseling, no change is expected between sessions. There is very little interaction between the partners. There are never more than five sessions, it is short term therapy.

Each session ends with a question of which path are they each leaning towards and whether or not they want to meet again. We focus on three paths. Path One is to keep things the way they are, Path Two is to move towards separation or divorce and Path Three is to commit to six months of all-out, intensive couples counseling and then decide. Path Three is based on the idea that like anti-biotics, you have to complete the whole course in order to see results and many couples have only done small bouts of counseling. Once a couple has decided on a path the therapist can help them along the way. If the couple decides to divorce (Path Two) the DC therapist can offer referrals to mediators and divorce attorneys. If the couple decides on couples therapy (Path Three) the DC therapist helps each partner create an "agenda for change" that can be taken to the couples therapist to give direction to the work. The DC therapist can refer them to a local marriage friendly couples therapist or if available, decide to offer a spot in their own practice. It's a good way to build your practice with couples ready and willing to do the work and at the same time provide help to struggling couples. You can find out about the Discernment Counseling training at: <https://discernmentcounseling.com/>

**Helping Couples on the Brink of Divorce* by William Doherty PhD

Kathleen Haley, MFT
Kathleenhaley.com

Psychologist Returns to Therapy

Richard Baldo

Leaving my office to sit in the other chair
in her office to ask another human
to hold up the mirror for me, despite the fear
that a bright shield might make me stone.

Here, sitting in my limitations to try to answer
the question of the Sphinx on the road to freedom.
Can I crawl to contentment through necessary pain
to rise from four and stand on two legs?

Will she see a case of Orpheus without his harp?
Is there a new rock to push up the hill—again?

Stuck within life's latest labyrinth,
a part of me knows the way out of any maze.
Just to put a hand on the wall
and not take it off until I am through.

I ask her to be my steady wall,
to keep this shaky hand,
and look into her mirror.

But, Oh,
the persistent problem
of that Minotaur.

Published in Sixfold Poetry Summer 2023



Ethics Committee Update

Hello NPA Community! Happy fall 2025!

As discussed in our previous edition, the primary function of the ethics committee is to guide, educate, and consult regarding concerns about professional ethics. The services of the EC are offered to both NPA members and non-members. The committee is currently composed of **four licensed psychologists**—Dr. Tricia Steeves, Dr. Steven Klee, Dr. James Jobe, and Dr. Sonia Dhaliwal—along with **two student representatives** from the UNLV Clinical Psychology Program, Maayra Butt and Lilla Brody.

The committee is scheduled to meet **once every 3 months** for an hour, sometimes longer depending on the cases we have to work through. The EC is seeking representation for three areas of psychology, which are reflective of current themes within the broad domain of Ethics: *Forensics, Clinical Practice and Business of Providing Services*.

How to reach out to the EC Committee:

The first step starts when you visit the website at <https://www.nvpsychology.org/ethics-committee>. You will click on “click here to access our consultation request form.” Once you submit your request, a member from the ethics committee will reach out to you within one week to set up a consultation call. To prepare for your ethics consultation call, it is important that you review the [APA Ethics Code](#) and identify any sections that you believe are relevant to your ethical dilemma; the EC member assigned to your call will do the same. While not required, it is sometimes helpful to do a brief literature review about your specific dilemma. Often, legal issues may be present in cases discussed. To address the legal aspect of specific cases, we are actively working to partner with attorneys in Las Vegas and Reno areas that can provide a free consultation to NPA members.

In addition to the above, we will have eblasts that go out every couple of months with various ethical tips and advice for practitioners.

Over the past few months, we have actively added different ethics related articles to our online library, accessible to NPA members. The goal is to continue building our online library so that we can use some of the content to create Ethics CEUs for our Nevadan community. More about this coming soon!

We look forward to serving our NPA members and non-members!

Sincerely,

The Ethics Committee
Ethics Committee chair:
Dr. Sonia Dhaliwal

Perplexed?

NPA's Ethics Committee can help!

Go to our [Ethics Committee webpage](#) to complete a free online Consultation Request Form or [click here](#).

A member of the Committee will be in touch shortly.



ATTN: NPA MEMBERS!

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2026 NPA Continuing Education (CE) Calendar



To view our entire 2026 CE Calendar, [click here](#)

**The Desperate Identities of Dangerous Men:
Understanding Mass Attackers by Understanding Personality Disorders**

Dr. Peter Langman

Friday, January 30th, 2026 ~ live, virtual Zoom webinar ~ 3 CE Credits

Ethics: Dante's Inferno

Dr. John Gavazzi

Friday, February 27th, 2026 ~ live, virtual Zoom webinar ~ 6 Ethics CE Credits

Racial Trauma

Dr. Jessica Smedley

March 2026 (date tbd) ~ live, virtual Zoom webinar ~ 3 CE Credits

NPA's 38th Annual Conference

Keynote Speaker: Dr. Arthur Evans, CEO of APA

Suicide Prevention: Dr. Kristen Davis-Coelho

Afternoon session: two options: Dr. Regina Marshall & Dr. Jordan Soper

Friday, May 8th, 2026 ~ Las Vegas NV ~ 6 CE Credits (including 2 Suicide CEs)

Suicide Prevention

Dr. David Jobes

Friday, September 18th, 2026 ~ live, virtual Zoom webinar ~ 2 Suicide CE Credits

Risky Business: Ethics and Risk Management of High Risk Circumstances in Clinical Practice

Dr. Daniel O. Taube

Oct/Nov 2026 (date tbd) ~ Reno, NV ~ 6 Ethics CE Credits

NPA "Lunch and Learns" - 1 Cultural Competency CE Credit each

January 23rd Cultural Humility Dr. Claudia Mejia

June 2026 MBSR Dr. Do

September 2026 OCD Dr. Lucas Cylke

NEED CE CREDITS FOR YOUR LICENSURE RENEWAL?

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



Southern Region Board Update

For the **2024-2025** year, the Southern Regional Board is composed of **Dr. Irma Corral, Dr. Angela Lewis,** and our **two student representatives, Lilla Brody and Maayra Butt.** Both students are in their first year of the Clinical Psychology doctoral programs and have already made significant contributions to the committee, particularly in managing our social media presence.

Our continued organizational goals are:

- Student advocacy.
- Improving social media outreach and presence.
- Supporting and retaining early career psychologists in Nevada.

Upcoming Event: Fall Social and Presentation

The annual Fall Social will be held on **Thursday, October 24th, at Dave & Busters in Summerlin.** We are pleased to announce that **Dr. Yuliana Nelson** will be the featured speaker for this event. Dr. Nelson is a licensed clinical psychologist practicing in both California and Nevada, bringing extensive experience in treating diverse populations with a specialization in children, adolescents, and their families. Her presentation will focus on **cultural competence within integrated health care systems.**



Nevada
Psychological
Association

NPA SOUTHERN REGION BOARD

Autumn
SOCIAL

OCTOBER 24, 2025 | 6:30-9 PM

Dave & Buster's
in Downtown Summerlin
2130 Park Centre Dr., Las Vegas, NV 89135

Open to all NPA members. An opportunity for NPA Members, Students, and Psychologists to network and meet Southern NV Board Officers and Executive Board Members.

Featuring
Yuliana Nelson, Ph.D.

"Delivering Culturally Sensitive Care in Integrated Primary Care Settings"

To RSVP, please E-Mail:
Wendi O'Connor, NPA
Executive Director
admin@NVpsychology.org



In summary, I can honestly say that this leadership role continues to be rewarding and impactful. I feel grateful to work with strong and inspiring people who are open to creativity and are committed to moving our efforts forward!

Sonia Dhaliwal, Psy.D.
2025/2026 Southern Region Board President

Northern Region Board Update

My new reign as the Northern Region President has been off to a wonderful start. We kicked off the summer with a social for NPA members at the Fox Brewery in Midtown Reno.



Our Northern Region Secretary and former President, Lucas Cylke, has truly found his voice as the host of our bi-annual trivia contests (see proof below).



Reno also recently held Northern Nevada Pride in September, where NPA held a table during the festival and had many NPA members donate their time to share a bit about our efforts, connect with other organizations, and provide referrals to folks in the community looking for qualified psychologists. I was fortunate to be joined by our new DEI co-chair in the north, Dr. Angelica Castro-Bueno, who brought her trademark enthusiasm to our tabling event.



Looking forward, we are planning our 2025 Fall Social for November so please look out for an announcement regarding the date, time, and location soon!

Best,
Dr. Kaleb Cusack, 2025/2026 Northern Region President



NPA Member Spotlight ~ Dr. Akiko Hinds

Meet: Dr. Akiko Hinds, NPA Member and Co-Chair of the DEI Committee

Tell us a little about yourself that cannot be found in your professional bio:

I was born in Jamaica and migrated to America as a toddler. I traveled to Jamaica several times a year as a child to visit family. My parents made sure that, although I was raised there, I learned the culture and tradition. Growing up in New York City, I learned about different cultures, holidays, and traditions, which fascinated me. My parents always stressed the importance of education, and I am a first-generation college graduate.

What has your path toward becoming a psychologist been like, especially as a BI-POC woman?

I knew by junior or senior year of high school that I wanted to work in the mental health field. At the time, the psychologist I had seen was on television. During my first semester of undergrad, I took an introduction to psychology and hated it. I was considering changing my major. Then I took an abnormal psychology course and loved it. In my sophomore year, I met my advisor, now mentor, who was an African American woman and a psychologist. This was the first time I saw someone who looked like me in the field. She also taught my forensic psychology class and, from that point on, I was set on concentrating on forensic psychology.

Navigating graduate schools was challenging because I didn't know what to look for or what was important. My mentor guided me from my master's program to my doctorate program. As a Black woman, I have found it challenging to feel represented in spaces where I am the only person of color. It is exhausting to constantly feel like I have to defend all marginalized groups who are often overlooked. People simply do not understand the emotional toll that can have on a BIPOC individual. During my practicum and internship, I was the only Black woman trainee. This led to pressure to outperform others and prove my belonging. My mentor and supervisors played a pivotal role in my education and career, providing me with the confidence, knowledge, reassurance, and support I needed to reach my current level of success.

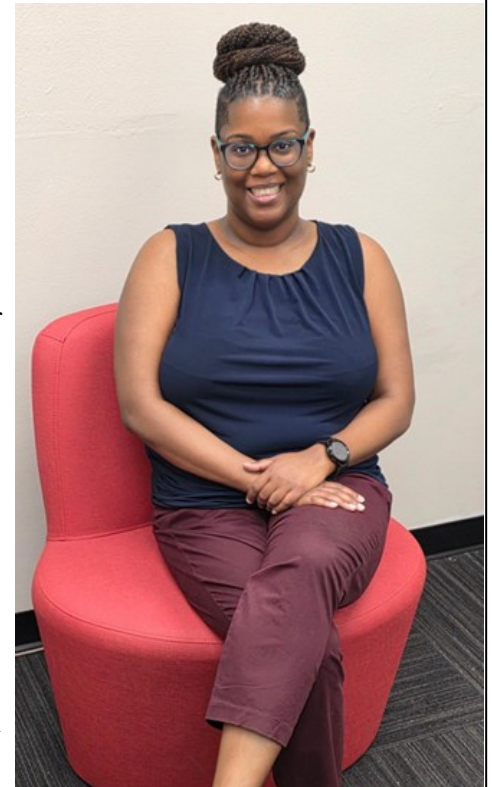
Marginalized groups are underrepresented in psychology. The data is clear: Black people make up approximately 12 percent of the population, yet we only account for 4 percent of psychologists in the field. My mentor always told me that as you rise, you lift the next person. I cling to this conviction and strive to offer guidance to the next individual, recognizing that this journey is long, laden with frustration, and has the potential to be deeply fulfilling.

What is your favorite part about being DEI committee co-chair?

Diversity and inclusion are important topics to me. As co-chair of the DEI committee, I have a clear mission: to have members who want to make changes and educate students, trainees, and other psychologists about DEI topics. It's been helpful to discuss these issues with others. This year, we initiated a calendar of cultural events in Nevada and established a monthly consultation group for students, trainees, and psychologists. This group meets to discuss clients, address personal issues related to current events, and learn about various topics.

What's one thing you would like members and potential members to know about the DEI committee and DEI work in general?

The DEI committee meets once a month and is always looking for new members to participate. We expect members and potential members to participate and learn more about DEI-related topics.



The current administration is cutting or getting rid of anything related to DEI. As part of our aspirational goals of Justice and Respect for People's Rights and Dignity, we must speak out about what is going on. This affects us individually and professionally. Genocide and civil wars are also occurring in other countries, and they are just as important as what is going on in America. Members and prospective members must know that we are committed to equity, inclusion, and diversity. As a profession, we will ensure that people's human rights are protected.

Help Us Grow our Graduate Student Committee!

The Graduate Student Committee, made up of graduate students and postdoctoral fellows from Nevada who are members of the Nevada Psychological Association (NPA), serves as a vital platform for collaboration and advocacy. This committee offers an opportunity for psychology graduates across the state to unite, discuss, and address issues pertinent to their field.

The primary goal of the committee is to enable graduate students to connect and advocate for the interests and needs of their peers within the psychological community. By participating, members can actively engage with the NPA, influence policies, and help shape their future careers as psychologists.

Additionally, the committee fosters networking among students from both universities of Nevada, helping them build a supportive community and professional relationships. This involvement not only empowers future graduates to impact the field of psychology but also prepares them for their professional journeys."

Edwin Jurado and Rakshitha Mohankumar
2025/2026 Student Advocacy Coordinators (SAC)

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Current List of 2025/2026 NPA Members

NPA Misses You! Is your name on this list? IF NOT, You Still Need to Renew your Dues!
Renew in the month of October & get 20% off annual dues!

Aberasturi, Suzanne	Constantine, Mallory	Fritz, Yvonne	Jensen, Jessica	Marshall, Regina
Adams, Ben	Cornelius, Rachel	Gallas, Jeremy	Jensen, Laura	Mather, Deborah
Ahmad, Sarah	Corral, Irma	Garcia, Juan	Jobe, James	McGuire, Michelle
Alaei, Kambiz	Crabb, Yangcha	Garza, Marlene	Jones-Forrester, Sharon	McKay, Kenneth
Alandy-dy, Zyra	Crawford, John	Gentry, Ruth	Jurado, Edwin	McKenzie, Katherine
Allen, Luke	Crawford, Melanie	Gilbert-Eliot, Trudy	Kabour, Marianne	McLaughlin, Stephanie
Antonuccio, David	Crittenden, Persephone	Giron, Gregory	Katz, Hilary	McNamara, Michael
Araza, John	Crum, JP	Gravley, Michelle	Kieschnick, Dustin	Mejia, Claudia
Arian, Gretchen	Cusack, Kaleb	Graybar, Steven	Kilhoffer, Danielle	Mercier, Diane
Ayarbe, Susan	Cylke, Lucas	Griffin, Melanie	Kinsora, Thomas	Merk, Rachele
Baily, Abigail	Davidson, Lisa	Gruen, Johanna	Klee, Steven	Miller, Katharine
Baldo, Richard	Davis-Coelho, Kristen	Guevara-Fayad, Maggie	Kleinedler, Jacquelyn	Mivshek, Heather
Barajas, David	Dear, Elizabeth	Gunnarson, Daniel	Klinck, Brian	Modirpour, Valerie
Barrera, Patricia	Deeds, Osvelia	Gutride, Martin	Kohlenberg, Barbara	Moering, Robert
Barto-Fisher, Julie	D'Errico, Aimee	Haight, Courtney	Kompaniez, Elysse	Mohankumar, Rakshitha
Belmont, Teri	Dhaliwal, Sonia	Haley, Kathleen	Kraus, Shane	Moore, Sara
Black, Amelia	Dickens, Yani	Hancock, Lisa	Kretchman, Daniel	Mora, Ariana
Borsh, Tara	Do, Thuy-Phuong	Hanna, Erica	Kuhn, Corey	Morales Alicia, Carolina
Briggs, Isaiah	Donaldson, Robyn	Harder, Gregory	Kwon, Paul	Mosco, Elizabeth
Brody, Lilla	Dorris, Deva	Hardie, Lindsay	LaBelle, Denise	Mraz, Amanda
Brooks, Amara	Drucker, Laura	Harris, Shanel	Lancaster, Cynthia	Mullin, Bree
Brouwers, Vincent	Earnest, Leanne	Harris, Merlelynn	Landis, Shauna	Navarro, Andrea
Burke, Georgia	Emmel, Bill	Hemenway, Leeanne	Leany, Brian	Nesto, Kellie
Burke, Michelle	Esparza, Nadia	Hendron, Marisa	Leark, Robert	Nielsen, Earl
Butt, Maayra	Etcoff, Lewis	Hildebrandt, Mikaela	Lenkeit, Gary	Nielsen, Laura
Casas, Jena	Fahey, David	Hinds, Akiko	Lepe, Shannon	O'Bryan, Gwen
Castro Bueno, Angelica	Fahrner, Kathleen	Hinitz, Dean	Levenson, Marvin	Ocskay, Oliver
Cavenagh, Nicole	Feil, Leslie	Hixon-Brenenstall, Sheri	Levi-Minzi, Micol	Oren, Yelena
Caver, Leandrea	Fensken, Michael	Holland, Stephanie	Lewandowski, Michael	Osten-Garner, Kevin
Cendejas, Christina	Ferraris, Janelle	Hronek, Antrice	Lewis, Angela	Owens, Whitney
Chakranarayan, Cheryl	Fertel, Evan	Hronek, Ivan	Linning, Lisa	Panish, Jacqueline
Chamberlain, Susan	Fidler, Scott	Huangfu, Victoria	Lipson, Glenn	Park, So
Chapple-Love, Lauren	Field, Clint	Hunt, Sara	Loring, Susan	Parker, Chauncey
Chiko-Okoli, Adaeze	Forsyth, Karyn	Iribarne, Josette	Luboski, Jennifer	Paul, Michelle
Chille, Taylor	Frantom, Linda	Jacobs, Negar	Lujan-Sondgroth, Anna	Perlotto, Carla
Cleaver, Tasman	Freeman, Andrew	Jaitly, Puja	Lynn, Quinten	Pinkerman, Rachael
Colosimo, Charles	Freeman, Megan	Jankovich, Rebecca	Lyon, Lawrence	Pistorello, Jacqueline
Colson, Ashley	Friel, John	Jemison, Chianti	Mahaffey, Martha	Pittenger, Susan

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Pitts, Traci	Schnurstein, Jasmine	Stolsig, Melissa	Wells, Barbara
Poston, Michelle	Schroeder, David	Strada, Marilyn	Werlinger, Alison
Puentes, Leilani	Schuberg, Mary	Strong, Michelle	Wetterer, Craig
Quilitch, Bob	Schwan, Mariah	Summers, Holly	Wielemaker, Andre
Rafferty, Sharon	Shannon, Ampara	Tatum, Michelle	Wildey, Tony
Ramirez-Miranda, Norma	Shepard, Michael	Taylor, Leann	Willians, Erin
Rasmussen Hall, Mandra	Shepherd, Shaina	Taylor, Sean	Williams, Valerie
Renner, Peggy	Shermack-Warner, Cecilia	Tearnan, Blake	Wilson, Marquez
Ribnick, Deborah	Sherwood, Samantha	Thomas, Candice	Wolfe, Scott
Ricciardi, Lindsey	Shewbarran, Christopher	Thompson, Heather	Wright, Destiny
Richied, Debra	Shumaker, Shoshana	Thompson, Loreli	Wright, Marilyn
Robison, Tera	Simington, Sharon	Thorp, Cynthia	Wright, Ruth Ann
Rogers, Erick	Sims, Karen	Tolbert, Valerie	Wyma, John
Rogina, Julius	Slife, Emily	Treece, Christine	Yanez, Alejandro
Ross, Lynda	Smith, Eric	Turner Augustyn, Alisa	Young, Sheila
Ross, Staci	Smith, Brooke	Ulofoshio, Joyce	Yu, Georgia
Ryder, Brent	Smith, Melissa	Van Steenwyk, Betty	Zayas, Marie
Ryjova, Yana	Smith, Susan	Vaughan, Christine	Zelig, Mark
Saltman, Christina	Son, Hilary	Villano, Marijo	Zink, Davor
San Miguel-Montes, Liza	Soper, Jorden	Vincent, Susan	Zochowski-Tullio, Michelle
Schafer, Jen	Squitieri, Paula	Watley, Charlotte	
Schilling, Samantha	Steeves, Tricia	Wechsler Zimring, Adrianna	
Schlinger, Bethany	Sternquist, Ellen	Wecker, Lauren	

DID YOU KNOW?

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Full Member dues: \$5.00 average weekly cost

Early Career Psychologist dues: \$2.50 to \$4.50 average weekly cost



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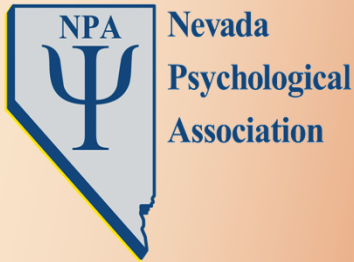
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