

CNYPA SCOPE

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President's Message

Spring is in the air! The re-emergence of the sun and longer days always sparks my excitement for what's to come in these warmer months. Along those lines, we have several things to look forward to with CNYPA this spring. Our program committee continues to be active and has planned a fantastic dinner meeting featuring a new psychology faculty member at SU. Dr. Joshua Felver will be speaking about using mindfulness techniques with children and families and for clinician self-care. We also have our Spring Happy Hour coming up on April 15th, which is always a great opportunity to re-connect with colleagues and meet other psychologists in the area. We've had a great turnout at these events over the past few years and have had many students attend as well. Making and keeping these connections with students has been a huge benefit to CNYPA as they have been getting very involved with our organization and have been helping us with projects such as the website.

Speaking of which, we are continuing to plug away at the website so look for some additions in the next few months. We would like to increase the number of psychologists featured in our online directory, so please enter your practice information if you haven't done so already. We have a section in this issue of the SCOPE devoted to the website which has some FAQs about the online directory, so if you are confused or unsure about how to interface with this feature, please go to that section for help!

NYSPA is continuing to advocate for our profession at the state Legislature and has several bills at various stages, including the PLLC bill, Prescription Privileges for Psychologists, Duty to Protect, and Expansion of Out-of-Network Benefits. I know that all of these issues affect our practice at some level, so it is

of utmost importance that we get involved in advocating for our professional interests.

NYSPA's Lobby Day will be on May 9th and 10th in Albany and we strongly encourage you to go to this event to represent Psychology in Central New York! Further information is on page 8 of this SCOPE. Finally, The NYSPA convention will be held in White Plains on June 3-4 and is focused on Ethics and Risk Management issues. Go to <https://nyspa.site-ym.com/page/2016Convention> for more information.

I hope to see you all at some of these events or just out and about in the area as we finally get to enjoy some warmth and sun!

Deb Pollack
President

2016 CNYPA Election Results:

President Elect: Tammy Bartoszek

Board Members:

- **Holly Vanderhoff**
- **Charles Bradshaw**
- **Roger Greenberg**

Congratulations to our new officers and board members and thanks to everyone who took time to vote!!!!



2015

Awards



Psychologist of the Year: Dr. Theresa Covington

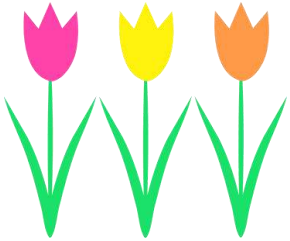
We were thrilled to honor Dr. Theresa Covington with the Psychologist of the Year award. As website committee chair she has greatly helped the project of updating our website and helping to create the online directory of psychologists. The board appreciates Theresa not only for her hard work on the part of CNYPA, but also for her calm, steady, and thoughtful demeanor. Theresa grew up in California, obtained her PhD from Pacific Graduate School of Psychology (now Pacific University) with specializations in CBT and neuropsychology and then completed 2 years of post-doctoral training in neuropsychology. She worked for 7 years in the VA, a few years at Hartford Hospital, CT, and then was in a multi-disciplinary private practice for 9 years. She returned to the Syracuse area in 2013 and is happy to be back in Central New York where she has established a private practice. She is active in the Syracuse Community Choir, which focuses on inclusion and issues related to peace and social/economic justice. Spirituality is also very important to her. She is a longtime student of Eastern traditions and A Course in Miracles and currently attends Unity. She is passionate about healthy eating and engaging in outdoor activities such as birding. Don't get her started talking about Derby Hill, a premier bird migration hot spot north of Mexico, NY, or she will talk your ear off. She is looking forward to being involved in CNYPA and finding ways to promote psychology in this area.

Lifetime Achievement Award: Dr. Dennis Bogin

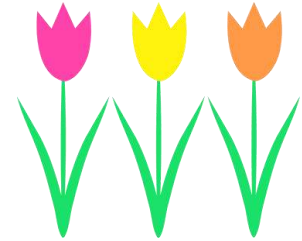
Dr Bogin has been a practicing clinical psychologist for almost 40 years. He trained at Syracuse University and SUNY Upstate Medical University. He is currently Clinical Professor of Psychiatry at Upstate Medical University, where he teaches and sees patients, and has been on faculty since 1980. Over a long and distinguished career, he has helped train generations of psychology interns, psychiatry residents, as well as nurses and social workers, as both teacher and clinical supervisor. He had previously held positions as Clinical Supervisor for Psychological Services at Fairmount Children's Center, Director of Psychology Training at the Syracuse VA, and had maintained full-time private practices in both Syracuse and Ocean Springs, Mississippi. A "clinician's clinician", Dennis has over the years developed an expertise in individual and group psychodynamic treatment of severe personality disorders in both outpatient and inpatient settings. He has a longstanding interest in ethical issues related to the practice of psychology and had been the Chair of CNYPA's Ethics Committee and was a long-term member of NYSPA's Committee on Ethical Practice. Ever generous with his time and knowledge, Dr. Bogin is a well-deserved recipient of this award.

Congratulations Theresa and Dennis!!

SAVE THE DATE!!!!



SPRING HAPPY HOUR **FRIDAY, APRIL 15, 2016**



Our Spring Happy Hour will be at the Genesee Grande lounge area. Come relax with your colleagues for an evening of fun and connection. Students and interns are welcome to attend and will receive a free drink!

SPRING DINNER MEETING **THURSDAY, MAY 5, 2016**

Mindfulness-based Interventions: Theory and practice

Speaker: Joshua Felver, PhD, Assistant Professor in School Psychology at Syracuse University

Dr. Felver's presentation will introduce the construct of mindfulness and how it can be applied to psychological practice with children and adults. The theoretical underpinnings of mindfulness-based interventions (aka "Third Wave Behavioral Therapies") will be compared and contrasted with CBT and interpersonal approaches, and examples of how mindfulness can be implemented in clinical practice will be presented.

Genesee Grande Hotel 1060 East Genesee St. (1 block east of Syracuse Stage)

Cocktails @ 6:30, Dinner @ 7:00, Presentation @ 7:30pm

\$35 for CNYPA members, \$40 for non-members, \$20 for students and interns

CNYPA dues partially subsidize your dinner!

Register online <http://www.cnypa.net/events.asp>

BROUGHT TO YOU BY YOUR CNYPA PROGRAM COMMITTEE!!

Fall Dinner Workshop 2015

The CNYPA Program Committee held its fall dinner workshop on October 29th at the Genesee Grand Hotel. Participants enjoyed dinner and connecting with other



psychology professionals from the Central New York area. We had the pleasure to learn from Anne Congello, PhD, Kate Lewis, PhD, and Robyn Shephardson, PhD about their experiences integrating psychological services into various primary care settings. They were able to speak on the rewards and challenges of the process, including initiating contact with a practice, how psychology services are structured within the practice, and benefits that are achieved when psychology is integrated into primary care. These models are expanding in systems like the VA, through group practices, and at an individual practice level. Thank you to three fabulous panelists for sharing your expertise and experience! The dinner workshop was well attended, including several attendees who were offered a free year of membership to CNYPA for their participation. CNYPA is your organization and we strive to bring professional development opportunities that meet the interests of our members in convenient, local settings while connecting with the psychological community in our area. Please contact any member of the Program Committee with suggestions for topics, speakers or ways that we can better meet those needs.

Nina Stoeckel

Jessica Costosa-Umina

Sandy Smith

Gila Reckess

Lauren Warren-Faricy

Tammy Bartoszek

Website News

Thanks to everyone who submitted their practice information for the Find-A-Psychologist function of our website. We will be “going live” with the directory soon, which will give you a chance to check your entry and edit as needed. If you haven’t updated your information, it’s not too late. Once you renew your CNYPA membership at <http://cnypa.net/membership-renew.asp> you will be sent an email with instructions for how to enter your information. If you already renewed your membership but can’t find this email, contact us to let us know and we will send you instructions. You can email Theresa Covington at cnyneuropsychology@gmail.com, Lauren Warren-Faricy at warrenla@upstate.edu, or Stephanie Virginia at virginis@upstate.edu if you need help with this function. We want as many of our members to enter their information as possible so that we have a large online directory available for the public and other health-care providers.

Frequently Asked Questions about the online directory

- **I have renewed my CNYPA membership. How do I enter my information for the Find-A-Psychologist directory?**

Once you renew your membership you will be sent an email that lists detailed instructions that will provide you with a username and password. You will also be sent a link to this page:

<http://www.cnypa.net/admin/login.asp>

You can also get to this page by clicking “Member Login” which is in the top right corner of our home page.



Central New York
Psychological Association

Home to the Central New York Psychological Association's website. CNYPA is

- **Ok, now I have logged in. How do I edit my information?**

Once you login, click on the pencil icon to the far left of your name. This will take you to the page to edit your information.



- **What is the default for publication in the directory? Is my information automatically made viewable?**

Our default is that the information you provide us when you renew your membership is HIDDEN from the public directory. If you would like to make your information public, please uncheck the “Hide Listing” button on the “Account Information” page.

The screenshot shows the 'Account Information' form. Fields include 'Degree' (PhD), 'Gender' (Male/Female), 'Active Member' (checked), 'Home/Cell Phone', and 'Mobile Phone'. The 'Hide Listing' checkbox is unchecked. A red arrow points to this checkbox with the text 'Uncheck to make listing public' written in red.

- **What if my practice is already full?**

We totally understand that you may not want or need the extra marketing for your practice at this point. We do encourage you to enter your information regardless, and you can then check or uncheck the button that says “accepting new patients” as needed.

- **How can I look up psychologists and their specialties that are not listed in the Psychologist Directory? Will we still have access to the pdf listing we've had in the past?**

We are working on having a “members only” directory that will be accessible in the member login area of the website that will list our members with their contact information and specialties. We are not going to have a pdf directory available once this is in place, as an online directory will be easier to update in “real time.”

We are also continuing to update our website with additional online content. We are currently working with three SU psychology graduate students, Garry Spink, Allison He, and Sarah LaFont. They have been busy with writing web content geared toward educating the community about the roles of psychologists, mental health topics, and local clinical resources. Stay tuned and we will let you know when this information is live!

NYSPA Lobby Day
Monday, May 9, 2016 & Tuesday, May 10, 2016

FROM NYSPA:

Please join us for a day of advocacy, education and civics!

There is no cost to attend!

This program is key to our work because we feel that a face to face meeting is the most effective way to communicate with the legislators. In addition, it allows us to incorporate our members into our work and further educates legislators on our positions on issues. Plus, it can be a lot of fun!

Whether you are an experienced advocate or brand new to the legislative process, this program can help make your visits easy and effective. Come down to the Capitol and meet your legislators.

NYSPA staff and lobbyists will prepare you for all of your meetings with legislators and equip you with a toolkit of information, position papers, talking points and packets for your meetings.

Dinner on May 9 and Breakfast on May 10 will also be provided.

*Thanks to the CAPP grant, we are able to provide the cost of lodging this year for NYSPA members on the evening of May 9.**

The following issues will be the focus of our efforts:

- * PLLC Bill (forming legal partnerships with MDs)
- * Prescriptive Authority for Psychologists
- * Duty to Protect
- * Expansion of Out of Network Benefits

If you have any questions about the event, please contact Executive Director Tom Coté, MBA, CAE at [\(518\) 437-1040](tel:5184371040) or tcote@nyspamail.org.

Schedule: Monday, May 9, 2016

6:00 pm - 7:30 pm	Legislative Training at Desmond Hotel
7:30 pm - 9:00 pm	Networking Dinner at Desmond Hotel

Schedule: Tuesday, May 10, 2016

8:00 am - 9:30 am	Breakfast and Legislative Refresher at Desmond Hotel
10:00 am - 4:00 pm	Visits with Legislators - lunch on your own

We usually have a contingent from CNYPA at lobby day so if you are interested in sharing transportation, please contact Tanya Gesek at gesekphd@gmail.com

WEB SERVICES/DESIGN/HOSTING

Eric Larson

DISCOUNTED RATES FOR CNYPA MEMBERS

Eric is a web design professional who has been in the business for over 16 years. His expertise encompasses an array of web based services including: website design/redesign/creation/maintenance, website hosting, email campaigns, social media marketing, and more. He works with clients of all sizes - from large corporations to sole proprietorships, psychological associations to individual psychologists. In fact, if you've visited the CNYPA website, you've seen an example of his work.

Eric is offering a discounted rate for his services to current CNYPA members. Pricing starts as low as \$15/month which includes hosting, updates to websites and most of the services mentioned above. Need a new website or redesign? Pricing for that starts as low as \$500. Some websites may cost a little more, but most will meet the requirements for the minimum prices mentioned.

If you're interested in, or have any questions about website services, would like to inquire about pricing or simply want to ask for advice on "digital marketing," please contact Eric at eric@iadinc.com.

Headlines from the Hill

Headlines from the Hill: Notes of Interest from the Psychology Department at Syracuse University

- The psychology department at Syracuse University is pleased to be welcoming a new faculty member in fall 2016, Sarah Woolf-King, PhD, MPH, as an Assistant Professor in the clinical psychology program. Dr. Woolf-King completed her graduate studies in clinical psychology at Syracuse University, and is returning to the area after obtaining a master's of public health degree (MPH) in epidemiology from University of California, Berkley, and beginning a very productive career at University of California, San Francisco School of Medicine. Her research focuses on the intersection of psychology and health, and in particular, the impact of alcohol use on the treatment and prevention of HIV. Dr. Woolf-King is currently the principal investigator for a longitudinal project funded by the National Institutes of Health, which will examine the relationship between alcohol use and sexual risk behavior among HIV-positive men, using interactive voice response technology to assist data collection. She is also involved with international health promotion research, including several projects in East Africa examining alcohol use among HIV-positive adults, and assessing the impact of brief screening interventions to reduce alcohol use in this population. When not working, Dr. Woolf-King enjoys spending time with her energetic 3.5 year-old son, hiking, reading, running and having long dinners with close friends. She is looking forward to returning to the Syracuse area with her son and building a community in the CNY region, a place she grew to love during her time as a graduate student.

- Kevin Antshel, Ph.D., in collaboration with SUNY Upstate's Henry Roane, Ph.D., was recently awarded a \$100,000 Nappi Family Research Award as part of the Driving Inspiration and Innovation through Collaboration Research Competition. The project will focus on developing and pilot testing a behavioral parent training program to address high frequency maladaptive behaviors (e.g., aggression, sleep issues, feeding problems) for children ages 4-8 who are diagnosed with Autism Spectrum Disorder.

- Four students in the department's clinical psychology program participated in the APPIC match process this year, and were successfully matched to the following APA-accredited sites:
 - Allison He – California Pacific Medical Center; San Francisco, CA
 - Jueun Kim – Centre for Addiction and Mental Health; Toronto, ON
 - Susan Sperry – SUNY Upstate Medical University; Syracuse, NY
 - Emily Zale – Harvard Medical School/Massachusetts General Hospital; Boston, MA

Reports from CNYPA Representatives to NYSPA

NYSPA Council

Bernice Gottschalk, PhD

The winter NYSPA meeting was canceled in January because of snow in NYC (imagine that). It was rescheduled for the beginning of March and we upstaters participated telepsychologically.

Our lobbyist spoke about issues we are promoting in the legislature- 1. Re the ability of Psychologists to form PLLCs with physicians - similar bills have been promoted by other disciplines and they may get combined, with a greater chance of passage. 2. Re the problem with out of network services not being included in the Exchange plans- there has been some interest in looking at this. 3. Nothing on RxP yet but more states are considering it. 4. The Medicaid definition of a physician is a federal decision that APAPO is working on.

The issue of mandatory continuing education for psychologists in NY State was raised. There has been no move on the state's part to require this as yet, this was an exploratory discussion. Opinions were divided. What are your thoughts on this? Please let us know.

The NYSPA reps spoke about the APA council meeting. There was controversy about whether APA was truly inclusive in its own organization and understanding of the needs of minority members and overall it was described as an intense meeting

NYSPA lobby day is May 10. Training starts the evening before. NYSPA has a grant to pay for lodging and meals for those attending. Go if you can!

The NYSPA convention is June 3-4 in White Plains, with a theme of Advancing the Practice of Psychology: Ethics, Risk Management, and Innovative Methods. . See the full program at <http://www.nyspa.org/page/2016Convention>

Note that there will be Red Cross disaster mental health training available. Early Bird registration is available through April 15.

There will likely also be another upstate convention in the fall.

CNYPA Meeting Schedule for 2016

4/15

5/20

6/24

9/23

10/21

11/18

Dates for 2017- TBD



All meetings start at 1:00 and are held in the 2nd Floor “Grand Rounds” area of the Upstate Psychiatry & Behavioral Sciences Building, 713 Harrison St. Syracuse.

Happenings

On Wed March 9 the United way Center for Excellence in Early Education is sponsoring a WEBINAR for about 3000 people all over the world,

Presented by Dr. Alice Sterling Honig, Her WEBINAR (in the series of Bright Stars webinars) is entitled: 'Nurturing Secure attachments for infants: The key to optimal emotional development'

On March 16 -17 , Dr Alice Honig will participate as a member of the Advisory Board of "Bright Horizons; Family Solutions "

(One of the largest Child Care center networks in the USA and abroad) in Boston in the annual meeting

Job Opportunities

- Licensed Psychologists and/or R-numbered Clinical Social Workers needed, FT or PT, for our group private practice in Clinton, NY. Interest/experience with children and families preferred. Very flexible hours, and comfortable work environment. If interested, please contact Brad Bennett, PhD, Director of Clinton Therapy & Testing Center (315-859-1973, ext. 41, or clintontlc@hotmail.com). Thank you!
- We are seeking to hire NYS Licensed Psychologists at our large, rapidly expanding behavioral health practice. We have a great need for stimulated, motivated clinicians with any of a wide variety of interests although specialty in working with children and adolescents is a plus. We are currently integrating mental health professionals into medical practices, in addition to traditional office-based therapy. We provide on-going peer consultations and support. Please send resume and letter of interest to Ron Fish, Ph.D., at Psychological HealthCare, ronaldfish@gmail.com or call me at (315)415-3455 with questions. Thank you!

CNYPA BOARD OF DIRECTORS 2016			
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