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### OPA President's Column

## Access Your Communal Comfort, Support

*Shahana Koslofsky, PhD, OPA President*



As I write, Trump has been in office for 2 weeks and they have been the busiest weeks of my short tenure as president. Coincidentally, two pressing issues with major impact for our community occurred during the same week. The first issue was Trump's Executive Orders, which called for immediate response from us as psychologists. The second issue is the ongoing challenges we as psychologists are having with insurance companies. For the former issue, it has been validating to see my colleagues having the same concerns as I do; concerns about how Trump's Executive Orders will violate basic civil rights for all. As I have stated before, this concern about civil rights is based in our APA Ethical Principles as well as in OPA's Mission Statement, both of which express a commitment to advocating for and protecting the rights of others. I have indeed been invigorated by our membership's energies around these topics and once again feel proud to be part of a community that puts these values into practice.

The second pressing issue over the last two weeks is continued difficulties with a particular insurance company. While these concerns are currently manifesting themselves related to one specific insurance company, over the course of my 7 months in this office I have been tracking insurance issues raised by members, and there are at least 6 different companies that our members have had difficulties with. My goal at the start of my presidency was to forge connections. Forging connections with insurance

companies was one way I wanted to do this. And I have. I met with an insurance company this past June and I have a follow-up meeting scheduled with the same insurance company. However, this feels like a drop in the bucket compared to all of the work we need to do to advocate for and protect our profession. Ideally, OPA would have the capacity to meet with most of the insurance companies on a regular basis, cultivating ongoing relationships, and maintaining open communication. But that is a real challenge for a volunteer based Board with members who have day jobs, so to speak.

So this is the dilemma that faces our Board now; how do we meet the needs of and advocate for our profession with only a volunteer Board? For this reason, the OPA Board of Directors held a special meeting to develop a plan for a formal Director of Professional Affairs (DPA) Position. As you may recall, we held a special fundraising pledge campaign in December, 2016 and I am pleased to say we met 50% of our goal. I appreciate the support of those who were able to contribute to this important position and I am excited to share our Board proposal with you soon.

As a reminder, the DPA is a paid position that is recommended by APA to advocate for the profession at the state and national level. In the current climate, that would include meeting with representatives from insurance companies on a regular basis to make sure we have a seat at the table when important decisions are made.

## OPA Helpful Contacts

The following is contact information for resources commonly used by OPA members.

### **OPA Office**

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*\*Through OPA's relationship with Cooney, Cooney and Madigan, LLC as general counsel for OPA, members are entitled to one free 30-minute consultation per year, per member. If further consultation or work is needed and you wish to proceed with their services, you will receive their services at discounted rates. When calling, please identify yourself as an OPA member.*

The hope is that by being proactive, we can be involved in the decision-making process rather than having to be reactive after the fact. For the current situation, it could mean that we would know ahead of time what decisions are being made (e.g., changes to reimbursement for diagnoses or CPT codes) and why these changes are being made. With a seat at the table, we may even be able to provide research to support why we disagree with insurance recommendations when appropriate, and why we agree with them when possible. It would also mean when we see systematic issues coming up as we do now, our DPA could have an established relationship with a specific person at the insurance company and reach out to that individual to discuss the concerns and hopefully develop a solution that includes our voices.

There are two reasons why a president cannot do this. First is time. Please remember all Board of Director positions are volunteer positions. Therefore, our ability to respond in a timely fashion is contingent on our other professional responsibilities. I was fortunate that my job schedule these last two weeks allowed me the flexibility to respond in a timely fashion. However, that may not always be the case. As an example, over the last two weeks my role as OPA president required approximately 8 hours and that does not include our OPA Board of Directors meeting (this meeting should have been 5 hours but was reduced to 3 hours due to inclement weather and the need to have a phone meeting instead of a face-to-face meeting). At least half of this time was devoted to managing insurance issues, with the other half was devoted to responding to Trump's Executive Orders. But what would have happened if I had not had the time to respond to these pressing issues? What gets sacrificed, our ability to advocate for our ethical principles or our ability to advocate for our practice needs? Both are essential aspects of our profession.

My hope is that with a DPA, we would not have to decide which advocacy work to value; we would

have a DPA who would continually advocate for our practice issues and the president could remain committed to running OPA and advocating for other issues as they arise. Together, the DPA and the OPA Board of Directors can advocate for you and the health of our profession.

### **DPA FAQs**

- *What will a DPA do that OPA is not already doing? Why do we need an additional position in OPA?*

As a paid contractor with OPA, the DPA will have dedicated time each week to devote to a variety of important issues related to the practice of psychology. These include

- Having regular meetings with various insurers throughout the region so OPA can advocate with insurance companies about reimbursement and the value of psychologists' services.
- Educating membership in a timely matter regarding insurance/reimbursement themes and how to advocate for pending legislative issues which may impact our profession.
- Assimilating information from providers that pertain to insurance, reimbursement, and policy issues as a means to advocate more effectively and efficiently with various insurers, legislators, and other relevant entities.
- Working with the OPA president and Legislative Committee to coordinate OPA volunteers and committee/subcommittee members to ensure priority responsiveness to legislative matters.
- Coordinating with APA to advocate at the local, state, regional, and national level, access national and/or APA resources, and collaborate with other states for progress in issues that arise in Oregon.
- *How will we pay for the DPA position?*

The Board is examining different

*Continued on page 3*

funding sources and will have this included in the forthcoming DPA proposal.

- *How many other state associations fund a DPA and how have the DPAs been shown to be useful/effective?*

Approximately 20 states have a DPA position. DPAs provide the continuity to effectively and efficiently translate members' needs and concerns into action over time. Elected leaders and governance, during their term in office, work closely with the DPA. But those leaders are volunteers, and a DPA provides a staff role whose primary job is to provide continuity in the staff leadership to implement the advocacy needs of the Association.

- *What are the specific goals for the DPA and what are the anticipated results?*
  - Oversee PAC's efforts to provide consultation to OPA members concerning problems with third party reimbursement.
  - Work with members and the OPA lobbyist to bring these issues to the attention of insurers and regulators such as the Insurance Division, in coordination with the lobbyist, and with legislators.
  - Work with insurance companies, managed care and other care management and third party reimbursement programs to protect psychologists' interests.
  - Gather information from APA resources and from other state and provincial psychological associations. Lead PAC's efforts to actively and regularly distribute information of value to OPA members through a variety of channels.
  - Anticipated results: Increase visibility of psychologists in Oregon to ensure adequate reimbursement, representation in decision making conversations that impact psychologists and the communities we work with, increase advocacy efforts aimed at promoting the practice of psychology, and elevate the value of psychological services in the marketplace.
- *What strategies will a DPA use to be more successful than OPA or local psychologists in their negotiations with health insurance companies to try to make sure they have adequate representation of psychologists, reduce reductions in reimbursement fees for psychologists, and enhance overall customer satisfaction between health insurance companies and psychologists as providers?*

A psychologist staff person in the role of DPA would develop and maintain long-term relationships with legislators, regulators, and other coalition groups and professional groups. These relationships need years to develop and often outlast the ability of any one volunteer to sustain the commitment. In these times of rapid changes in the health care industry, these relationships are crucial. Long-term advocacy and relationship building with these

entities would allow OPA to have a greater influence in issues related to reimbursements and access issues.

- *I work for an organization that advocates for me, does my billing, and interacts with the insurance companies. What will the DPA do for me that my organization is not already doing?*

One of the goals for any organization is that their providers are sustainable. In order to advocate for psychologists within an organization, we need to be sure we can educate others about the unique skills we possess so we can advocate for equitable reimbursement. Our salaries tend to be more than some other clinicians. If we are not able to explain the value of our services, it will be easier for employers to replace us with lower-level clinicians who can be reimbursed at lower rates. The DPA will also help to make sure that specialty level clinicians have reasonable reimbursement for their work so they are also available when we need to make a referral, particularly for intensive therapy or psychological assessment.

- *What will happen to Oregon psychologists if we do not hire a DPA?*

Our fear is that we will not be able to advocate for psychology as a profession adequately. If this occurs, we worry that we will see more of the concerning trend we are seeing now: Reductions in reimbursement rates, lack of psychologists on provider panels, and the absence of psychology's presence in meetings with key organizations such as health insurance companies.

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# Best Practices for Gender-Creative Children: An Inside View

Karrie P. Walters, PhD

As psychologists, we often choose our specialties based on personal strengths and personal interest. Sometimes, however, specialties choose us. As a 4th year doctoral student, I would have described my family structure as “two lesbian partners raising an infant son.” Today, I identify as “a lesbian married to a transman raising a gender-creative child.” The past 9 years I have been navigating the world of transgender and gender-expansive children best-practices as a partner and a mom, and in doing so, have come to several insights into this growing field of practice. Specifically, in this article I will highlight a few of my experiences navigating the complex path of parenting a gender-creative child without a map, and ways psychologists can be helpful to parents and families in similar situations.

First, it’s important to note that the healthiest best practice strategy seems to be clearing a path for our children who are binary transgender. These are children who are persistent, insistent, and consistent in their awareness that they have been assigned the incorrect gender and have internal clarity into their actual gender identity. Current best practice for our binary transgender children includes 1) mental health support for the child and family; 2) supporting the child’s social transition when they ask for it; 3) utilizing puberty blocks when the time comes; and 4) making decision for using hormones

thoughtfully and collaboratively, in conjunction with the teen, their physician, and a supportive mental health therapist (Tishelman et al., 2015, Ehrensaft, 2016). Even as this path is clearing, there are still some unknowns, some underbrush we still need to sort through. For example, there are pros and cons to delaying puberty in teens (delaying offers teens more time to clarify their gender identity, yet delaying too long prevents them from experiencing puberty at a developmentally appropriate stage). Similarly, there are pros and cons to taking hormones at ages earlier than 16, which has been best practice until recently. Overall, however, the questions about the best path forward for our binary transgender children is more about timing and pace than which direction to turn.

For our gender-creative children, the path is not as clear and roadmaps are still being developed (Rahilly, 2015, Ehrensaft, 2016). Gender-creative children have many names: *Gender-expansive*, *gender-fluid*, *bi-gendered*, and *gender non-conforming* among them. These labels are not always interchangeable and reflect the beautiful range of gender identities in our children, as well as the failure of our current binary gender system to account for our children, limiting gender to two choices of “boy” and “girl.” Our gender-creative children often fall outside of society’s expected gender expressions for these two choices, especially as they grow into their elementary years. It was “cute” when my son wanted to wear a dress at age 3. At age 7, most adults didn’t regard it as cute anymore, but “odd” and disturbing. Similarly, although my son knows he has choices along this binary (he can identify as a boy and still wear dresses or can identify as a girl and we will fully support his transition) he chooses—to not choose. Refusing boxes or labels, my child plays with swords while wearing a dress and identifies as “half boy and half girl.” He wants us to use male pronouns, but doesn’t want me to correct others when they use female pronouns. So, as a parent—I try to follow his lead. Easily said, not so easily done on a daily basis. At 7, this meant moving dance studios four times until we found one who would embrace his gender creativity. Now at age 9, my child is especially aware of social norms and no longer wears “girl things” outside of the home, even though he would like to. I want to tell him “wear whatever you want—be yourself,” yet know that I am not the one who has to navigate his daily peer group. I have friends and colleagues who assume he is transitioning and continually ask about pronoun changes, and other friends and family who tell me “it’s just a phase” and suggest I guide him towards more traditional masculine dress and behaviors. And my child—the one whose lead I’m trying to follow—he’s often off trail entirely, looking at bugs and wishing folks would stop talking about gender so much. This path—this path is not so clear. I don’t know where this path is leading. How do I support him and his needs? How do I make space for him and for his gender

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identity development? How do I advocate for him? I do know that there are some forks in the path up ahead where choices will have to be made (whether to start puberty blockers, for example). How do I best guide us through this beautiful gender-creative journey before us?

Taking off my psychologist hat and putting on my parent one, I ask myself—if I were a client, what could a psychologist do to be helpful for my gender-creative child and our family as we navigate this unfolding path?

- Learn as much as you can about transgender and gender-creative children and be prepared to walk me through the complexity of choices and emotions.
- Support both of us in not knowing—don't pressure our family or my child to choose. Support me as a parent in learning to follow my child's lead, even if it's into an unknown.
- Give me and my child psychoeducation so we will know more about possible outcomes and a variety of choices.
- Help me connect my child with role models in the transgender community.
- Help connect my child and myself with social support (such as online groups).
- Help me learn how to navigate my child's feelings and daily choices (how much to tell him to be himself, how much to back off and let him decide).
- Help me navigate my child's daycare, school, and outside activity environments and help me learn how to advocate for our family when needed.
- Connect me to outside resources, such as books and websites, that will build my own education and awareness, and hence empower myself and our family.
- Be our advocate and work to empower our family and my child as we navigate this path together.

## Resources

### Websites

- <https://www.genderspectrum.org/>
- <http://gendercreativekids.ca/>
- <http://transparenthood.net/>
- <http://www.hrc.org/resources/topic/transgender-children-youth>

### Facebook Groups

- Parents of Transgender Kids (PTK)
- Gender Creative Pride
- Schooling Transgender Children
- Gender Creative Kid of (fill in city or state)

### Books for Gender Creative Children

- *10,000 Dresses* by Marcus Ewert (ages 4-8)
- *Jacob's New Dress* by Sarah and Ian Hoffman (ages 3-7)

- *My Princess Boy* by Cheryl Kilodavis (ages 3-6)
- *All I Want To Be Is Me* by Phyllis Rothblatt (ages 4-8)
- *Play Free* by McNall Mason and Max Suarez (ages 3-5)

### Books for Gender-Creative Teens

- *The Boy in the Dress* by David Williams and Quentin Blake (Illustrator) (ages 9-16)
- *Beyond Magenta: Transgender Teens Speak Out* by Susan Kuklin (ages 13 yo+)

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# Beyond the Flying Spaghetti Monster: Finding a Meta-ethic to Save the Human Species from the 6th Extinction

*William A. McConochie, PhD, Political Psychology Research, Inc.*

A recent article in *Atlantic* magazine (Gilsinan, 2016) presents a brief review of a spoof religion based on a deity in the form of the “Flying Spaghetti Monster.” This deity was presented first in response to legislation in Kansas in 2005. The Board of Education, arguing that one could not prove that intelligent design of the universe by the Christian God was not true, voted to let public schools teach the religious Biblical creationist theory of intelligent design alongside Darwinian evolution. A 24-year-old with a physics degree pointed out that neither could one prove that the universe was not created by a flying spaghetti monster, so why not teach that theory, too? The Board reversed its decision.

This then evolved into a spoof religion that caught on, especially in Europe, with Friday as the holy day and colanders as religious headgear and pasta and beer replacing bread and wine for communion ceremonies. Some marriages by leaders of this faith have even been approved by local governments in some European nations. This organization is referred to as FSM (Flying Spaghetti Monster) or “Pastafarianism.” While a spoof in some respects, the followers point out that nothing is inherently sacred and that sacredness is simply whatever a group of people choose to deem sacred.

Religion has traditionally been defined as involving beliefs held in common by a group of people centering on belief in a powerful supernatural being that can be used to answer or explain difficult-to-explain questions and issues. Perhaps because of the growing power of science to answer questions and explain complex issues in convincing ways, or perhaps for other reasons, church attendance and, implicitly, confidence in traditional religions, has been on the wane for decades in Europe and the

United States.

Theologian John Shelby Spong has challenged Christians, in order to revive their faith, to redefine God in non-theistic terms, not as a human-like being but as, in effect, an abstract concept or concepts around which to focus one’s life. He offers definitions of God in various ways, as the ultimate source of life and love and as “the reality underlying everything else that exists.”

In my original research over the past 15 years, I have learned that religious beliefs are intimately intertwined with political attitudes and almost certainly evolved in the human species to serve two survival functions. Society cannot function well without some form of one or the other of these two forms of religion, which tend to surface alternately depending on the level of threat to a community.

These two types of religious belief can be studied scientifically and are defined by the questionnaire statements that make up reliable and valid measures of them. One has been studied for decades by other researchers and is termed “fundamentalism.” The other has also been hinted at by researchers who have described it as differently and which I found in my studies and labeled “kindly religious beliefs.” Fundamentalism is endorsed by as few as 6% of adults, while kindly religious beliefs is endorsed by closer to 90%. Fundamentalism is associated with authoritarianism, endorsement of warmongering and political conservatism. Kindly religious beliefs are associated with the Golden Rule, forgiveness, endorsing human rights and liberalism.

My research also suggests that religion evolved with the human species because it served important functions, namely to provide courage, determination and self-sacrifice in war when survival was threatened, or to

promote cooperative, reassuring activity within the in-group and with out-groups in times of low threat. These two modes of religion, fundamentalist and kindly, can be reliably measured with questionnaires, thus permitting scientific study.

There is good reason to believe that these two religion modes will continue to be manifested in human behavior in decades to come for several reasons. One is that human population is under increasing threat. Population is growing relentlessly, having tripled in the last 77 years. This will put increasing pressure on humans to provide food, shelter, clothing, etc. for their survival and thus increasing competition, and occasionally war, between them for such resources.

A second reason is that eroding human intelligence will in turn erode human capacity to mentally solve problems related to survival, such as stemming population increases and handling conflicts. Another very serious finding from my research between 2006 and 2015 is that human intelligence appears to be waning, worldwide. This conclusion is based on comparing the scores for 163,000 children with scores for an earlier sample of 113,000 children. The rate of drop is .81 I.Q. points per year. While this may not seem like much, in only 37 years the average I.Q. score for humans could drop from 100 to 70, which is the top of the mental retardation range. At that point, human society could no longer function as we know it. Half the population would be virtually unemployable and few, if any, would be intelligent enough to graduate from a challenging college or university program or run a complex business, government, or research organization. A review of other scientists’ studies, including ones by the World Health Organization

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(of the United Nations), strongly supports my hunch that this drop is secondary to toxins in air, air pollution.

A third reason that religions are likely to continue is that most humans seem to be addicted to counterproductive habits, trading current pleasures for long-term securities. Thus, for example, we overeat, continue to use fossil fuels for energy production, continue to use cars and trucks and planes without hesitation, though they all use fossil fuels, and we avoid physical exercise. We engage in highly destructive financial schemes leading to periodic catastrophic financial meltdowns. We engage in highly destructive, prolonged, and expensive wars with little benefit. We persist in forms of politics that are controlled by small, powerful, wealthy special interest groups that indulge their selfish interests at the rather blatant expense of the common good. Finally, we persist in ignoring warnings by scientists that overpopulation and pollution of the environment present extreme threats to the livability of the planet.

Thus, there will be increasing pressure on humans both as individuals and groups to find rationales for continuing their behaviors, either competing and fighting for what they want (justified by fundamentalist religious beliefs) or cooperating, compromising, sacrificing, loving, and sharing (consonant with kindly religious beliefs) to constrain their destructive habits and learn to live in sustainable ways that will be necessary for our species to survive long-term.

Putting all the above findings together leads me to the suggestion that we must find a way to quickly and powerfully unite the majority of citizens worldwide. Given the waning of traditional religions, it may be necessary to build new, more appealing forms of religious thinking and behavior. The key component to kindly religious thinking is having a constructive and

appealing social ethic that unites large groups of people in robust, positive, cooperative behavior at all levels of society, from family to town, to county, state, nation, and world.

Perhaps we can inspire the majority of citizens of the world with a centralizing, uniting ethic grounded in the core belief that the human species is sacred. Then perhaps we can unite them in dramatic efforts to quickly stop all forms of air pollution and to address all the other problems related to creating sustainable communities. This will be a huge task, but if our survival as a species depends on it, we must accept it and do whatever is necessary. Thus, it may require a rationale of great power, similar to the power of a major world religion.

Because it may be very difficult for human groups to give up traditional forms of religion, perhaps this new universal ethic will have to be “packaged” as a supplement to rather than as a replacement for other traditional religions. It may also be necessary in forming this ethical code to base it on contributions from all interested parties in all nations and of all traditional religions and even of non-religions. This can help assure buy-in of the finished product.

The challenge is to quickly develop a universal code of beliefs, perhaps best thought of as a meta-religion or meta-ethic, with the following qualities:

- Attentive to the realistic needs for elimination of environmental pollutants
- Strongly supportive of fair and effective population control policies
- Carefully designed plans for sustainable communities of all sorts, tailored to rural, urban, and varied ethnic traditions
- Attentive to the basic needs of all humans, such as reflected in the principles delineated in various world charters, such as the United Nations

- Consistent with what may be termed “common good democratic governments” to protect against the selfish and destructive influence of other forms of government.

This code could, theoretically, and perhaps must to be effective, take on the power of a religion, to the extent that it must appeal to the majority of humans everywhere on the planet, be trusted, respected and adhered to very faithfully under the belief that the very survival of the species depends on it, and appreciated as a successful, dependable formula for success, both short-term and long-term for those who adhere to it. It must be a code that humans everywhere and of every religious disposition can learn to hold sacred.

In summary, if the human species is going to survive indefinitely, it is proposed that it must develop a common ethic with the power of a great religion. But it must be a meta-religion that holds as its ultimate goal the service of an abstract principle rather than a supernatural being. The abstract principle is that the human species is sacred. It is served by promoting the common good. The common good is referred to by the Apostle Paul in his urging citizens to express their individual talents by serving all other humans.

The common good can be operationally defined by creating opinion polls of those beliefs that citizens agree will be necessary to sustain the species indefinitely. An example of what such polling will yield is available in poll measures of kindly religious beliefs, human rights endorsement, balanced economics and common good government, available from the author.

### **Reference**

Gilsinan, K. (2016). Big in Europe: The Church of the Flying Spaghetti Monster. Retrieved from <https://www.theatlantic.com/magazine/archive/2016/11/big-in-europe/501131/>

# A Mindful Approach to Mitigating Bias and Correcting Injustice

## OPA Ethics Committee

This article is a brief meditation to remind us that as psychologists we are uniquely positioned to interrupt systemic discrimination and repair such transgressions toward the restoration of social justice. Our promise and responsibility to do this is articulated in both our ethical code and professional practice standards (i.e., Principle E: Respect for People's Rights and Dignity; American Psychological Association, 2010; Guidelines on Multicultural Education, Training, Research, Practice and Organizational Change for Psychologists, American Psychological Association, 2002). Importantly, not being a part of the solution is being a part of the problem (i.e., Principle A: Beneficence and Nonmaleficence; American Psychological Association, 2010). We provide here a starting point.

Most psychologists work within systems. Many of us work in larger organizations providing a number of services such as assessment, consultation, intervention, education, and training. These institutions, such as hospitals, universities, and federal and local public safety agencies (e.g., law enforcement) provide essential human services. These systems may contain practices that perpetuate the marginalization of underrepresented communities and fail to help the people in need of services. This is the deepest violation of trust and incompatible with our professional oath and duty (Principle C: Integrity; American Psychological Association, 2010).

There are many reasons why institutional betrayal happens (e.g., organizational culture, policies, practices; Smith & Freyd, 2014). One of those reasons has to do with the maintenance of existing systems that were designed by and benefit the

majority. This has become the norm and operates without intention—automatically. To interrupt this cycle and enact change within these systems, the majority must re-examine their formal and informal education and training.

But how do we begin to recognize the biases stemming from our conventional training and education? When we have dedicated our lives to helping people, how can we begin to recognize our part in processes that hurt them? It may begin with humility—the acknowledgement of our own fallibility and ongoing commitment to understanding. By accepting our own contribution to the maintenance of social injustice we can begin to take steps towards developing greater awareness.

The development of this awareness requires paying attention, on purpose, in the present moment, non-judgmentally: Mindfulness (Kabat-Zinn, 1994). It is a different way of operating in the world that has been linked to increased understanding and compassion. Fortunately, we are hardwired for empathy. However, we are also hardwired to adapt to the systems in which we live. This means that we sometimes may require a roadmap to return to the path that leads to right action.

We are not suggesting simply that mindfulness is the antidote to all prejudicial behavior and systematic discrimination. However, we are suggesting that such a process may allow for the development of what has been identified in the scientific literature as interrupting implicit bias: Awareness (Brown, Ryan, & Creswell, 2007; Lueke & Gibson, 2015). By stopping, listening, and looking at what is going on around us we begin to practice the most basic elements of mindfulness meditation.

We propose that to become more culturally competent and ethical we must increase our self-monitoring to identify and attend to stereotype thinking. Only then can we mitigate the kinds of attitudes and behaviors that lead to unintentional discrimination, whether it be at the individual or more veiled systemic level. With our renewed focus and enhanced awareness, we can better remember that it is our ethical and professional duty to intercede on behalf of those marginalized by the systems within which we work.

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# Transforming Social Justice Values into Lived Experience: Reflections Following the National Multicultural Conference and Summit

Nina J. Hidalgo, MS, OPA Diversity Committee

The impetus for this article comes from my recent experiences attending the National Multicultural Conference and Summit (NMCS) in Portland on January 4-6, 2017. More specifically, from my experience co-facilitating a roundtable discussion with two dear friends and colleagues, participating in some particularly powerful difficult dialogues, and attending the Division 17 Symposium, Counseling Psychology and Social Justice Leadership in the Real World: An Intergenerational Call to the Field (Sue et al., 2017). Additionally, as a queer woman of color, counseling psychology doctoral intern, and supervisor for practicum students in this political climate, I see a need for more explicit examination of how to engage in social justice work as psychologists and psychologists-in-training, specifically in regards to seeing and valuing social justice work as an inextricable part of our personal and professional identities. I came away from NMCS disheartened, pained, and angry (but not surprised) to be reminded about the seemingly insurmountable barriers and challenges too many of our students, trainees, and early career psychologists face in the struggle against racial, cultural, and social inequity in professional and personal life contexts. I also came away feeling hopeful and energized by the vast numbers of psychologists in various stages of their careers actively involved and/or interested in becoming involved in social justice efforts. Throughout this article, I summarize some general themes from NMCS, credit specific content to the best of my ability, and incorporate my own reflections and recommendations.

## Valuing Critical Consciousness

In the process of transforming social justice values into action, it is important to acknowledge the relationship between personal and professional identities and to be critically aware of the how they may influence the values we hold, as well as how these values inform our behavior and work in these contexts. As political activist and scholar Angela Davis explains, “Everyone is familiar with the slogan ‘the personal is political’ — not only that what we experience on a personal level has profound political implications, but that our interior lives, our emotional lives are very much informed by ideology. We oftentimes do the work of the state in and through our interior lives. What we often assume belongs most intimately to ourselves and to our emotional life has been produced elsewhere and has been recruited to do the work of racism and repression” (Davis, 2016, p. 142). In order to take action against the oppressive elements of society without inadvertently replicating this oppression, it is important to strengthen our ability to perceive the influence of social, political, and economic oppression on ourselves and our communities, including the field of psychology. In other

words, we need to see the value of engaging in critical consciousness (Freire, 1996), and strengthen our ability to do so on an ongoing basis.

In the months leading up to the presidential election, I found myself poring over critical texts from scholars, journalists, and authors of color in search of validation for experiences and reactions I was having to current events. I also found myself engaging in multiple ongoing conversations with colleagues of color and individuals with various marginalized identities in attempts to process, support, and validate one another. I also engaged in conversations with White, cisgender, heterosexual graduate students at the beginning stages of this process of critical consciousness, struggling with how to continue their own development in recognizing privilege, implicit bias, and systemic oppression without placing the burden on marginalized individuals to do the work of “educating” or “consciousness raising” for them. For those of you who identify with these struggles, or work with individuals in this process, I encourage reading a breadth of works by authors from marginalized identities as a decent place to start; for example, works by Roxane Gay, Ta-Nehisi

*Continued on page 10*



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Coates, Chimamda Ngozi Adichie, Gloria E. Anzaldúa, Mitchell S. Jackson, Angela Davis, Cherríe Moraga, and Junot Díaz, to name a few. Engaging in personal transformation through critical consciousness is essential to social justice work, once again acknowledging that work we do at the individual or personal level can have an influence on broader professional and social systemic levels, and vice versa.

### From Value to Lived Experience

As Dr. Derald Wing Sue articulated at NMCS, we also need to “think critically about the current state of affairs... and ask ourselves, ‘How is our profession part of the problem?’” (Sue et al., 2017). Albeit more pointedly, author and historian Ellen Herman similarly questions psychology’s checkered history and its role in serving oppressive systems. She writes, “What exactly have psychological experts done? Have they spoken the truth or manufactured deception? Have they expanded the realm of freedom or perfected the means of control?” (Herman, 1995, p. 10). Although it may be challenging and uncomfortable to look at our not-so-recent past, intertwined with atrocities of war, racism, homophobia, and transphobia, doing so can bolster our ability to think critically about our current role as psychologists and psychologists-in-training, and identify ways in which we

might passively replicate or actively challenge oppressive systems. Dr. Sue invites us to ask ourselves, “How have we benefitted from the current system?” (Sue et al., 2017). Moreover, I invite all of us to ask ourselves, “What privileges am I willing to use, share, or risk in the process of living out my social justice values?”

With these difficult questions and perhaps some rough draft answers in mind, we can move on to Dr. Rebecca Taporek’s four tips for engaging in social justice work (Sue et al., 2017):

- **Strength:** Dr. Taporek sums up this strategy in a short phrase credited to an unnamed Black Lives Matter activist she had heard on the radio stating, “Figure out what you do well, and then do it *ferociously*.” In addition to assessing our own strengths and skills, I would also add that figuring out our values and passions are also helpful in determining which opportunities for social justice work to pursue. For example, current skills, strengths, and interests as a supervisor, professor, or administrator might afford opportunities to engage in social justice work through organizational development and transformation of workplace culture, training and mentoring of supervisees in social justice advocacy, and modeling. If psychological research is on that list, there might be opportunities to infuse transformative or participatory action research designs into current or future work, such that one of the explicit aims of a given study includes utilizing the research methods, data, and results to better understand and transform oppressive macrosocial influences. While we need not limit ourselves to only engaging in types of social justice work that align with our current skills and strengths, it can be a helpful way to ease ourselves in. We can apply our skills and interests to areas outside of our professional silos. For example, if we enjoy or are particularly skilled at planning and organizing large events, or soliciting donations, we might consider joining fundraising efforts for a non-profit organization that speaks to us. Alternately, we might consider engaging in street activism efforts, helping to organize protests, marches, even canvassing and phone banking. Other suggestions include getting involved in professional organizations, community action groups, local politics, and lobbying efforts (Sue et al., 2017).
- **Solidarity:** Dr. Taporek encourages connecting with people, including those with marginalized identities that differ from our own. Other recommendations include partnering with experts in local communities in the spirit of expanding beyond our psychology silos, learning through exposure to different perspectives and lived experiences, and increasing our awareness of the opportunities for social justice work available (Sue et al., 2017).



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Continued on page 11

- **Strategy:** This refers to the importance of evaluating the efficacy of potential interventions. Is a potential strategy the best use of energy and resources? Is there a way to more efficiently use those resources or maximize impact? This also involves assessing costs to the best of our ability, and perhaps assessing willingness to accept those costs in the service of furthering social justice. Dr. Sue recommends reminding ourselves that the larger struggle is as important as the short-term outcome (Sue et al., 2017).
- **Sustainability:** Attending to sustainability in social justice work translates to “doing what you need to keep going” (Sue et al., 2017). Another term for this could be self-care; however, we can use whichever term feels most accessible. From personal experience, it can be all too easy to slip into a space of guilt or shame for “not doing enough,” especially if we see others around us that outwardly exhibit more passion, energy, and involvement than we do. I advocate for granting ourselves permission to take breaks in the service of sustainability. Relatedly, Dr. Sue recommends seeking out and surrounding ourselves with others that support our social justice values, and give us the “cultural nutrients and validation” needed to sustain this challenging work (Sue et al., 2017).

Lastly, as important as it is to assess strategy prior to implementation to maximize efficiency, we also need to evaluate how we are doing on an ongoing basis based on how those that are most marginalized say we are doing. Because power resides in the majority group’s ability to define reality, giving voice to the counter-narrative by listening to the margins helps protect

against well-meaning social justice efforts that inadvertently serve to maintain oppressive systems (Sue et al., 2017).

### **Final Thoughts**

My aim in writing this article was to reflect on and discuss the importance of social justice values, and present some suggestions and recommendations for transforming these values into action. For me, the work I do in my roles as a clinician, supervisor, and researcher is fueled by an overarching value of pursuing social equity and well being through connection, empathy, compassion, community, science, and critical inquiry. Social justice is a critical component of this work. As such, I will continue reflecting on the questions and recommendations posed in this article, and will continue to seek out and pursue opportunities to transform my values into lived experience—into actions to further social justice—while balancing my efforts with what I need to do to sustain them.

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## **PAC Notes on the Web**

The Professional Affairs Committee (PAC) would like to remind OPA Members of content available on the OPA website ([www.opa.org](http://www.opa.org)). In the Professional Affairs Committee section, the PAC has a subsection with an assortment of resources for members. Included are information about running the business of psychology, articles related to practice by PAC members, guidelines, and a template for professional wills, information on APA Record Keeping Guidelines, links to CEUs related to practice, and more!

## **Diversity Resources on the Web**

You can find diversity information and resources on the OPA website! The OPA Diversity Committee has been working hard to make this happen. You can also learn more about the OPA Diversity Committee and our mission on this site. Check us out online!

- Go to [www.opa.org](http://www.opa.org) and click on Committees and then Diversity Committee.

We hope the Diversity Committee’s webpage is helpful to OPA members and community members in our mission to serve Oregon’s diverse communities.

The OPA Diversity Committee will be celebrating 10 years of the committee in 2017! We are working on a project to honor the committee’s history. If you have any anecdotes, pictures, materials, or memories you would like to share, please send them to the committee chair, Natalie Kollross, at [koll2510@pacificu.edu](mailto:koll2510@pacificu.edu) or call at 541.278.2222. Thank you for your help with this important project!



## Cliff's Notes

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*Cliff Johannsen, PhD, OPA Representative to APA Council*

This is the time of year when APA Council of Representatives (CoR) members who have reached their 6-year term limit are saying goodbye. Newly elected members have been watching the CoR listserv, and began the business of determining APA policy in February. They had a day-long orientation before the meeting started, but if they have not served on CoR before it will be pretty bewildering. There is also a pattern of governance members sitting out the required 3-year waiting period, and then coming back as a representative of another entity, such as a different division. So some “new” members are actually old hands at governance. That includes a number of APA past presidents. Governance seems to be addictive for some.

The agenda for the February 2017 Council meeting has now landed in my Dropbox, and with supporting documents it amounts to 2,881 pages! There are 20 Action Items, 3 New Business Items, and 14 Information Items. Many of the items have to do with restructuring APA and making it more efficient. I know from my first two meetings that there is an ongoing struggle between the leaders of yesteryear and those who led the Good Governance Project (GGP). Coincidentally, there is also still turmoil over the accuracy and implications of the Independent Review (IR, a.k.a. “Hoffman Report”).

I am including below the topics for the February meeting. Keep in mind that I have condensed paragraphs of description into these brief phrases, so much nuance has been lost.

- Correcting titles of office holders, for IRS purposes, bylaws amendment
- Trial delegation from Council to Board of Directors, review and extension
- Needs assessment, rules change for checks-and-balances
- Council Leadership Team, rules change for roles and accountability
- Adding “integrity” as a core value
- Apology to war-on-terror victims
- Conflict of interest, policy
- Makeup of task forces, guidelines
- Council Civility, principles
- Eliminate use of GRE as only admission criterion
- Accord between APA and CPA
- Applied Behavior Analysts, policy
- Occupationally mandated evaluations, practice guidelines
- Treatment of PTSD, practice guidelines
- Changing gender composition of psychology, receipt of study
- Human trafficking in the US, resolution
- Promoting global perspective in US psychology, resolution
- Eligibility of members serving on Finance Committee, rule change
- Assessment of trauma in adults, guidelines for future adoption
- Aid in dying, resolution
- Commission on ethics, update
- Organizational policies and procedures, transparency update
- Policy and planning board, 5-year report
- Sunset of standards and guidelines, update
- Council diversity, update
- Publications and communications, update
- Evaluation of convention changes, report
- Clinical practice guidelines, update
- Summit on master’s training, update
- Representation at the United Nations, annual report
- Environmental issues, report
- Real estate, report
- 2015 IRS tax reporting, transparency
- Finance committee, minutes

By my estimation, less than half of these agenda items are outward-looking to the profession and its social context, and the remainder are inward-looking to the organization’s functioning. There are questions about the profession’s relationship to master’s level practitioners and applied behavior analysts, which seems past due to me. The development of clinical guidelines seems similarly belated, but at least we are now producing them. Aid in dying is old news here in Oregon, but additional states have adopted or are considering law changes.

APA is thorough in vetting items subject to voting by Council. The various bodies that review items attach concerns and recommendations. Some have a consistent recommendation to pass, others have a recommendation to not pass, and some are mixed do/don’t pass.

If you have interest in any of these topics, please feel free to contact me. I’d be happy to hear your concerns and explain my thoughts on those matters.



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## FRIDAY, MAY 5

8:00 – 8:45 am Continental Breakfast with Tabletop Exhibits  
8:45 – 9:00 am Welcome & Opening Remarks by Conference Chair Ryan Dix, PsyD  
9:00 am – Noon General Session – Conversations That Matter  
Noon – 1:30 pm Lunch & Awards Presentations  
1:30 – 3:00 pm Breakout Sessions A (Please choose one)  
A1 Sticks and Stones: LGBT 101  
A2 Tips and Trials of Building a Behavioral Health Practice in Primary Care  
A3 Avoiding Ethical Dilemmas and Burnout Throughout a Professional Career  
3:00 – 3:15 pm Break with Tabletop Exhibits  
3:15 – 4:45 pm Breakout Sessions B (Please choose one)  
B1 Social Justice: When Diversity Isn't Enough  
B2 OBPE Town Hall  
B3 Beyond Mindfulness: An Introduction to Buddhist Psychology  
5:00 – 6:30 pm OPA Reception

10:00 – 10:30 am Break with Tabletop Exhibits and Poster Presentations  
10:30 am – Noon Breakout Sessions C (Please choose one)  
C1 Growing an Ethical State of Mind: An Ethics Toolkit for the Mindful Psychologist  
C2 Keeping Up-To-Date: Current Best Practices for Working With Transgender/Gender Fluid Children and Their Families  
C3 “This Therapy Sucks!” How to Skillfully Handle Client Criticism and Resolve Therapeutic Impasses  
Noon – 1:30 pm Lunch & Awards Presentations  
1:30 – 3:00 pm Breakout Sessions D (Please choose one)  
D1 Diversity across Our Careers: Becoming and Remaining Culturally-Informed Psychologists  
D2 Relevant Issues in Our Lives as Psychologists  
D3 Ethical and Legal Issues in Child & Family Therapy: Consent to Treatment and Authorization to Disclose Confidential Information  
3:00 – 3:30 pm Break with Tabletop Exhibits and Poster Presentations  
3:30 – 5:00 pm Breakout Sessions E (Please choose one)  
E1 Telepsychology for Everyone  
E2 The Future of Psychology: Legal and Regulatory Trends Affecting the Profession  
E3 Sexting in Teens and Young Adults  
5:00 pm Conference Concludes

## SATURDAY, MAY 6

– Student Saturday –

8:00 – 8:30 am Continental Breakfast with Tabletop Exhibits and Poster Presentations  
8:30 – 10:00 am General Session - Publication Bias in Psychology, Psychiatry, and Beyond—Problems and Solutions

*\*Conference schedule, topics and speakers subject to change*

Register today at [www.opa.org](http://www.opa.org) or call OPA for a conference brochure at 503.253.9155 or 800.541.9798



## OPA Elections and Annual Meeting Notice

The following is information on OPA's upcoming board of director's election and annual meeting. Voting members of OPA will be mailed a ballot in late March and returned ballots are to be postmarked by April 28th in order to be tabulated. The OPA annual meeting will take place during our Annual Conference on May 5-6, 2017 at the Hilton Eugene Conference Center in Eugene, Oregon.

### **2017-2018 Elections Slate of Candidates**

The following is the slate of candidates that the nominating committee presented to the board of directors.

#### **Officer Positions**

- Natalie Kollross, PsyD – President Elect
- Freda Bax, PsyD – Treasurer
- Alan Ledford, PhD – Secretary

#### **Director Positions**

Please note that you will be asked to vote for 1 candidate for each of the 2 director positions that are available

- Marie-Christine Goodworth, PhD – two year position
- Mary Peterson, PhD – two year position

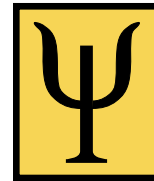
Additional nominations may be made by written petition containing the signatures of no fewer than ten OPA voting members. Such nominating petitions must be received by the nominating committee chairman no later than two weeks after this newsletter announcement is sent out via email. Such nominations can be sent to OPA at [info@opa.org](mailto:info@opa.org).

If you have any questions, please contact Sandra Fisher at the OPA office at 503.253.9155 or 800.541.9798, or via email at [info@opa.org](mailto:info@opa.org).

## OPA Attorney Member Benefits

Through OPA's relationship with Cooney, Cooney and Madigan, LLC as general counsel for OPA, members are entitled to one free 30-minute consultation per year. If further consultation or work is needed and you wish to proceed with their services, you will receive their services at the discounted OPA member rate. Please call for rate information. They are available to advise on OBPE complaints, malpractice lawsuits, practice management issues (subpoenas,

testimony, informed consent documents, etc.), business formation and office sharing, and general legal advice. To access this valuable member benefit, call them at 503.607.2711, ask for Paul Cooney, and identify yourself as an OPA member.



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## OPA Public Education Committee Facebook Page - Check it Out!

Please take a moment to check out the OPA Public Education Committee Facebook page.



The purpose of the OPA-PEC Facebook page is to serve as a tool for OPA-PEC members and to provide the public access to information related to psychology, research, and current events. The social media page also allows members of the Public Education Committee to inform the public about upcoming events that PEC members will attend. Please visit and "like" our page if you are so

inclined and feel free to share it with your friends!

You will find the OPA Public Education Committee's social media policy in the About section on our page. If you do "like" us on Facebook, please familiarize yourself with this social media policy. We would like to encourage use of the page in a way that is in line with the mission and ethical standards of the Association.

Go to <https://www.facebook.com/pages/Oregon-Psychological-Association-OPA-Public-Education-Committee/160039007469003> to visit our Facebook page.

**[www.opa.org](http://www.opa.org)**

**Go to OPA's website at [www.opa.org](http://www.opa.org) for information about OPA, its activities and online registration for workshops!**





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## Join OPA's Listserv Community

Through APA's resources, OPA provides members with an opportunity to interact with their colleagues discussing psychological issues via the OPA listserv. The listserv is an email-based program that allows members to send out messages to all other members on the listserv with one email message. Members then correspond on the listserv about that subject and others. It is a great way to stay connected to the psychological community and to access resources and expertise. Joining is easy if you follow the steps below. Once you have submitted your request, you will receive an email that tells you how to use the listserv and the rules and policies that govern it.

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Questions? Contact the OPA office at [info@opa.org](mailto:info@opa.org)

## Welcome New and Returning OPA Members

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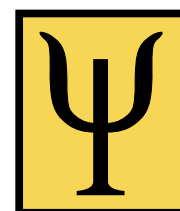
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# OPA Continuing Education Workshops

The Oregon Psychological Association sponsors many continuing education programs that have been developed to meet the needs of psychologists and other mental health professionals. The



Continuing Education Committee works diligently to provide programs that are of interest to the wide variety of specialties in mental health.

The Oregon Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists.

If you are interested in diversity CE offerings, cultural competence home study courses are offered by the New Mexico Psychological Association (NMPA) to OPA members for a fee. Courses include: Cultural Competency Assessment (1 CE), Multicultural Counseling Competencies/Research (2 CEs), Awareness-based articles (3 CE), Knowledge based articles (3 CE), Skills-based articles on counseling (3 CE) and Skills-based articles on assessment (3 CE). Go to [www.nmpsychology.org](http://www.nmpsychology.org) for more information.

Calendar items are subject to change  
To register go to [www.opa.org](http://www.opa.org)

The Oregon Psychological Association maintains responsibility for the program and its content.

## **OPA Current Education Offerings**

All workshops are held in Portland, Oregon unless otherwise noted. **In order to register for OPA workshops on-line you will need a credit card for workshop payment to complete your order.** Registration

fees for workshops will not be refunded for cancellations as of one week prior to the scheduled event or for no-shows at the event. Prior to that, a \$25 cancellation fee will be assessed. For other events, check their specific cancellation/refund policy.

Links for more information and registration are available at [www.opa.org](http://www.opa.org).

## **2016-2017 Schedule**

**April 21, 2017**

**Ethics with Soul: Traditional Therapeutic Boundaries and Digital Ethics in the Age of Google & Facebook**

*By Ofer Zur, PhD*

**May 5-6, 2017**

**2017 Annual Conference**

*Hilton Eugene Conference Center - Eugene, OR*

**June 9, 2017**

**Neuropsychology for the Rest of Us**

*By Amelia Anderson Mooney, PhD*

**To register go to  
[www.opa.org](http://www.opa.org)**

## **OPA Ethics Committee**

Do you have an ethics question or concern? The OPA Ethics Committee is here to support you in processing your ethical dilemmas in a privileged and confidential setting. We're only a phone call away.

Here's what the OPA Ethics Committee offers:

- **Free** consultation of your ethical dilemma.
- **Confidential** communication: We are a peer review committee under Oregon law (ORS 41.675). All communications are privileged and confidential, except when disclosure is compelled by law.

- **Full consultation:** The committee will discuss your dilemma in detail, while respecting your confidentiality, and report back our group's conclusions and advice.

All current OPA Ethics Committee members are available for contact by phone. For more information and phone numbers, visit the Ethics Committee section of the OPA website in the Members Only section, and page 20 of this newsletter.



# Psychologists of Oregon Political Action Committee (POPAC)

**About POPAC...** The Psychologists of Oregon Political Action Committee (POPAC) is the political action committee (PAC) of the Oregon Psychological Association (OPA). The purpose of POPAC is to elect legislators who will help further the interests of the profession of psychology. POPAC does this by providing financial support to political campaigns.

The Oregon Psychological Association actively lobbies on behalf of psychologists statewide. Contributions from POPAC to political candidates are based on a wide range of criteria including electability, leadership potential and commitment to issues of importance to psychologists. Your contribution helps to insure that your voice, and the voice of psychology, is heard in Salem.

Contributions are separate from association dues and are collected on a voluntary basis, and are not a condition of membership in OPA.

## Take Advantage of Oregon's Political Tax Credit!

**Your contribution to POPAC is eligible for an Oregon tax credit of up to \$50 per individual and up to \$100 per couples filing jointly.**

To make a contribution, please fill out the form below,  
detach, and mail to POPAC at PO Box 86425, Portland, OR 97286

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### - POPAC Contribution -

*We are required by law to report contributor name, mailing address, occupation and name of employer, so please fill out this form entirely.*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_

Senate District (If known): \_\_\_\_\_ House District (If known): \_\_\_\_\_

Amount of Contribution: \$ \_\_\_\_\_

*Notice: Contributions are not deductible as charitable contributions for state or federal income tax purposes. Contributions from foreign nationals are prohibited. Corporate contributions are permitted under Oregon state law.*

## OPA Classifieds

### OFFICE SPACE

Elegant 118 sf office in the heart of the central east side of Portland within our 4-person business consulting suite. Can be furnished or not. Easy access to I-5 and I-84; walking distance to Streetcar and bus lines. Waiting room, conference room, and kitchen. Full-time preferred; part-time negotiable. linda@carpentersmith.com or 503.274.9447.

Office Rental: Professional office space, 160 sq ft, furnished or unfurnished, with waiting room in charming English Tudor near Good Samaritan Hospital, NW Portland. Bus/streetcar/freeway access. Full or part-time. 503.225.0498.

Beautiful large office in 2 office suite to rent. Large windows, trees, close to route 26 and 217 intersection, west side, close to Max with lots of parking. Share suite with health medical Psychologist referrals possible. Call 503.292.9183 for details.

### PATIENT TREATMENT GROUPS

Pacific Psychology Clinic in downtown Portland and Hillsboro offers both psychoeducational and psychotherapy groups. Sliding fee. Group information web page [www.pscpacific.org](http://www.pscpacific.org). Phone: 503.352.2400, Portland, or 503.352.7333, Hillsboro.

### PROFESSIONAL SERVICES/EQUIPMENT

Confidential psychotherapy for health professionals. Contact Dr. Beth Kaplan Westbrook, 503.222.4031, helping professionals since 1991.

Go to [Testmasterinc.com](http://Testmasterinc.com) for a variety of good online clinical tests for children and adults, plus manuals. Violence-proneness, PTSD, ADHD, Depression, Anxiety, Big Five Personality, etc. Bill McConochie, PhD, OPA member.

### RETREATS

Spend a fabulous weekend at the Oregon Coast and allow yourself to be pampered, enriched, and refueled. Join me for a Restorative Self-Care Retreat, 5/19/17-5/21/17, and leave nourished in mind, body, and spirit. Private room in a luxurious home, delicious prepared meals, and the beach just a few steps away. Mention this ad for 20% off full rate. Go to [ElsbethMartindale.com](http://ElsbethMartindale.com) to register.

### VACATION RENTALS

Sunriver Home 2 Bd, 2 ba, sleeps 5, minutes to the river and Benham Falls Trailhead. Treed, private back deck, hot tub, well maintained. \$150-\$225/night. Call Jamie Edwards 503.816.5086, To see photos go to [vrbo.com/13598](http://vrbo.com/13598).

Alpenglow Chalet - Mount Hood. Only one hour east of Portland, this condo has sleeping for six adults and three children. It includes a gas fireplace, deck with gas BBQ, and tandem garage. The lodge has WiFi, a heated outdoor pool/hot tub/sauna, and large hot tub in the woods. Short distance to Skibowl or Timberline. \$200 per night/\$50 cleaning fee. Call 503.761.1405.

Manzanita, 4 blks from beach, 2 blks from downtown. Master Bdrm/bath w/Qn, rm with dble/sngle bunk & dble futon couch, extra lrg fam rm w/Qn Murphy-Bed & Qn futon couch, living rm w/Qn sleeper. Well eqpd kitch, cable. No smoking. \$140 summers, \$125 winters. <http://home.comcast.net/~windmill221/SeaClusion.html> Wendy 503.236.4909, Larry 503.235.6171.

Ocean front beach house. 3 bedroom, 2 bath on longest white sand beach on coast. Golf, fishing, kids activities nearby and dogs (well behaved, of course) are welcome. Just north of Long Beach, WA, 2 1/2 hour drive from Portland. \$150 per night, two night minimum. Week rental with one night free. Contact Linda Grounds at 503.242.9833 or [DrLGrounds@comcast.net](mailto:DrLGrounds@comcast.net).

Beautiful Manzanita Beach Getaway. Sleeps 6 (2 bedrooms and comfortable fold-out couch), & is available year-round. Wood stove & skylights, decks in the front & back of the house. Clean & comfortable. Centrally located; a few short blocks to beach, main street, & park. Golf & tennis nearby. No smoking/pets. Call 503.368.6959, or email at [karen@manzanitaville.com](mailto:karen@manzanitaville.com) or, go to [www.manzanitaville.com](http://www.manzanitaville.com).

## OPA Colleague Assistance Committee Mentor Program Is Available

The goals of the Mentor Program are to assist Oregon psychologists in understanding the OBPE complaint process, reduce the stress-related risk factors and stigmatization that often accompany the complaint process, and provide referrals and support to members without advising or taking specific action within the actual complaint.

In addition to the Mentor Program, members of the Colleague Assistance Committee are available for consultation and support, as well as to offer referral resources for psychologists around maintaining wellness, managing personal or professional stress, and avoiding burnout or professional impairment. The CAC is a peer review committee as well, and is exempt from the health care professional reporting law.

### Colleague Assistance Committee

Charity Benham, PsyD,  
503.550.7139

Allan Cordova, PhD,  
503.546.2089

Jennifer Huwe, PsyD,  
503.538.6045

Kate Leonard, PhD, 503.292.9873

Rebecca Martin-Gerhards, EdD,  
503.243.2900

Colleen Parker, PhD,  
503.466.2846

Marcia Wood, PhD, Chair  
503.248.4511

**CAC Provider Panel**  
Charity Benham, PsyD,  
503.550.7139

Barbara K. Campbell, PhD,  
503.221.7074

Michaele Dunlap, PsyD,  
503.227.2027 ext. 10

Debra L. Jackson, PhD,  
541.465.1885

Kate Leonard, PhD, 503.292.9873

Doug McClure, PsyD,  
503.697.1800

Ed Versteeg, PsyD, 503.684.6205

Beth Westbrook, PsyD,  
503.222.4031

Marcia Wood, PhD, 503.248.4511

# The Oregon Psychologist Advertising Rates, Policies, & Publication Schedule

If you have any questions regarding advertising in the newsletter, please contact Sandra Fisher at the OPA office at 503.253.9155 or 800.541.9798.

## Advertising Rates & Sizes

Advertising Rates & Policies Effective January 2017:

1/4 page display ad is \$100

1/2 page display ad is \$175

Full page display ad is \$325

Classifieds are \$25 for the first three lines (approximately 50 character space line, including spacing and punctuation), and \$5 for each additional line.

Please note that as a member benefit, classified ads are complimentary to OPA members. Members will receive one complimentary classified ad per newsletter with a maximum of 8 lines (50 character space line, including spacing and punctuation). Any lines over the allotted complimentary 8 will be billed at \$5 per additional line.

All display ads must be emailed to the OPA office in camera-ready form. Display ads must be the required dimensions for the size of ad purchased when submitted to OPA. All ads must include the issue the ad should run in and the payment or billing address and phone numbers.

The OPA newsletter is published four times a year. The deadline for ads is listed below. OPA reserves the right to refuse any ad and does not accept political ads. While OPA and the *The Oregon*

## OPA Ethics Committee

The primary function of the OPA Ethics Committee is to “advise, educate, and consult” on concerns of the OPA membership about professional ethics. As such, we invite you to call or contact us for a confidential consultation on questions of an ethical nature. At times, ethical and legal questions may overlap. In these cases, we will encourage you to consult the OPA attorney (or one of your choosing) as well.

When calling someone on the Ethics Committee you can expect their initial response to your inquiry over the phone. That Ethics Committee member will then present your concern at the next meeting of the Ethics Committee. Any additional comments or feedback will be relayed back to you by the original contact person. Our hope is to be proactive and preventative in helping OPA members think through ethical dilemmas and ethical issues. Please feel free to contact any of the following Ethics Committee members:

Jill Davidson, PsyD  
503.313.0028

Jenne Henderson, PhD  
503.452.8002

Cathy Miller, PhD, Chair Elect  
503.352.7324

Nnenna Nwankwo, MS  
Student Member

Del Rapier, MS, MA  
Student Member

Nicole Sage, PsyD  
503.452.8002

Lisa Schimmel, PhD, Chair  
503.381.9524

Sharon Smith, PhD  
541.343.3114

Casey Stewart, PhD, ABPP  
503.317.4453

Jane Ward, PhD, CSAT  
503.626.6226

*Psychologist* strive to include all advertisements in the most current issue, we can offer no guarantee as to the timeliness of mailing the publication nor of the accuracy of the advertising. OPA reserves the right not to publish advertisements or articles.

## Newsletter Schedule\*

### 2017

2nd Quarter Issue - deadline is May 1 (target date for issue to be sent out is mid-June)

3rd Quarter Issue - deadline is August 1 (target date for issue to be sent out is mid-September)

4th Quarter Issue - deadline is November 1 (target date for issue to be sent out is mid-December)

\*Subject to change

## The Oregon Psychologist

Shahana Koslofsky, PhD, President • Shoshana D. Kerewsky, PsyD, Editor

The Oregon Psychologist is a newsletter published four times a year by the Oregon Psychological Association.

The deadline for contributions and advertising is listed elsewhere in this issue. Although OPA and *The Oregon Psychologist* strive to include all advertisements in the most current issue, we can offer no guarantees as to the timeliness or accuracy of these ads, and OPA reserves the right not to publish advertisements or articles.

147 SE 102nd • Portland, OR 97216 • 503.253.9155 • 800.541.9798 • FAX 503.253.9172 • e-mail info@opa.org • www.opa.org

Articles do not represent an official statement by the OPA, the OPA Board of Directors, the OPA Ethics Committee or any other

OPA governance group or staff. Statements made in this publication neither add to nor reduce requirements of the American Psychological Association Ethics Code, nor can they be definitively relied upon as interpretations of the meaning of the Ethics Code standards or their application to particular situations. The OPA Ethics Committee, Oregon Board of Psychologist Examiners, or other relevant bodies must interpret and apply the Ethics Code as they believe proper, given all the circumstances.