



# The Oregon Psychologist

Bulletin of the Oregon Psychological Association

3rd Quarter 2019

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## OPA President's Column

### Presidential Initiative Targets Addiction

Alan Ledford, PhD, OPA President



First, I would like to say thank you for the opportunity to be a part of OPA and serve on the board of directors. This year's presidential initiative is focused on the effects on individuals, families, and society of substance use and related disorders.

Addiction has been called a modern epidemic. In 2017, more than 150,000 Americans died from alcohol, drug-induced causes and suicide—more than twice as many as in 1999. In Oregon, there were 1,984 deaths from alcohol and drug-induced causes, a 4% overall increase from 2016. This does not include alcohol-attributable deaths, such as alcohol-related vehicle, violence, or accidental fatalities. It includes alcohol-induced causes only. Few, if any of us, have escaped the effects of addiction. Many of us have lost family members, friends, colleagues, and loved ones.

In 2017, methamphetamine and psychostimulants accounted for 166 deaths while prescription opioids accounted for 79 deaths statewide in Oregon (Source: Oregon Drug Overdose Deaths –Vital Records/Death Certificates & Medical Examiner, OHA Opioid Dashboard). It is unlikely that drug use, overdoses, and deaths will abate in the near future. Drug-related overdose deaths have continued to trend upward from 1979 through 2016, a recent study reported in *Science*.

Psychologists have key roles to play

in delivering services, researching, leading in organizations treating addiction, integrating addictions treatment into the healthcare system, providing education to improve the workforce, and treating addiction as a chronic, rather than an acute, illness with comprehensive long-term care. Engaging psychologists in all levels of addiction treatment is crucial to improving outcomes and stemming the effects of the ongoing epidemic. Behavioral health interventions are vital to addressing this ongoing public health crisis.

I hope to focus on increasing psychologists' knowledge of substance use disorders and evidence-based practices such as cognitive-behavioral, Motivational Interviewing, and multidimensional family therapy to treat individuals with substance-use disorders; increasing psychologist involvement in advocacy for treatment for all substance use disorders; working with other disciplines to improve public awareness and public health interventions for drug use/misuse; and advocating for prevention and education on the effects of trauma and poverty as risk factors for substance use and related disorders.

OPA works toward advocating for Oregon psychologists and for public policy with the goal of meeting the needs of the individuals we serve. We will continue to support all of you as we engage in furthering the profession.

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## OPA Helpful Contacts

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

### **OPA Lobbyist**

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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.*

### **OPA Office**

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## To Tweet or Not to Tweet: Navigating Psychologists' Private and Public Stances

Len Kaufman, PhD & Maria Lytle, MA, OPA Ethics Committee

In the age of President Trump, many psychologists feel compelled to take stances on controversial socio-political issues. However, we struggle with how to navigate such issues—questioning when, and if, it is acceptable to take such positions, and how to do this in ways that conform to our ethical obligations. While the American Psychological Association's Ethical Principles of Psychologists and Code of Conduct (APA, 2017) states that psychologists must be careful that our potential biases do not lead us to misuse our influence, we are also mandated to “not knowingly participate in or condone activities of others” (p. 4) based upon sociocultural prejudices. So how do we ethically manage these seemingly conflicting ethical mandates in the therapy session and in our public lives?

### **Processing in Therapy**

In these tumultuous times, psychologists are increasingly struggling with how to integrate their own and their clients'

sociopolitical views into the therapy session in an ethical manner. While we must be mindful not to impose our values on our clients, we also must be careful to not reinforce prejudicial or bigoted views (APA, 2017).

Principle A: Beneficence and Nonmaleficence states that psychologists must safeguard not only the welfare of those that they work, but also “other affected persons” (APA, 2017, p. 3). Additionally, Principle B: Justice indicates that psychologists' biases should not lead to or condone unjust practices. This implies that we must not explicitly or implicitly condone views or behaviors that harm others. If a client presents a bigoted or prejudicial view, or discusses behavior consistent with such a view, we must not be perceived to condone such views or behavior, while at the same time avoid imposing our own views in order to protect the therapy process.

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Spangler, Thompson, Vivino, and Wolf (2017) suggested that there are several areas to consider regarding how sociopolitical views impact psychotherapy: Political cultural competence, the impact of politics on the therapeutic relationship, managing politically-based countertransference, and ethics. Regarding political cultural competence, they indicated that it is important to understand the views of those with whom we disagree so that we and our clients may explore underlying layers of those differences and develop a deeper understanding of how they developed. Psychologists must also be aware of how these differences impact the therapeutic relationship, as well as our own countertransference. Thus, consultation and peer supervision are critical to increase our own awareness and understanding of our sociopolitical views, so that we may minimize their impact on the therapeutic relationship. Spangler et al. (2017) suggested ethically managing these differences in session by using them as an opportunity to explore the development of clients' views, while also helping increase their awareness of experiences that may be contrary to these views. Additionally, Spangler et al. (2017) indicated that when directly questioned about their sociopolitical

views, psychologists may use this as an opportunity to deepen the therapeutic relationship by exploring clients' reasons for such questions, as well as how different responses might impact the therapeutic relationship.

Allen and Dodd (2017) also emphasized the importance of cultural competence, while encouraging psychologists to consider how psychotherapy impacts sociocultural issues for clients. Like Spangler et al. (2017), they also recommended diversity training to increase our consciousness of this impact. Additionally, Allen and Dodd (2017) asserted that we must differentiate between therapeutic imposition of values and political imposition, with coercion as the distinguishing factor. Coercion may be acceptable in the political arena but not in the therapy room, where psychologists must refrain from imposing our values.

### Political Activism

It is necessary to take great care to ensure that our own political and moral convictions do not negatively impact the therapeutic relationship. But beyond the time we are in session with clients, how do we ethically engage in politics socially and publically?

The Ethical Principles, though developed to help psychologists navigate ethical dilemmas, only apply to psychologists' professional activities. There is not a specific code or statute that outlines proper political engagement and conduct. However, Principle B, discussing Fidelity and Responsibility, states that psychologists "are aware of their professional and scientific responsibilities to society and to the specific communities in which they work. Psychologists uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behavior, and seek to manage conflicts of interest that could lead to exploitation or harm" (APA, 2002, p. 3). The general public might assume that when a psychologist takes a public stance on a political issue, his or her opinion speaks on behalf of the larger field of psychology. In order to manage conflicts of interest, psychologists should consider how they will express to the public that their personal beliefs are not related to their role as a psychologist (Haeny, 2014).

Additionally, Principle E (Respect for People's Rights and Dignity) communicates that psychologists are responsible to familiarize themselves with vulnerable populations and behave in a way that protects these individuals' welfare and rights. Psychologists, therefore, have a duty to consider how their publicity might be perceived when addressing politically-charged topics like ethnicity, sexual orientation, and religion. Standard 3.04 states that psychologists

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should do their part to avoid harm to clients and students with whom they work. If a psychologist took a public stance in favor of deporting undocumented immigrants and building the wall, an undocumented Mexican client may call into question this clinician's capacity to remain objective. The client might also fear for her safety and avoid self-disclosure while in session (or cease attending therapy altogether). Allan and Dodd (2017) suggested that social justice advocacy and political action are actually a part of our roles and responsibilities as psychologists. By promoting social justice, we are safeguarding our clients' welfare and rights.

Psychologists should be aware of Standard 3.05, addressing multiple relationships, especially if they intend to be involved in door-to-door campaigning and picketing. Potential clients might be dissuaded from seeking out therapy if they feel the psychologist would attempt to push his or her own political beliefs. Potential clients could also generalize from this interaction that all psychologists have a hidden agenda of persuading clients of their own political agendas (Haeny, 2014). Doing more behind-the-scenes work and avoiding providing your name to reporters or photographers could be helpful steps to avoid an impact on your professional role and

the field.

The American Psychological Association has taken a public stance on some controversial issues when the stance is validated with extensive research. For instance, APA has advocated for antidiscrimination based on sexual orientation, same-sex marriage rights, and anti-sodomy laws. On an individual level, then, Standard 2.04 (bases for scientific and professional judgments) asserts that psychologists should avoid making public proclamations on an issue without scientific evidence backing their beliefs (Haeny, 2014). For example, research demonstrates that same-sex couples do not differ statistically to heterosexual relationships in their ability to provide a nurturing environment for children. A psychologist who publically states opposition to same-sex couples raising children or adopting would be disregarding the psychological evidence on the topic.

## Conclusion

Navigating political conversations and social activism can be challenging on its own, and when politics enters our professional role, it becomes even muddier territory as the stakes are that much higher. Given the current divisiveness within our nation, it is likely we will encounter clients who wish to talk about how the political

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climate is affecting their mental health and their sense of safety. It is possible to address politics in session with clients in a way that protects and honors the therapeutic relationship, and we can also be engaged in political activism so long as we take the time to consider how our words and actions impact the field.

As is the case with situations that require ethical deliberation, consultation with colleagues and supervisors is a helpful step to ensure that the way we address politics in session does not negatively affect professional integrity. Additionally, familiarizing ourselves with the APA Ethical Principles, consulting with the OPA Ethics Committee, and providing thorough documentation of the steps we take along the way are valuable measures. We can still nurture our beliefs and values as psychologists and as human beings. We can still take responsibility to fight oppression and advocate for social justice.

## References

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## Welcome New and Returning OPA Members

**Erica Aten, PsyD**  
Portland, OR

**Delaney Banas, PsyD**  
Lake Oswego, OR

**Utsavi Bhimani**  
Portland, OR

**Lauren Hoffman, PsyD**  
Portland, OR

**Lindsay Lillstrom, PsyD**  
Oregon City, OR

**Robyn Migliorini, PhD**  
Cambridge, MA

**Muoi Nguyen Cole, PsyD**  
Keizer, OR

**Ashley Niemeyer, PhD**  
Bend, OR

**Jane Plagge, PsyD**  
Portland, OR

**Kushanthi Samaratunge, PsyD**  
Lake Oswego, OR

**Jaaron Smith, PsyD**  
Portland, OR

**Allyson Taylor, MA**  
Tillamook, OR

**Tam Woodrum**  
Corvallis, OR

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# Beyond Celebrating Diversity

Dan Rubin, PsyD, OPA Diversity Committee

Lately, I've been thinking a lot about those "In Our America" signs, the ones with the American flag background that proclaim a message of solidarity, inclusivity, and reassurance on behalf of those of us who hold in our hearts the ideal of an America for all. In particular, I've been thinking about the concluding sentence: "Diversity is celebrated." As a person who identifies as "diverse," I appreciate the gesture of goodwill, the declaration that I too belong in our America, and that my "diversity is celebrated." However, I also feel that the statement "diversity is celebrated" is problematic. It may sometimes be a barrier to the more difficult and meaningful effort needed to actualize a more just, equitable, and inclusive America. A gesture of celebration is not a substitute for the hard work we all need to do.

I've been wondering how the statement "diversity is celebrated" may be similar to the statement "I don't see color." Color-blindness was an assertion that "color doesn't matter" to the person claiming to be color-blind. While I assume people were well-intentioned in proclaiming color-blindness, perhaps reflecting a belief that they did not have negative views about individuals based on skin color, this attitude often functioned to prevent rather than invite empathy for people of color. When color was not acknowledged, the suffering experienced by people of color remained unacknowledged as well. Compassion means "to suffer with," and color-blindness prevented people from "suffering with" people of color. It prevented true compassion, as well as meaningful anti-racist engagement and activism. We don't talk about being color-blind much anymore because we've come to recognize that while an individual can feel he is color-blind, implicit bias and systemic racism still remain, unchallenged and unchanged. "I don't see color" tended to center the comfort of the color-blind person at the expense of the person of color's comfort. Color-blindness did not do much to actually help the people it claimed to help. It mostly helped color-blind people feel good about themselves.

I feel that "diversity is celebrated" is similar to "I don't see color" because both statements center the experience of the person making the statement instead of the lived experience and suffering of the person who is "diverse." It's quite easy for us to feel good about ourselves for celebrating diversity, and with our anxiety relieved, our values clarified, and uncomfortable conversations avoided, it may feel like nothing more is required of us. We're the good guys, we celebrate diversity, and we all feel better now! "Diversity is celebrated" is a gesture of goodwill toward diverse people, but it's a gesture that often benefits the celebrator more than the celebrated. Like color-blindness, it may prevent compassion and deeper inquiry into the "diverse" person's experience. It

can be like the statement "thoughts and prayers" that we sometimes use in response to gun violence. "Thoughts and prayers" is meant as expression of sympathy and goodwill, but sympathy and goodwill alone do not actually solve any problems related to gun violence. "Diversity is celebrated" is not enough. Comforting slogans are not enough. We can do more.

In order to go beyond celebrating diversity, we need to look deeper into our assumptions, intentions, and the impact of our actions. In what ways are we actually celebrating diversity? What do these celebrations look like? Who benefits from these celebrations? What assumptions are we making about the needs and wishes of "diverse" peoples? Have we respectfully asked the "diverse" people in our life what they actually want and need from us? If not, why not?

If you are curious about what you can do to go beyond celebrating diversity, there are many "diverse" people speaking and writing about their experiences, needs, and what they think compassionate allies can do to be helpful. We can listen and learn. We can show up. We can challenge ourselves to suffer with them. We can put in the effort of educating ourselves and going beyond our comfort zones. If you celebrate diversity, I thank you for your goodwill. Now let's get to work.

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# Graduate Student Voting Item Scheduled on APA Ballot This November

Roseann Fish Getchell, PsyD, APAGS Liaison for OPA

This August, I had the honor of representing the American Psychological Association of Graduate Students (APAGS) while serving as a voting member on the American Psychological Association Council of Representatives (APA COR). The APA COR is oftentimes described as the policy-making body of our organization. COR members meet in person twice a year to address critical issues impacting our organization, including the most recent issues of the mental health of immigrants and refugees, treatment of low-income and diverse clients, and a public information campaign on racism and its detrimental impact on our society.

Furthermore, COR discussed a new item of business that has been crafted for the past several years by APAGS. This item creates a new Graduate Student membership category including both masters and doctoral students. Following one year of membership, these graduate student members would be able to vote on the same issues that others presently do: Elections for APA President-Elect and Board Members-at-Large, Bylaw

Amendments, and Apportionment Ballots (determining how Council seats will be divided and assigned between state, provincial, and territorial associations, as well as divisions). Additionally, in an amendment presented on the floor of Council, members voted to adjust the waiting period required for associate members to attain voting privileges from five years to one year in order to align voting privileges across the two membership categories.

I am excited to share with you all that the **APA Council of Representatives voted in favor of passing the recent item brought forth by APAGS.**

Specifically, 73.4% of COR members voted in favor, 26.0% voted against, and .6% voted to abstain. The next step for this movement will include current full voting members of the association either approving or rejecting this change in a pro/con ballot starting November 1st.

Personally, I am incredibly excited to be a part of this major move forward for our association. As we continue to explore how the APA can make a positive impact

in the lives of people across the nation and the world, I ask you to take a moment to reflect on an objective of the new APA Strategic Plan, to “prepare the discipline and profession of psychology for the future” and the goal to “attract, diversify, develop, and support the next generation of psychology professionals.” I believe that allowing graduate students to have a vote and a voice in major decisions that are made within our association shows that we do value diversity, inclusion, and the future of our association.

**This item will be on the APA ballot starting November 1st, 2019 and will require a two-thirds majority vote in order to pass. Please vote!**

## OPA Mentorship Program

Dear Colleagues,

We are happy to announce that the OPA Mentorship program is up and running. We have two forms for the Mentorship program on the OPA website. The first form is for interested parties to give some details of their practice setting, training, interest and location. The second form is for Informed Consent, limits of confidentiality, etc. Please join your colleagues and offer to serve as a Mentor and to learn or ask questions as a Mentee. Monthly phone or in person meetings are set up by the Mentor and Mentee once a “match” is made. Enjoy a bit of colleague support, new information and conversation regardless of age, orientation or years of experience.

## 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/OPAPEC/> to visit our Facebook page.

# Member Benefits

Jenjee T. Sengkhamee, PhD, OPA Secretary

Greetings OPA colleagues:

Jenjee here, your 2019-2020 OPA Secretary. One of my hopes this year is to work on our membership (increasing our membership, and looking at what we offer as benefits of being an OPA member). Over the next couple of months, my plan is to send out a membership survey asking for your feedback. With that said, here is a reminder of all the ways OPA is working for you:

- A Director of Professional Affairs (DPA), whose job is to continuously negotiate with insurance companies and other relevant parties to aid with reimbursement, understanding psychology, and monitoring practice issues locally and nationally
- A Legislative and Political Advocacy Committee, with two paid lobbyists to monitor, track, support/oppose, and aid with drafting and introducing legislation that directly impacts the professional practice of psychology in Oregon
- Continuing Education catering to Oregon-specific CEU requirements, including ethics, diversity, pain, and suicide at discounted rates
- A listserv of hundreds of members offering referrals, news, advice and recommendations

- A quarterly newsletter
- Collaborating with and belonging to an organization of outstanding colleagues.

These are your benefits as an OPA member:

- A free 30-minute annual consult with attorneys Paul Cooney or Dave Madigan on any issue affecting your practice
- A Confidential Peer Support Committee for support with the complex impact of our profession on personal wellbeing, as well as navigating complex issues, such as a board complaint
- An Ethics Committee, which is available for a confidential peer-reviewed ethics consult at any time
- A Diversity Committee, which is available to help you to collaborate and understand complex multicultural issues as they relate to your patients and practice.

On a final note, I'd like to encourage you to join an OPA committee. Your OPA Board needs your support to do the work that we do. When I was new to OPA, I joined the Diversity Committee because I care about diversity, and I wanted to stay informed about the policies and laws that govern the work that I do every day as a psychologist. Through the committee, I've met a great group of colleagues and advanced my skills in leadership.

If there's anything I can do to support your involvement or improve your OPA experience, please let me know. I can be reached via email at [jenjee@drjenjees.com](mailto:jenjee@drjenjees.com).

## 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 with questions of an ethical nature. Our hope is to be proactive and preventative in helping OPA members think through ethical issues. The committee is provided as a member benefit only to members of OPA 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.

If you have an ethical question or concern, please contact Dr. Jill Davidson at [dr.jilldavidson@gmail.com](mailto:dr.jilldavidson@gmail.com). Include a description of your concerns, your phone number, and good times for her

to call you back. She will make contact with you within two business days. She may ask for more information in order to route your call to the appropriate person on the Ethics Committee, or she may let you know at that time which committee member will be calling you to discuss your concerns. You can then expect to hear from a committee member within a week following Dr. Davidson's phone call. The actual consultation will take place over the phone, so that we can truly have a discussion with you about your concerns.

Following the consultation call, you can expect the committee member to present your concern at the next meeting of the committee. Any additional comments or feedback will be relayed back to you via a phone call.



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# Deadlines for The Oregon Psychologist

Articles are due to the editor at [kerewskyopa@gmail.com](mailto:kerewskyopa@gmail.com) by these dates:

- March 1
- June 1
- September 1
- December 1

## Tips for submitting articles:

- Any OPA member or student member may submit articles. We are willing to consider articles from others on relevant topics.
- If you are writing your committee's column, be sure you leave time for your committee's review and vetting of content, and your revision.
- Before you submit your article, review it for content, accuracy, and mechanics.
- Sources referred to in your text need APA in-text citations and

APA reference listings. We have some leeway on things like a Sojourner Truth quote at the top of your article or lists of URLs provided as resources, but most other sources need complete APA style referencing. Articles submitted with omitted or incomplete citations, or major APA reference style errors, will be returned for revision and may be resubmitted for the next issue.

- After you have completed revisions, turn off the "Track Changes" function.

Here is our basic style sheet for submitting articles:

### Title

*Author(s), highest relevant degree(s), OPA committee (if relevant)*

## If Used, Section Headings Should Conform to APA Style But Be Bolded

Use tabbed, single-spaced, Times Roman 12-point type for content. Use one space after end punctuation. Use APA style for in-text citations including those for URLs (Kerewsky, 2014).

Here are some other guidelines: No space between paragraphs.

- Set line spacing to 0 before paragraph, 0 after paragraph, single-spaced.
- No document headers, footers, or page numbers, please.
- Hanging indents should be accomplished with the document ruler, not by hitting the space bar.
- This is true for tabs as well.
- If you don't know how to format something like a hanging indent, the editor will take care of it.
- If you're not sure how to write the reference list entry for a non-standard source, do the best you can and make sure you include all of the information. The editor will need to edit your reference.
- If you use figures, provide them in Word (in which case, they can be in-text), or as a separate PDF with the caption in the text of the article so the editor knows where you want it. Don't insert non-Word figures or images into the Word text.

## Fake References

Kerewsky, S. D. (2014). URLs: Bane or boon? Retrieved from [www.onlineshoshana-all-the-time/fqqr44w/articles/content.htm](http://www.onlineshoshana-all-the-time/fqqr44w/articles/content.htm)

Kerewsky, S. D. (2013). Hanging indents are your friend. *Journal of Shoshana Science*, 5(12), 341-346. doi: xxxxxxxxxxxxxxxx

Thank you—your attention to these details helps ensure that your article appears as you intended it.

# 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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# 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.

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



## 2019-2020 Schedule

**October 4, 2019**

**Top 10 Secrets of Practicing Ethically: A Legal, Ethical and Legislative Update on Mental Health Practice in Oregon**

*By Paul Cooney, JD and David Madigan, JD*

**December 6, 2019**

**Introduction to Psychedelic-Assisted Psychotherapy**

*By Erica Zelfand, ND*

**April 3, 2020**

**Advanced Ethical Decision Making: A Scientifically Informed Approach**

**Advanced Risk Management: An Ethically Informed Approach**

*Presented by Samuel Knapp, Ed.D., ABPP*

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).

**May 1-2, 2020**

**OPA Annual Conference**

*Wilsonville, Oregon*

**June 19, 2020**

**Cultural Responsiveness and Cultural Responsibility in Our Work as Psychologists**

*Presented by Eleanor Gil-Kashiwabara, PsyD*

*Watch for more details to come*

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)**

## 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.

How to subscribe:

1. Log onto your email program.
2. Address an email to [listserv@lists.apapractice.org](mailto:listserv@lists.apapractice.org) and leave the subject line blank.
3. In the message section type in the following: subscribe OPAGENL

4. Hit the send button, and that is it! You will receive a confirmation via email with instructions, rules, and etiquette for using the listserv. Please allow some time to receive your confirmation after subscribing as the listserv administrator will need to verify your OPA membership before you can be added.

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

# 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 elect-ability, 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.*

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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

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.

### 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

Supervision Round Table: Join me for a round table discussion of supervision. Limited to 8 individuals, Friday, 11/15/19, 9am-12pm. Discuss the process, models, challenges & the great benefits of supervising. Specific cases & dilemmas explored. Everyone will be encouraged to participate. CEU certificate on completion. \$100. Elsbeth Martindale, PsyD. 503.236.0855.

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Sunriver Home 2 Bd, 2 ba, sleeps 4, minutes to the river and Benham Falls Trailhead. Treed, private back deck, hot tub, well maintained. \$225/night. Email for photos [jamie@edwardspsychotherapy.com](mailto:jamie@edwardspsychotherapy.com) or call Jamie Levin-Edwards 503.816.5806.

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).

### FOR SALE

Complete WISC-V. Used only six times. \$500.00.

## APA Council Representative Report

By Eleanor Gil-Kashiwabara, PsyD, APA Council Representative for Oregon

The August 2019 American Psychological Association (APA) Council of Representatives (COR) Meeting took place in Chicago during APA Convention week. It is an honor to serve on COR as the APA Council Representative for Oregon. APA COR is the policy-making body of APA and meets twice a year. The August 2019 meeting was only my second in a three-year term, so I am still on my COR learning curve in some aspects, but will do my best to share a few highlights from this session of Council.

One of the things I love about how we start our COR meetings is the reminder, as we move through our time together, to remain grounded in the APA Strategic Plan. The APA vision as outlined in the new Strategic Plan emphasizes *a strong, diverse and unified psychology that enhances knowledge and improves the human condition, while the APA mission is to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives*. This grounding

in the new APA Strategic Plan, paired with the presentation by APA President Dr. Rosie Phillips Davis on Deep Poverty (the focus of her Presidential Initiative), highlights the steps our field is taking in the direction of social justice, equity, and inclusion. While we certainly have a fair number of hurdles to clear, in this report I will touch on two areas of focus during the Council session that suggest we are, as a field, aligning with our new Strategic Plan and are becoming social justice warriors.

So that I do not replicate information already shared, please see the article in this issue by Dr. Fish Getchell titled *Graduate Student Voting Item Scheduled on APA Ballot This November*. Her article describes one of the key votes that took place on the Council floor this session. I want to emphasize that the passing by Council to allow graduate students to have a vote and a voice in major association decisions, as well as adjusting the wait time for voting privileges for associate members, supports the

guiding principle of the Strategic Plan specifying that APA will *champion diversity and inclusion*.

An important moment on the Council floor was the approval of APA's immigration and refugee policy statement. There was a need for a clear advocacy policy statement on this issue in order to allow APA to speak with one voice when we are in Congress. The urgency of this need was definitely felt and this particular item was easily passed. To view the APA Press release titled **American Psychological Association Calls on Lawmakers in Congress and Statehouses to Ensure Immigrants and Refugees Can Access Medical, Mental Health and Social Services**, go to <https://www.apa.org/news/press/releases/2019/08/immigrants-health-services>, which also includes a link to the policy statement.

I will send continued updates related to COR activities between COR meetings as well via the OPA Listserv. Thank you for the opportunity to serve as your APA Council Representative!

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

If you have any questions regarding advertising in the newsletter, please contact Kori Hasti 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

## **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.

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

1st Quarter Issue - deadline is March 1 (target date for issue to be sent out is mid-April)

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

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

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

### **The Oregon Psychologist**

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.

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