



South Dakota Psychological Association

WINTER 2014



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This e-newsletter has been sent to you as a member of the South Dakota Psychological Association (SDPA) or as a subscriber to this newsletter.

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From The Desk of the President

Teri Hastings, Ph.D.

This is my first newsletter as President, so my first thought was to introduce myself. I have been a psychologist going on 18 years, most of that time in Seattle. I have worked at Rapid City Regional Hospital for the last five years in neuropsychology and have a part-time forensic practice on the side. However, I am no stranger to South Dakota, having spent my grade school years in Spearfish and frequently visiting my brother, also from Spearfish. I am grateful for our little gem of a state.

When thinking of a topic for this article (if I'm going to be honest, actually stressing about writing my first article,) I did nothing more than look around me. Stress. Compassion fatigue. Burnout. My friends, my coworkers, myself. We are all smart as helping professionals. We know what to do for stress relief. But our patients and coworkers are humans, are unpredictable, and thus despite our best laid plans, so goes our workday, our work week, and sometimes our weekends.

Anonymous once said, "Stress is an acceptable form of mental illness." The focus on the

onward and upward climb of the ladder, self-improvement, grabbing it while you can, saving it for a rainy day. It tends to cause us to focus on linear progression as a sign of success. When we hit a roadblock or when things don't go our way on a certain day, there we are: stuck on that particular rung on the ladder, frustrated and not where we wanted to be.

I want to share with you my white water kayak analogy that helps me get right with my stress. Instead of a to-do list, a series of linear goals to accomplish in a set amount of time, I turn aside that notion and instead think of kayaking. You know the direction you are heading but you are not able to progress linearly because of the environment. Despite your best laid plans, there is a whirlpool to your left. So you bob and weave around it, staying flexible at the hips, and pass it with no drama or frustration. You are still on your way and still in your day. By remaining flexible you get to where you need to go, though maybe not exactly how you planned to get there.

So kayak my friends: in your quiet moments and in your rowdy ones too. ■



2015 Legislative Session

BRITTANY NOVOTNY, JD, MBA

The 2015 Legislative Session is almost upon us! Session is scheduled to begin Tuesday, January 13th at noon and continue for 39 legislative days, officially adjourning on March 30th often referred to as "veto day." During Session, SDPA will be sending out weekly Legislative Updates which include bills of interest, a brief explanation of each bill, the status of these bills and a link to the language of the bill on the SD Legislative Research Council website. We hope you find these updates useful and informative. If you are interested in the legislative process, the SD Legislative Research Council website (<http://legis.sd.gov>) has a lot of great information that is updated routinely during Session. You can also listen to committee hearings from any computer by utilizing the links on this website.

Legislators need to hear from their constituents about issues important to psychologists. Please reach out to legislators and foster a relationship that continues not only during session, but throughout the year. You will never know what impact you can have on the legislative process until you get involved.

From the SDPA staff, we would like to wish each of you a warm and happy Holiday Season and a peaceful and prosperous New Year! ■

Capitol Photo by South Dakota Department of Tourism

BEING AN ADVOCATE FOR YOUR PROFESSION

FAC Update

Hilary Kindsfater, Ph.D.

With my first opportunity to contribute to the SDPA newsletter, I would like to thank the executive committee for entrusting me with the remaining term for the Federal Advocacy Coordinator (FAC) position for South Dakota, recently vacated by Dr. Scott Pribyl. I realize I have very big shoes to fill after the successful tenure of Dr. Pribyl, who has served as an amazing example and teacher for me. I am eager to introduce myself to the general membership of SDPA and express my sincere interest and excitement for this position. I am committed to serving SDPA in a manner that upholds the stellar reputation that has been cultivated by dedicated and energetic members of SDPA, who have been representing SD within various APA positions. Professional advocacy has been an interest and passion of mine since the beginning of graduate school, and I am eager to rekindle my direct participation in this professional interest.

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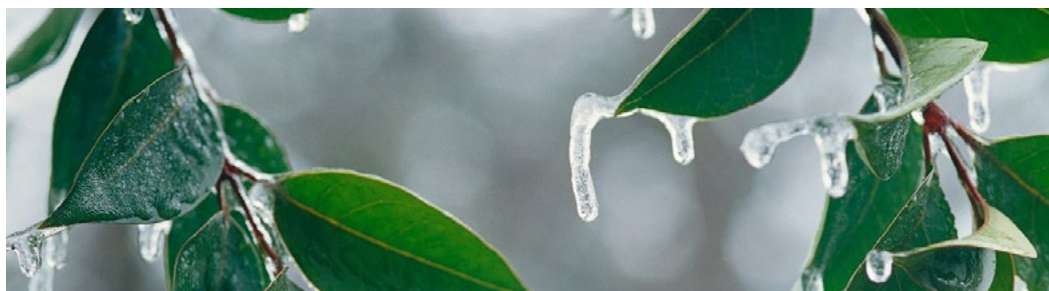
In terms of legislative updates, the American Psychological Association Practice Organization (APAPO) Government Relations Office is continuing to work to gain cosponsors on the Medicare Mental Health Access Act (S. 1064 / H.R. 794), legislation to add psychologists to Medicare's list of professionals defined as "physicians." This inclusion will eliminate the requirement that psychologists' services be supervised by a physician when they work in treatment facilities such as partial hospitalization programs, hospital outpatient departments, comprehensive outpatient rehabilitation facilities, and home health programs, among others. Hopefully, you recently received an Action Alert from me encouraging you to consider providing personal examples of how Medicare's physician supervision requirement is affecting the care provided to Medicare patients. Gathering this "evidence" will be helpful in refreshing the story of psychologists' struggles and the resulting negative impact on service delivery to Medicare patients, to ultimately

eliminate the unnecessary physician supervision requirement. During SDPA's advocacy visits in March 2014, legislative staffers wanted to know data and concrete examples of how this issue was impacting or reducing care for Medicare patients, particularly in South Dakota. Here is your chance to be heard. Please highly consider sharing your personal examples by sending a short email to pracgovt@apa.org. If you have additional questions please contact

APAPO Government Relations representative Scott Barstow at 202-336-5908, or by email at sbarstow@apa.org.

Lastly, I would like to highlight a very important and often overlooked form of advocacy: political giving. The APA Practice Organization's Political Action Committee's (APAPO-PAC) purpose is to promote political giving that supports successful federal advocacy of priority issues on

behalf of psychologists. Historically, the profession of psychology has not been a high engager in political giving. The APAPO-PAC is far behind other professions (including American Medical Association and American Psychiatric Association) in political giving. Many of you may have received a recent mailing from the APAPO-PAC educating you about the PAC and encouraging your contribution. Notably, among other states with same size state associations, South Dakota ranked LAST in the number of PAC contributions (thus far this year) relative to the number of APAPO member practitioners in the state. Our ranking has gotten my competitive juices flowing! I would highly encourage you to think about the importance of making a contribution to the APAPO-PAC and the role political giving has in the sustainability of the profession of psychology through legislative influence. For more information or to contribute please visit the APAPO-PAC website at: <http://www.supportpsychologypac.org/index.aspx>



AUTHOR'S ALLEGATION CAUSES CONTROVERSY

Council of Representatives Update

Jodi Owen Psy. D.

A book by James Risen, *Pay Any Price: Greed, Power, and Endless War* has been published and alleges that APA colluded with the Bush Administration, CIA, and U.S. Military to support torture during the war on terror.

There has been a TON of traffic and controversy on the COR Listserve about this.

Therefore, APA President Nadine Kaslow has issued the following statement and articles:

Dear CoR Colleagues:

I have been reading and thinking about your responses to the James Risen book as has the rest of the Board. The allegation Mr. Risen makes of collusion between APA and the Bush Administration to support torture is very serious and we take it very seriously. After much thought and deliberation, the Board has decided to appoint outside legal counsel to conduct a comprehensive and fully independent review of the allegation. Please read the attached documents. The Board resolution describes the specific action the Board is taking including the scope of the review and how its independence and thoroughness will be ensured. The resolution is being shared with Council. The announcement addresses the same issues and will be shared with other governance groups and the public. Neither document is confidential. You are strongly encouraged to share the announcement document (or both if you wish) with your constituent groups.

Sincerely,
Nadine ■

APA BOARD REVIEWS JAMES RISEN BOOK

Board Resolution Regarding Independent Review (11/12/14)

The Board has reviewed James Risen's book, *Pay Any Price: Greed, Power and Endless War*, which alleges that APA colluded with the Bush administration, the CIA and the U.S. military to support torture during the war on terror. The Board believes that its October 16, 2014 statement addressing this assertion was fair and accurate, but nevertheless the allegations and public responses have created concern and confusion for the public and APA members. To promote its values of transparency and integrity, and in light of the concerns of members, the Board finds it to be in the best interests of APA to authorize an independent review by outside legal counsel to carefully consider the allegations and ascertain the truth with respect to them.

For these reasons, the Board appoints a special committee ("SC")¹, which shall (a) on behalf of the Board and the APA, engage an independent legal counsel ("independent reviewer" or "independent counsel") to conduct this independent review, (b) provide the necessary support to the independent counsel in its conduct of the review, including resources, access to people and documents, and other support necessary to ensure the independence of counsel's review, (c) receive the independent counsel's report and transmit it to the Board, without modification, which shall then review it and release it to the APA Council of Representatives, APA members and the public, and

(d) make recommendations for responsive action to the Board for its consideration. The SC shall be APA President Dr. Nadine Kaslow, 2015 President-Elect Dr. Susan McDaniel, and APA CEO Dr. Norman Anderson. The SC will be assisted by APA General Counsel Nathalie Gilfoyle.

The independent reviewer will consider and report to the SC as to whether APA colluded with the Bush administration, CIA or U.S. military to support torture during the war on terror. The review will include but not be limited to the following three issues: (1) whether APA supported the development or implementation of "enhanced" interrogation techniques that constituted torture, (2) whether changes to Section 1.02 of the APA Code of Ethics in 2002 or the formation and/or report of the APA Presidential Task Force on Psychological Ethics and National Security (PENS Task Force) were the product of collusion with the government to support torture or intended to support torture, and (3) Whether any APA action related to torture was improperly influenced by government-related financial considerations, including government grants, contracts or adoption of government policy regarding prescription privileges for psychologists serving in the military.

The SC is authorized to take actions to ensure that the independent

(continued on page 4)

Board Resolution Regarding Independent Review (11/12/14)

(continued from page 3)

review is completed in a thorough and independent manner, and to make recommendations to the full Board, including without limitation to incur expense and retain independent counsel to serve as the independent reviewer and conduct the review. It is the intent of the Board that this review will be thorough and fully independent. The sole objective of the review is to ascertain the truth about the allegations described above, following an independent review of all available evidence, wherever that evidence leads, without regard to whether the evidence or conclusions may be deemed favorable or unfavorable to APA. The SC shall provide this instruction to the independent counsel. The independent reviewer shall have authority to conduct interviews of any present or former employee or member of APA or any other person as he deems necessary or appropriate; and to have access to all information and documents that he believes would assist in his work. APA Staff and Board members are instructed to fully cooperate with the independent review, including by preserving all potentially relevant documents and information; providing all documents (including electronic documents) requested; cooperating in interviews; providing

all other information requested; and assisting the independent reviewer in reaching former APA staff or Board members and others outside APA as the independent reviewer deems appropriate.

At the conclusion of the independent review, the independent counsel will present his final report to the SC. The SC shall formulate its conclusions and recommendations, and then transmit the independent reviewer's final report, without modification, together with the SC's conclusions and recommendations, to the Board. After review, the Board will provide the IR without modification to the COR, APA members and the public. The Board will also take such action in response to the IR and the recommendations of the SC as it finds appropriate after its review.

'The name "special committee" is the commonly used term for Board ad hoc committees authorized to manage independent reviews, such as APA is undertaking here. The use of a special committee enhances efficiency and promotes independence of the review. ■

STATEMENT OF APA BOARD OF DIRECTORS:

Outside Counsel to Conduct Independent Review of James Risen Allegation

(Washington, DC) — The American Psychological Association (APA) Board of Directors has reviewed the allegation in James Risen's book, *Pay Any Price: Greed, Power and Endless War*, that APA colluded with the Bush administration to support torture during the war on terror. Specifically, Risen alleges that APA supported the development and implementation of "enhanced" interrogation techniques that constituted torture and was complicit with the CIA and U.S. military to this end.

We believe that APA's October 16th statement (<http://www.apa.org/news/press/response/risen-book.aspx>) refuting Risen's assertion was a fair and accurate response. However, the allegation made by Mr. Risen is highly charged and very serious. His book has created confusion for the public and APA members. This confusion, coupled with the seriousness of the allegation, requires a definitive,

independent and objective review of the allegation and all relevant evidence.

Toward that end, and to fulfill its values of transparency and integrity, the APA Board has authorized the engagement of David Hoffman of the law firm Sidley Austin to conduct an independent review of whether there is any factual support for the assertion that APA engaged in activity that would constitute collusion with the Bush administration to promote, support or facilitate the use of enhanced interrogation techniques by the United States in the war on terror.

The engagement of the independent reviewer will be coordinated by a special committee consisting of three members of the APA Board of Directors — 2014 APA President Dr. Nadine Kaslow, 2015

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Outside Counsel to Conduct Independent Review of James Risen Allegation *(continued from page 4)*

President-Elect Dr. Susan McDaniel, and APA CEO Dr. Norman Anderson. The special committee will be assisted by APA General Counsel Nathalie Gilfoyle.

The independent reviewer will consider and report to the special committee as to whether APA colluded with the Bush administration, CIA or U.S. military to support torture during the war on terror. The review will include but not be limited to the following three issues: 1) whether APA supported the development or implementation of “enhanced” interrogation techniques that constituted torture; 2) whether changes to Section 1.02 of the APA Code of Ethics in 2002 or the formation and/or report of the APA Presidential Task Force on Psychological Ethics and National Security (PENS Task Force) were the product of collusion with the government to support torture or intended to support torture; and 3) whether any APA action related to torture was improperly influenced by government-related financial or policy considerations, including government grants, contracts or adoption of government policy regarding prescription privileges for psychologists serving in the military.

It is the intent of the APA Board that this review will be thorough and fully independent. The sole objective of the review is to ascertain the truth about the allegation described above following an independent review of all available evidence, wherever that evidence leads, without regard to whether the evidence or conclusions may be deemed favorable or unfavorable to APA. The independent reviewer will have full authority to conduct interviews of any present or former APA employee or member or any other person he deems necessary or appropriate. The independent reviewer will have access to all information and documents that he believes would assist in his work. APA staff and Board members have been instructed to fully cooperate in providing documents, electronic messages and information requested by the independent reviewer and to assist the reviewer in contacting former APA employees and others outside of APA who may have responsive information. The special committee will be responsible for providing the necessary support to the independent counsel in his conduct of the review,

including resources, access to people and documents and other support necessary to ensure that the review is completed in a thorough and independent manner.

At the conclusion of the independent review, the independent counsel will present his final report to the special committee. The committee will review the report, formulate recommendations for responsive actions as needed and then transmit the independent reviewer’s final report — without modification — together with the committee’s recommendations to the APA Board. After reviewing the independent report, the APA Board will make it available — without modification — to the APA Council of Representatives, APA members and the public. In addition, the Board will take actions in response to the report and the recommendations of the special committee as it finds appropriate.

Anyone having information that they believe the independent reviewer should be aware of is invited to contact Mr. Hoffman at apareview@sidley.com. Information can also be shared with Mr. Hoffman via a special phone line — 312 456-8468.

Depending on access to information and persons needing to be interviewed, the review process is expected to be completed within the first quarter of 2015.

In the meantime, the APA Board again reiterates the Association’s long-standing policy prohibiting any psychologist involvement in torture and cruel, inhuman or degrading treatment or punishment. There are no exceptions to that policy. Anyone seeking information about prior statements and actions of the APA Board of Directors and Council of Representatives related to detainee welfare and psychologists’ work in national security settings can review an extensive timeline at: <http://www.apa.org/news/press/statements/interrogations.aspx>. Also available as part of this timeline is APA’s comprehensive 2013 policy related to psychologists and national security. When Council adopted the 2013 policy, it also rescinded the PENS Task Force report. ■

PEC Report

Kari Scovel, PHD, LP, LPC-MH, QMHP

Hello, I thank you for the opportunity and am excited about the new position Public Education Campaign Coordinator for South Dakota Psychological Association. On November 18, 2014, I was interviewed by KOTA News about Managing Fear About Ebola. This is a helpful way to get information out about how psychologists can help patients manage anxiety about this disease. Some anxiety about this topic is natural and helps us react in a manner which assists us in taking precaution.

Overwhelming anxiety about Ebola can be debilitating effecting daily living skills, socialization and impacting work and school performance. This is a topic that affects many of the patients we service in the State of South Dakota.

In private practice, I personally have several patients suffering with anxiety about Ebola. There are some patients fearing if they are ill with flu like symptoms they may have Ebola, ruminating about various news releases, increasing hand washing and other anxious behaviors.

Anxiety has increased since there has been confirmed deaths in the United States as previously many of the deaths have been in Africa. Doctor Martin Salia was working in Sierra Lone when he contracted the Ebola. Next, he

flew back to the US for treatment at a Midwestern Nebraska Hospital. Doctor Martin Salia recently passed away which has caused more upset and anxiety in the Midwest. It is useful to encourage others who are concerned to know that the United States has been through difficulties with infectious disease such as the Avian flu, West Nile Disease, Swine Flu and others which have caused anxiety and upset. There were some that got ill and actually died, but overall the outbreaks were contained. Teaching hope and resilience is helpful in managing stress related to fear.

Encouraging patients not to isolate but instead expand their support network is also helpful. Keeping a daily routine and engaging in activities such as diet and exercise is useful. I am enclosing a helpful article (see page 7) to assist you in developing new ideas from this recent impact of Ebola. My hope is this article will be helpful in calming others concerns and finding ways to cope with recent upset regarding Ebola.

In addition, I would encourage SD psychologists to get involved in the news releases from APA and SDPA. If you are interested in being part of APA and SDPA public campaign releases and TV interviews please contact me at karis@scovelpsyhrc.com. ■

SOUTH DAKOTA PSYCHOLOGICAL ASSOCIATION

Annual Conference Recap

Lynette Quast, Ph.D.

The 2014 SDPA's Annual Conference was held on September 12-13th at the Fairfield Inn in Rapid City, SD. The theme of this year's conference was **"Teens and Tweens: Assessment, Therapy, and Other Adventures."** This year's conference was one of the best attended in recent years, and we hope this trend will continue. We had the pleasure of hearing Dr. Mark Carrier from California State University, Dominguez Hills, speak on digital media use in youth and the effects and implications of this technology use. He provided some very thought-provoking research and discussion regarding this topic and how this can inform our work as mental health professionals. Investigator BJ George from the Unified Narcotics Enforcement Team, Pennington County Sherriff's Office, also spoke on Saturday afternoon and provided some great information on the access and usage patterns of controlled substances in South Dakota's youth. On Sunday morning, Dr. Bruce Fogas from the Volunteers of America Dakotas, provided a stimulating presentation on Fetal Alcohol Spectrum Disorders and various assessment and interventions with this population. Dr. Fogas has worked extensively with this population and it was a pleasure to have him share his clinical knowledge and skills.

The University of South Dakota's Clinical Psychology students were well represented at this year's conference. It is always great to have student

participation in our annual conference.

There is a mutual learning that occurs as we share our clinical knowledge and advocacy as a profession as well as learning from them and their new insights and challenges as our next generation of psychologists. The students provided poster presentations to share with us some of their interesting research that is currently on-going. Three awards were given out for the quality and depth of research:

- 1st place: Austin M. Hahn, MA "Childhood Sexual Abuse, Emotional Dysregulation, and PTSD Symptoms."
- 2nd Place: Christine Tirabassi, M. "Comparison of Forced and Incapacitated Rape Survivors."
- 3rd Place: Rachel J. Nelson, BA, "Residential Treatment for Children: Examining Child Characteristics and Restraint Patterns."

Thank you to all the students for their participation.

We are busy planning for next year's conference and hope to see you all again next fall. ■

Managing Your Fear About Ebola

American Psychological Association

With news of a confirmed death from Ebola in the United States, many Americans are concerned about the potential impact of this disease. Until now most deaths have been within Africa. The tragic death of Thomas Duncan brings the risks of this dangerous virus closer to home.

For people with friends and family in African countries impacted by Ebola outbreaks, concern and anxiety may be magnified given the nature of the disease. It can be particularly difficult to watch events that may impact your loved ones unfold from a distance, resulting in feelings of helplessness.

While news coverage has raised awareness of the risks of Ebola, some reports have obscured some of the most important facts. Most notably, the U.S. Centers for Disease Control reports that "Ebola poses no substantial risk to the U.S. general population." Ebola is spread through direct contact with the bodily fluids of people who are sick with or have died from the disease.

Worries about Ebola

Unfortunately, news about the spread of Ebola may give rise to feelings of stress, anxiety and fear of the future. Such responses are understandable, given the disease's uncertainties and the poor prognosis for many who contract it.

Although Ebola is a threat that is being taken very seriously by public health authorities worldwide, do not let your worry about this disease control your life. There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

What you can do

- **Keep things in perspective.** Limit worry and agitation by lessening the time you and your family spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
- **Get the facts.** Gather information that will help you accurately determine risks so that you can take reasonable precautions, if appropriate. Find a credible source you can trust such as your physician, a local or state public health agency or national and international resources such as the [U.S. Centers for Disease Control](#) and the [World Health Organization](#)
- **Stay healthy.** The risk of Ebola transmission is low. A healthy lifestyle — including proper diet and exercise — is your best defense against any threat. Adopting hygienic habits such as washing your hands regularly will also minimize your exposure to all types of germs and disease sources. Eat healthy, avoid alcohol and drugs and take a walk or exercise. A healthy body can have a positive impact on your thoughts and emotions.
- **Keep connected.** Maintaining social networks and activities can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress. This may also be an ideal time to become more involved with your community by receiving and sharing effective information obtained from reliable sources.
- **Seek additional help.** Individuals who feel an overwhelming nervousness, a lingering sadness or other prolonged reaction that adversely affects their life, work or relationships should consult with a trained and experienced mental health professional. Psychologists can help people deal with extreme stress. These professionals work with individuals to help them find constructive ways to manage adversity. The [SAMHSA Disaster Distress Helpline](#) is another resource for people experiencing signs of distress related to the Ebola outbreak. This helpline provides 24/7 year round crisis counseling and support at 1-800-985-5990. ■

Thanks to psychologists Ester Cole, PhD and Gerard A. Jacobs, PhD who assisted with this article.



Photo by South Dakota Department of Tourism

Student Update

Christine Tirabassi, Student Representative

This semester has been very productive for the Clinical Psychology students at the University of South Dakota! Starting out the semester with the annual SDPA conference definitely motivated the program. One professor and eight clinical psychology students attended this year's conference, with six poster presentations. Following this event, we have had seven students propose their dissertation research with a range of interesting topics. Among these students, Savannah Peters is investigating barriers to contraceptive use among high school females. Jamie Hansen is researching the relationship between binge drinking and eating disorders among undergraduates, and Christine Tirabassi is researching predictors of traumatic stress among women attending an infertility clinic. We have also had several students complete exciting thesis research. Rachel Nelson successfully defended her thesis research, which examined predictors of restraint use among children in residential treatment. Lisa Baer proposed her thesis research on the topic of male's communication and disclosure after hypothetical sexual and physical assault. Finally, Jill Morris will be developing a measure to assess visibility and evaluation of social support networks. With all the innovative research-taking place in the program, the Advocacy Coordinating Team has decided to begin a student lead research colloquium, which likely occur monthly starting next

semester. Other accomplishments this semester include a handful of students passed preliminary examinations, and eight students are in the process of applying for internship!

An exciting part of the USD clinical program is the placements students have the opportunity to participate in. This year we have had two new placements sites, two positions at the Sioux Falls Veterans Affairs Health Care System and one position at the State Penitentiary. These compliment the other diverse experiences students gain at are other sites, such as the Center for Family Medicine and Lewis and Clark Behavioral Health Services. The students also annually complete outreach activities, these include serving lunch at the Red Road Gathering in September. We are now in preparation for Building Bridges, which will take place in March.

The clinical psychology program is looking forward to next semester and welcoming new faces! During the month of December, applicants for the clinical psychology program will be rolling in. The program is also in the process of hiring a new faculty member, with candidate interviews taking place soon. With all this excitement, the students are looking forward to a relaxing holiday break. The program wishes everyone happy holidays and looks forward to the next SDPA event! ■

