



South Dakota Psychological Association



SPRING 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

Sally Weyer, Ph.D.

Is everyone as ready for Spring as I am? What a winter we have had! Here in Western South Dakota, it started the first weekend in October and has continued ever since. But, speaking of Spring and the month of March, I want to share some news with you. APA State Leadership Conference (SLC) occurs in March of every year in Washington, DC. This year the Executive Committee nominated Hilary Kindsfater, Ph.D. as our Early Career Psychologist (ECP) delegate to attend SLC. APA only accepts a handful of nominees from all the SPTAs. Since this was SDPA's first time to nominate an ECP, we are excited that our nomination was accepted!



Hilary Kindsfater, Ph.D. was accepted as an Early Career Psychologist (ECP) delegate at the 2014 APA State Leadership Conference.

In the role as our ECP, Dr. Kindsfater attended SLC and participated in training sessions, and joined with Scott Pribyl, SDPA FAC, and Rachel Day, SDPA Executive Director, to meet with South Dakota members of the legislative body on "the Hill." She grew up in South Dakota, and has a deep-seated

understanding of the issues that face psychologists practicing in a frontier state. Currently, Dr. Kindsfater works for VA Black Hills Health Care System as a staff psychologist, and as the Training Director for the Clinical Psychology Internship Program.

Dr. Kindsfater has a passion for advocacy which began early in her graduate program at the University of South Dakota. Her participation in SDPA began in 2002 when she was the Student Representative on the Executive Committee of SDPA and she served as the State Advocacy Coordinator for APAGS Advocacy Coordinating Team while in her graduate training at USD.

As we offer our congratulations to Dr. Kindsfater, I encourage anyone who is interested in promoting the practice of psychology and advocating for psychologists in South Dakota to get involved in SDPA. ■



State Leadership Conference

The State Leadership Conference (SLC) is the annual advocacy training conference for leaders in professional psychology practice. The conference brings together psychologists from the states, U.S. territories and Canada, along with APA governance and divisions, to advocate for issues important to practicing psychologists. The conference also fosters leadership and effective governance strategies for participating associations.

Past Conferences have brought together more than 500 psychologists from all different perspectives in professional psychology. The conference culminates in a day of advocacy on Capitol Hill. Past Hill visits have brought psychologists face-to-face with legislators to increase the public's access to psychological services - for example, in achieving true mental health parity and advocating for meaningful health care reform.

The 2014 State Leadership Conference took place in Washington, D.C. Saturday, March 8 - Tuesday, March 11, 2014.

STATE LEADERSHIP CONFERENCE: CREATING ROADMAPS FOR PRACTICE

FAC Update

Scott Pribyl, Ed.D.

Just returned from APA's State Leadership Conference in Washington D.C., being joined by Teresa Hastings (President Elect), Laura Hughes (Public Education Coordinator), Hilary Kindsfater (Early Career Psychologist), and Rachel Day (SDPA Executive Director). It was great to have such a large South Dakota contingent at SLC. As always, SLC afforded great opportunities for making new connections, receiving cutting edge information for the practice of psychology, and re-energizing and committing to continue the important work of political advocacy, grassroots mobilization, and direct lobbying.

Rachel Day, Hilary Kindsfater and I had Hill visits at the offices of Senator John Thune, Senator Tim Johnson, and Representative Kristi Noem. The four "asks" were all Medicare related: repealing and replacing the Sustainable Growth Rate (SGR) formula which continues to threaten psychologists and other health providers with untenable cuts (24% this March 31st); finding a "fix" for the CMS formula which has penalized psychologists since 2006 another approximately 18% on top of the SGR cuts, related to psychologists being low overhead (practice expense) providers; including psychologists in the Medicare "physician" definition which currently includes optometrists, chiropractors, podiatrists, MDs and DOs, so that unnecessary supervision requirements can be dispensed with; requesting that psychologists be made eligible for HITECH (electronic health records incentives). Regarding the "physician" definition issue, SD psychologists need to connect with, collaborate with, and educate our MDs and DOs as the American Medical Association and SD psychiatrists continue to fight against psychologists

being included. As a reminder, psychologist's scope of practice is determined by state law, so being included in the Medicare "physician" definition does not allow for any scope of practice changes, simply less unnecessary supervision and the possibility of incentive payment for psychologists working in medically underserved (rural) areas.

Finally, a big "shout out" to the SD psychologists who contributed to the Senator Mike Enzi (R-WY) Reception and Black Tie Dinner sponsored by the APA Practice Organization - Political Action Committee (PAC). SD psychologists contributed \$1,050 and the entire event raised \$32,000 according to the APAPO-PAC Director, Heather Kaiser (hkaiser@apa.org). Senator Enzi was honored as a senior member of the Senate's influential Health, Education, Labor and

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"Regarding the 'physician' definition issue, SD psychologists need to connect with, collaborate with, and educate our MDs and DOs as the American Medical Association and SD psychiatrists continue to fight against psychologists being included."

Pensions (HELP) Committee, while also sitting on the Finance Committee which provides him with unique opportunities to influence healthcare legislation and policy. Senator Enzi worked closely with the late Senator Ted Kennedy to enact the Mental Health Parity and Addiction Equity Act of 2008, and he also participated in reform of the nation's health care system during passage of the Accountable Care Act in 2010. On a related note, Dr. Pribyl's Wyoming FAC counterpart, Dr. Hollis Hackman, received one of two FAC of the Year Awards at SLC, in part for his efforts in building a meaningful relationship with Senator Enzi. In closing, I would like to ask each SDPA psychologist to recruit one new psychologist to join our collaborative SDPA, and to connect with and educate one MD or DO on the "physician" definition issues. ■



Council of Representatives Update

Jodi Owen Psy. D.

Council focuses on advancing the field

In addition to continuing to fine tune APA's governance structure, the Council of Representatives adopted policy on preparing competent health service psychologists and gun violence.

By Rhea K. Farberman

Monitor executive editor

At its February meeting, the APA Council of Representatives continued its work to create a new, more nimble association governance structure and adopted resolutions to advance psychology education and training and the application of the discipline to human welfare.

Of particular importance was the council's approval as APA policy of the document *Health Service Psychology: Preparing Competent Practitioners*. This first-of-its-kind policy describes the competencies that a psychologist working in a health delivery setting should possess. Such a document is critical to ensuring quality in training and good health services outcomes as psychology continues its move from a primary focus on mental health to a broad focus on a range of health problems, according to the document authors.

"In addition to helping to shape training programs, this policy document will help inform students, employers and policymakers who wish to understand the distinctive competencies psychologists bring to health care," said Cynthia Belar, PhD, APA's executive director for education. "The new competencies focus on basic biological, psychological and social knowledge of health and disease, and they require practice-based research skills and interdisciplinary collaboration."

Also in the area of psychologists' doctoral education, the council provided funding for APA to create an online application system for psychology graduate programs. The platform will create a centralized system for the submission, processing and review of student applications and faculty recommendations for use by students, programs and reviewers. It is expected to be available in 2015.

Speaking from the podium as the application platform project was being discussed, APA President Nadine J. Kaslow, PhD, enthusiastically encouraged its support by noting that the platform would be "incredibly helpful to students and faculty by reducing the burdens on both associated with the current application process."

Another discussion that council members devoted extensive time to was on the ways the Affordable Care Act would affect psychology and psychologists. The council discussed opportunities the act creates for the discipline, as well as ways the law fails to recognize psychology or the contributions it can make to integrated health care.

Good governance

Council also reviewed and discussed the Good Governance Project (GGP) implementation action plans (see "[Good governance](#)" in the February *Monitor*). The action plans approved were:

Delegating specific duties, including financial and budget matters and the evaluation of the CEO from the council to the board of directors for a three-year trial period.

Creating a new composition for APA's board of directors, including six members drawn from the general membership and elected by members, a public member and a commitment to have at least one early career psychologist on the board at all times.

Creating a Needs Assessment, Slating and Campaigns Committee to conduct annual needs assessment and develop slates for those seats on the board elected by and from the general membership. The committee is also expected to conduct a needs assessment and develop slates for council members elected by and from the general membership, if such seats are added to a new council structure.

Creating a Council Leadership Team. This team's duties will include managing the council's workflow and developing a process by which the council will identify, prioritize and address the major issues facing psychology.

In addition, the council considered a number of models, but was unable to reach a consensus on what its structure should be going forward. Instead, council members directed the GGP Implementation Work Group to develop and propose a new structure based on its discussions. That model will be developed beginning this spring and reviewed by the council at its August meeting.

In addition, the council:

- Adopted as APA policy a new Resolution on Gun Violence Research and Prevention. The resolution is focused on reducing gun violence through a comprehensive, science-based public health approach. It calls for research that identifies risk and protective factors vis-à-vis firearms violence for diverse groups and for a continuum of mental health services to meet the needs both of people with severe mental illness and those in emotional crisis. The council also archived the 1994 policy on Firearm Safety and Youth. An archived document no longer represents APA policy.
- Adopted an official definition of early career psychologists as those psychologists within 10 years of earning their doctoral degrees. Having a standard definition will improve consistency in awards criteria and allow for better data collection about early career members, according to the motion's supporters.
- Endorsed a document entitled [Multidisciplinary Competencies in the Care of Older Adults at the Completion of the Entry-level Health Professional Degree](#), developed by the Partnership for Health in Aging, of which APA is a member. The document is designed to guide multiple

(continued on page 6)

Legislative Update

Brittany Novotny, JD, MBA

During the 2014 Legislative Session, the SDPA monitored many bills of interest to the profession and your patients. Below you will find a list of bills that the SDPA monitored along with an explanation of each bill and its current status. Bills that were Tabled or sent to the 41st Legislative Day were killed.

The final day of the session focused exclusively on the budget and amendments to it. Nearly 45 amendments to the budget originally offered by Governor Daugaard were heard over the course of a lengthy budget hearing. The Appropriations Committee killed 34 amendments to the bill and adopted 11 amendments. With the exception of the Medicaid and K-12 additions, very little money was spent in those adopted amendments.

Among the amendments adopted was an additional .3% increase for certain Medicaid providers, including Medicaid reliant community providers, some long-term care providers, community mental health centers and prevention counselors. This increase is ongoing and in

addition to the 3% increase for all providers proposed by the Governor and adopted by the Committee. A similar .3% increase was also adopted for K-12 education, which is targeted for teacher salary increases.

These amendments cap off an overall \$4+ billion budget that was adopted unanimously by the Senate and by the House 59-10. In both Chambers the Democrats attempted to amend in Medicaid Expansion. The amendments failed.

The final budget keeps with the Governor's proposed budget, for the most part, and provides a slightly higher increase for K-12 and some providers, which is expected in an election year.

We hope the weekly legislative updates provided to SDPA members were useful and informative. Thank you to the SDPA Executive Committee and Division 1 for the guidance and assistance provided during the legislative session. We appreciate the opportunity to work with the SDPA and look forward to 2015. ■

2014 Legislative Session – SDPA Final Bill List

Click on the bill number below for full text

BILL #	TITLE	EXPLANATION	STATUS	POSITION
SB 74	Provide for the consideration of joint physical custody of a minor	Allows for joint physical custody of a child without creating a presumption of a preferred parent and keeping the best interests of the child paramount for the judge	Passed Senate 35-0; Passed House 68-2; Awaiting Governor's Signature to become law	Monitor
SB108	Establish the Autism Spectrum Disorder workgroup to study the impact of autism spectrum disorder on children in this state to make a recommendation to the Legislature on policies to effectively address the issue	Establishes a summer study taskforce on the issue of autism	Passed Senate 31-4; Passed House 68-0; Awaiting the Governor's Signature to become law	Monitor
SB 187	Appropriate money for the ordinary expenses of the legislative, judicial, and executive departments of the state, the expenses of state institutions, interest on the public debt and for common schools	This is the annual budget bill for the state.	Assigned to Senate Appropriations	Monitor
HB 1039	Revise certain provisions relating to the General Appropriations Act for Fiscal Year 2013	Proposes changes to the FY 2013 budget to carryover \$3.2 million funding for projects related to the Criminal Justice Reform Initiative	Passed House 58-5; Passed Senate 35-0; Awaiting Governor's Signature to become law	Monitor

2014 Legislative Session – SDPA Final Bill List (cont.)

Click on the bill number below for full text

HB 1040	Revise the General Appropriations Act for fiscal year 2014	Proposes changes to the FY 2014 budget to provide funding for projects presented in the Governor's budget proposal - AMENDED: Omnibus spending bill	Passed House 63-6; Passed Senate 32-1; Awaiting Governor's Signature to become law	Monitor
HB 1229	Provide for the reporting of certain person's names to the National Instant Criminal Background Check System	Requires a board of mental illness to report the name of a person involuntarily committed to the Attorney General for reporting to the National Instant Criminal Background Check System	Passed House 53-14; Passed Senate 26-9; Awaiting Governor's Signature to become law	Monitor
Signed Bills				
BILL #	TITLE	EXPLANATION	STATUS	POSITION
HB 1031	Revise certain provisions related to the definition of and diagnosing of autism and to revise the definition of a level five disability for purposes of state aid for special education funding.	Updates the way the Department of Education defines autism to include the autism spectrum contained in the Diagnostic and Statistical Manual of Mental Disorders and expands the levels of the spectrum that may be considered in making a level five disability	Passed House 66-0; Passed Senate 33-0; Signed by the Governor Law effective July 1st	Monitor
HB 1198	Revise certain provisions regarding the administration of medical treatment for individuals with mental illnesses	Allows for an extension of an involuntary commitment by 10 days. Extended involuntary commitments may impact the availability of beds for voluntary commitments	Passed House of Representatives 68-2; Passed Senate 29-4; Signed by Governor; Law effective July 1	Monitor
Defeated Bills				
BILL #	TITLE	EXPLANATION	STATUS	POSITION
SB 120	Provide for the registration and administration of navigators under the federal Patient Protection and Affordable Care Act and declare an emergency	Requires individuals and entities providing navigator services pertaining to enrolling people in the federal health insurance exchange be registered with the Division of insurance and meet minimum qualifications before performing such services	Tabled by Senate Commerce & Energy 4-2	Monitor
SB 123	Require the Department of Social Services to develop a procedure to screen and test applicants for certain financial assistance programs to determine if the applicants are using controlled substances	Requires DSS to develop a procedure for testing recipients of state financial assistance programs for drugs with penalties up to and including denial of benefits	Deferred to the 41st Legislative Day by Senate Health & Human Services 5-2	Monitor
HB 1145	Accommodate legislation on medical services	Provides a placeholder bill for a health-related topic	Passed House 60-9; Tabled by Senate 28-7	Monitor
HB 1189	Prohibit certain business entities and affiliated persons from making political campaign contributions to state officeholders or candidates if the business entity does contractual business with certain state agencies	Prohibits businesses that have more than \$25,000 in state contracts from donating to political campaigns	Deferred to the 41st Day by House State Affairs 9-4	Monitor
HB 1211	Establish the right to have a firearm in a motor vehicle under most circumstances.	Allows a person who may lawfully possess a firearm to have the firearm in a vehicle unless prohibited by a property owner. A business owner would need to post a prohibition on firearms on property to prevent a person from storing a firearm in a vehicle.	Deferred to the 41st Legislative Day by House Transportation 10-3	Monitor
HB 1257	Clarify certain autism spectrum disorders insurance coverage	Provides for coverage for autism spectrum therapies by qualified providers under specific circumstances. AMENDED to require the coverage of large group markets and grandfathered plans	Passed House 57-12; Deferred to 41st Day by Senate Commerce & Energy 5-2	Monitor

Council of Representatives Update

(cont. from page 3)

health professions in understanding the competencies needed to provide care to older adults.

- Received the *Report of the Task Force on Trafficking of Women and Girls*. The report's aim is to raise awareness among psychologists and the public about human trafficking; make recommendations to enhance research, education and training; and urge psychologists to apply scientific research and expertise to influence public policy and enhance services to survivors of trafficking.
- Approved the revised [*Principles for the Recognition of Proficiencies in Professional Psychology*](#).
- Received the report *Assessing and Evaluating Teacher Preparation Programs*. The report calls for the use of valid and efficient tools in the measurement of teacher preparation programs and teacher effectiveness. Such teacher evaluations should be grounded in well-established scientific methods that have evolved within the psychology discipline, according to the report authors.
- Received a report from the association's chief financial officer, indicating that APA expects to finish 2013 with a positive operating margin of more than \$1.8 million. The council also approved a 2014 budget that forecasts a \$1.4 million positive operating margin on revenue of \$111 million and expenses of \$109 million. Special project or designation spending is budgeted at \$14,161,403 with \$4,550,697 expected in revenues and \$9,610,706 being drawn from net assets.
- Declined to approve candidacy status for a proposed new APA division, the Society for Technology and Psychology. ■

SEPTEMBER 13-14, 2014 • RAPID CITY, SD

SDPA Fall Conference

Teri Hastings, Ph.D.

Plans are well underway for our annual SDPA fall conference scheduled for September 13-14, 2014. We decided to hold the conference in Rapid City this year to both make it more accessible to Wyoming, Montana, North Dakota, and Nebraska and to provide a family friendly destination: Black Hills with the fall colors. Our goal is not only to serve the interests of psychologists in South Dakota but to forge better relationships with our neighboring states to perhaps combine CE opportunities in the future and to offset costs our mutual small budgets for CE opportunities. Additionally, because the Black Hills offers so many family-friendly destinations, our conference can double as both an educational opportunity for you and a vacation opportunity for you and your family.

Our SDPA board listened to 2013 conference attendees regarding their recommendations and interests for future conference presentations. We are delighted to announce the working title for the fall conference: "Teens and Tweens: Assessment, Therapy, and Other Adventures." The most requested topic last year was how to deal with social media in this age group when working with them and/or their families.

L. Mark Carrier, Ph.D., Professor and Chairperson, Department of Psychology California State University -- Dominguez Hills has agreed on a presentation on this topic. He is highly published in this area of research and will address not only therapy recommendations but the effects, both positive and negative, of social media in this age group.

Other presentations include the following. The Rapid City Police Department will present on adolescent drug opportunities and use in our state, especially synthetic drugs. Bruce Fogas, PhD, Director of Therapeutic Services, Volunteers of America, Dakotas, will present on assessment of FASD. We

are also in the process of securing a commitment from Dr. Stephen H. Behnke, JD, Ph.D. from the APA Ethics Office to present on the ethical conundrums that so often arise when working with teen, tweens, and their families. University students will also be provided the opportunity to be more involved in our conference.

Last, but not least, we are planning after-hours social opportunities that hopefully will facilitate meeting new colleagues and providing much needed downtime after sitting in conference all day. We plan to extend an offer to allied professionals in the area as well as previously mentioned colleagues in neighboring states.

Please contact President-Elect, Teri Hastings, PhD through the SDPA office if you have any ideas to contribute to making this a great, informative conference. ■



TOPICS OF STUDY

Research Abstracts

Dr. Nathan Deichert joined the BHSU Psychology Department in January 2013. Dr. Deichert's research focuses on how people's social environments and emotional states contribute to their psychological and physical well-being. Currently, his laboratory is examining how feelings of gratitude influence people's responses to stressful life events. In addition, they are exploring the pathways through which

gratitude results in more positive health outcomes. Results from these studies have been submitted for presentation at the annual meeting of the Rocky Mountain Psychological Association. For more detailed descriptions of his research as well as brief biographies of his lab members, visit Dr. Deichert's lab website: <http://natedeichert.wix.com/positivehealth#> ■

SDPA AWARDED GRANT

Thank You APAPO

The South Dakota Psychological Association (SDPA) would like to thank the APA Practice Organization (APAPO) for awarding the Association a \$10,500 Committee for the Advancement of Professional Practice (CAPP) Grant to support SDPA's central office operations. This grant is made possible from funds collected through the practice assessment of licensed psychologists and is awarded in the spirit of resource sharing

to support projects aimed at promoting the practice of psychology. The SDPA looks forward to continuing to work with leadership and staff of the Practice Directorate and CAPP as we confront the challenge of assuring the availability of psychological services in the changing health care delivery system. Please consider contributing to the APAPO through the practice assessment on an annual basis. ■

MARCH 8-11, 2014 • WASHINGTON, D.C.

2014 SLC Attendees



SDPA representatives recently attended the APA SLC (State Leadership Conference) in Washington, D.C. Those pictured left to right: Rachel Day, Executive Director; Teresa Hastings, Ph.D., President-Elect; Laura Hughes, Psy.D., PEC Coordinator; D. Scott Pribyl, Ed.D., Federal Advocacy Coordinator and Hilary Kindsfater, Ph.D., APA Early Career Psychologist 2014. ■

Acceptance and Commitment Therapy (ACT) & Relational Frame Theory (RFT)



TRAINING & RESEARCH CONFERENCE

for all health professionals,
researchers, and students

FEATURES

- Networking lunches and one dinner INCLUDED
- FREE workshops included in the conference (June 19-22)
- Intensive clinical training in modern behavioral techniques
- Network & foster local and international collaboration
- Continuing Education credits available: Psychologists & California BBS (NASW, NBCC, & BCBA - Pending)

LEARN FROM EXPERTS

Core skills & case conceptualization; Mindfulness methods and developing new clinical techniques; Group treatment methods, supervision skills, primary care, and brief intervention strategies; Latest developments in research in clinical practice, RFT, integrated care, and well-being.



STEVEN C. HAYES, Ph.D.
Professor & Director of Clinical Training, Department of Psychology, University of Nevada



KELLY G. WILSON, Ph.D.
Assoc. Professor of Psych. & Dir. of Center for Contextual Psychology, University of Mississippi



ROBYN WALSER, Ph.D.
Associate Director, National Center for PTSD & TL Consultation Services



RUSS HARRIS, M.D.
Private practice, Melbourne

KEYNOTE SPEAKERS



SONJA BATTEN, Ph.D.
Deputy Chief Consultant for Specialty Mental Health, U.S. Department of Veterans Affairs



FRANK BOND, Ph.D.
Director, Institute of Management Studies, Goldsmiths, University of London



KELLY BROWNELL, Ph.D.
Dean of Sanford School of Public Policy & Professor of Psychology and Neuroscience, Duke University



JAN DE HOUWER, Ph.D.
Head, Learning and Implicit Processes Lab at Ghent University



HAROLD GREEN, Jr., Ph.D.
Senior Behavioral Scientist & Director for Applied Network Analysis and Systems Science, RAND Corporation



ZINDEL SEGAL, Ph.D.
Professor, University of Toronto Scarborough; Senior Scientist, Campbell Family Research Institute

Intensive Training at PRE-CONFERENCE WORKSHOPS

1-Day & 2-Day Workshops, June 17 & 18, 2014

Topics include:

- Introduction to ACT
- Supervision
- Community Intervention
- ACT with Groups
- Compassion Focus in CBS
- Functional Analytic Psychotherapy (FAP)
- ACT & Behavioral Medicine
- Eating Disorders / Health Management
- ACT with Kids and Parents
- Relational Frame Theory (RFT)
- Therapist use of Self
- Chronic Pain
- Sex
- Anxiety
- Therapeutic Relationship

Delivered by expert trainers: Yvonne Barnes-Holmes, Anthony Biglan, Joseph Ciarrochi, Russ Harris, Robert J. Kohlenberg, Carmen Luciano, Matthew McKay, Kevin L. Polk, Kirk Strosahl, Niklas Törneke, Kevin E. Vowles, Robyn Walsler, Kelly Wilson, and many MORE!

REGISTER AND FIND MORE INFORMATION AT contextualscience.org/wc12