

## President's Message

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Hello Everyone,

I want to start out by thanking all of you who continue to remain members of CNYPA, showing your support for our regional psychological association and ensuring that we are able to provide a variety of services and activities to you over the year. Thank you also to those who have opted to be more involved through service as an officer or board member or helping out with the programming committee. I am impressed with the richness in expertise and collegiality that I have encountered through involvement with CNYPA. In a time when there appears to be less appreciation of the unique knowledge and expertise of psychologists it is reassuring to be connected with others who remain dedicated to this profession and helping others.

In a couple of months, we will have our annual meeting/holiday party. All members are encouraged to attend. We would love to have the problem of needing to find a larger venue to accommodate all of you!! Usually there are about 20 attendees which is great but it would be nice to see many more of us attend and take advantage of this opportunity to meet or catch up with others. The meal is paid for by CNYPA (except for the cash bar) and we typically have a great time. We tried a change in format last year by hosting it at a restaurant in Armory Square instead of a private home and moving it to mid-week so that it wouldn't interfere with weekend activities in December, a very busy time for many people. We were all very happy with the new format and venue, Kitty Hoynes, and have decided to return there this year. The evening consists mostly of socializing and dinner. Then we have a very brief meeting during which the baton is passed to new officers and board members.

Very kindly yours,

Theresa



# How to get involved...

We are coming up on the time to select new members to serve on the board and help keep CNYPA running. We are looking for someone to volunteer to be President Elect and for 3 board members. While we have a formal election to satisfy the bylaws, we all know that we can barely get enough people to volunteer to serve in these positions. If you are at all interested in volunteering for one of these positions or becoming more involved in CNYPA, please feel free to contact Theresa (315-935-3037) or any of the current board members. We are here to answer your questions and help you think about how best to get involved. We are also open to new ideas and suggestions for educational events, supporting one another in the trenches, and otherwise advancing CNYPA's mission.

# NYSPA Notes

Hi CNYPA members,

On September 16, I sent an update in regard to the latest NYSPA news. Here are some of the main points from that e-mail:

- President's report: NYSPA will be piloting a moderator for the listserve.
- Mr. Jaffe (Jaffe Management): Jaffe is working closely with NYSPA regarding membership issues. Jaffe is also working with NYSPA to make necessary, effective adjustments to the budget.
- Treasurer: NYSPA is working closely with Jaffe to change budget line items to improve effectiveness and sustainability of our budget. Our treasurer will be resigning by next council meeting; Dr. Kapetenakes has agreed to serve as Treasurer until January. An interim Treasurer will be selected by the executive council for the remaining year of the Treasurer's term (January - December 2020).
- Legislature: We gained a new lobbyist after parting ways with one of our previous lobbyists. Our new lobbyist is a gentleman familiar with the Senate for the past 20 years. Legislative committee anticipates the Medicaid/Medicare crossover bill will become an issue again in 2020 and is preparing to respond as necessary to protect psychology. Dr. Javier will continue to work with the state on the drafting of the regulations. For more information, please reference Dr. John Northman's post to NYSPA:  
<https://www.nyspa.org/news/464931/Mandatory-Continuing-Education-Where-Do-We-Go-From-Here.htm>.
- Nominations and Elections: Election "season" will begin sometime this October.
- APA representative: Dr. Federer is working with APA to ensure NYSPA membership needs are being equally promoted.
- DPA: Dr. Grodin is now officially a lobbyist for NYSPA. Recent wins on our behalf include the potential violation of parity with MVP (they were going to reimburse the same amount for codes 90837 and 90834). Another win included Workers Compensation attempting to get rid of their psychology committee, stating the medical director could conduct the role of the psychologists instead; Workers Comp agreed to reinstate the committee. Future issues NYSPA is focusing on: Anthem to buy Beacon; CVS approved to buy Aetna; Optum has signed a partnership with TalkSpace.
- Next NYSPA Council Meeting: November 16, 2019

NYSPA is doing a lot to improve our organization as a whole and to make sure our field is protected from the ever changing landscape of the medical field. If you are not already a NYSPA member, I strongly encourage you to join. Without it, I don't even want to imagine what the field would look like even a few years from now. Please feel free to contact me regarding any reservations you may have about joining. I'm an open book and am more than happy to discuss your concerns.

Very best,  
Michelle Woogen, PsyD  
NYSPA Council Representative

## HEADLINES FROM THE HILL

The department of psychology is excited to announce that four clinical and two school psychology students are submitting applications for the APPIC match process this year. Good luck to all!

Aesoon Park, along with her colleagues Les Gellis and Steve Maisto, has received an over \$1.7 million research grant from the National Institutes of Health on a 5-year prospective study on adolescent sleep and high-risk behaviors. Given that both sleep deficiency and high-risk behaviors are highly common in adolescence, the Addiction, Development and Equity (ADE) lab will test whether daily life stressors and resulting negative mood contribute to the reciprocal influences between sleep and high-risk behaviors during this critical developmental period. Results will be used to identify modifiable stress responses as intervention targets and inform the development of developmentally sensitive prevention/intervention programs to curtail sleep deficiency and high-risk behaviors among adolescents.

Jessica Powers, Lisa LaRowe, and Joseph Ditre's recent paper "Smokers with Pain are More Likely to Report Use of E-Cigarettes and Other Nicotine Products" was accepted for publication in *Psychology of Addictive Behaviors*. Pain and cigarette smoking are highly prevalent and co-occurring conditions. The authors found that smokers with pain (compared to no pain) were three times more likely to currently use e-cigarettes, reported a greater number of nicotine products used in their lifetime, and were three times more likely to endorse lifetime poly-nicotine use. This is the first study to demonstrate that cigarette smokers with co-occurring pain are more likely to also use e-cigarettes and other nicotine products (relative to smokers without co-occurring pain). Clinicians may be interested to know that smokers with pain may use additional nicotine products to manage painful symptoms, and concurrent use of multiple nicotine products among smokers with pain may impede cessation and contribute to the maintenance of addiction.

# Save the dates...

## **Our Fall Dinner Meeting, "Ethics Roundtable" is being held Thursday, November 7th at Dinosaur BBQ**

Cash bar will open at 5:30. Speakers will begin at 6:00 pm. Buffet dinner and small group discussions will begin at 6:45 pm. There will be a panel discussion question and answer period at 7:30 pm with wrap-up by 8:15 pm.

Free parking across the street in gated lot starting at 5:00pm.

Registration is at <http://www.cnypa.net/event-dinner-workshop-2019-11-07.asp>

We are excited to announce that our Fall dinner meeting will be an Ethics Roundtable, with presentations and guided discussions led by three of our most distinguished member psychologists, Drs. James Mikesell, Wendy Gordon, and Joseph Himmelsbach. Each speaker will give a brief talk on the topics described below, and there will be time for guided and small group discussion on these and other ethical issues. This event is open to CNYPA members and non-members so please share with your colleagues. Please join us for what promises to be an informative and stimulating night of presentations and discussions



### **When Clinical Practice Intersects with the Legal System: Ethical Dilemmas and Proposed Remedies, with James Mikesell, PhD, ABPP**

Many psychologists will have professional interaction with one or more areas of the legal system at some point in their careers. For some, this is a common occurrence and for others it is infrequent. Regardless of how we as psychologists interface with the legal system, we will face ethical challenges regarding how to adhere to the Codes of Conduct of our guild while also attempting to remain in compliance with the law. All too often this appears irreconcilable. Distinctions between ethical obligations and legal requirements will be provided, as well as some case examples on how to ethically resolve these dilemmas.

### **Professional boundaries and confidentiality when treating children & adolescents, with Wendy Gordon, PhD**

When working with children and adolescents, clinicians often face situations in which legally-allowable disclosures have the potential to harm clients. Two case vignettes will be shared: one involving a 6 yr old and the "right to information" from family members; the second concerning a subpoena for psychotherapy records involving a 16 year old patient. Guidance on how to navigate these challenging dilemmas will be shared.

### **Unexpected Detours in Psychotherapy, with Joseph Himmelsbach, PhD**

Psychotherapy involves entering into a professional relationship to address an agreed upon set of issues with the person(s) consenting to the treatment. There are a number of ways in which things "don't go as they should" in psychotherapy and present ethical and professional dilemmas: undisclosed or emergent symptoms that stretch the boundaries of the professional's competence, limited resources in the community for specialist referral and treatment, treatment that does not progress as expected, boundary challenges. Case examples will be used to highlight these dilemmas along with guiding principles for navigating these issues while maintaining appropriate practice and ethical standards.

**OUR FALL HAPPY HOUR will be on FRIDAY, NOVEMBER 1st from 5-7pm at Papa Gallo in Fayetteville!** Come enjoy some Mexican food and beverages with your CNYPA colleagues on Dia de Los Muertos! Please bring any graduate students or interns you work with and they will receive a free drink.



**The Annual Meeting/Holiday Party** will be on Monday, December 9th, at Kitty Hoynes, in Armory Square. Appetizers will be served 5:30 - 6:30 during a social hour, followed by a light meal. The evening will conclude with a brief meeting to thank those who have served CNYPA this past year and welcome in the new officers and members. Your dues and money raised from programming events pay for this event. More information will follow with a registration email. Please consider joining us.

<b>CNYPA BOARD OF DIRECTORS 2019</b>			
	<b>Name</b>	<b>Business Phone</b>	<b>e-mail</b>
<b>President</b>	Theresa Covington, PhD	315-935-3037	tcoving@gmail.com
<b>Past President</b>	Afton Kapuscinski, PhD	315-443-3595	ankapusc@syr.edu
<b>President-Elect</b>	Bernice Gottschalk, PhD	315-426-7762	bgottschalk@icloud.com
<b>Treasurer Through 2020</b>	Brian Rieger, PhD	315-464-2335	riegerb@upstate.edu
<b>Recording Secretary</b>	Lauren Warren-Faricy, PhD	315-464-9818	warrenla@upstate.edu
<b>Board Member</b> Through 2020 ( 2 years)	Joseph Himmelsbach, PhD	315-345-6540	joe.himmelsbach@gmail.com
<b>Board Member</b> Through 2020 ( 2 years)	Tammy Bartoszek, PsyD	315-464-2337	bartoszt@upstate.edu
<b>Board Member</b> Through 2019 ( 2 years)	Charles Bradshaw, PhD	315-425-4400	Chadbradshaw19@yahoo.com
<b>Board Member</b> Through 2019 ( 2 years)	Roger Greenberg, PhD	315-464-3120	greenber@upstate.edu
<b>Board Member</b> Through 2021( 2 years)	Holly Vanderhoff, PhD	315-464-3120	vanderhh@upstate.edu
<b>Board Member</b> Through 2020 (2 years)	Brian Thomson, PhD	315-426-7738	Brian.thomson@omh.ny.gov
<b>Student Representative</b> Through 2019 ( 1 Year)	Lea Taylor		letay@syr.edu
<b>Academic Affairs (non-voting)</b>	Afton Kapuscinski, PhD	315-443-3595	ankapusc@syr.edu
<b>Ethics Chair</b>	Joe Himmelsbach, PhD	315-345-6540	joe.himmelsbach@gmail.com
<b>Program Committee Chair</b>	Nina Stoeckel, PhD	315-422-0300	Nina.stoeckel@gmail.com
<b>NYSBA Council Representative Expires Dec 2021 (3 yr)</b>	Michelle Woogen, PsyD	315-464-3440	michellewoogen@gmail.com
<b>Secretary*</b>	Stephanie Virginia	315-464-8671	virginis@upstate.edu
<b>CNYPA Website Chair</b>	Deborah Pollack, PhD	315-396-8398	deborah.pollack@gmail.com
<b>Website Designer*</b>	Eric Larson		eric@bigexpresswebdesign.com