



SCOPE

October 2022

President's Message

by Lauren H. Warren-Faricy, PhD, ABPP

Hello fellow CNYPAnS! I have enjoyed serving as your president this year. Our Board of Directors is a vibrant group that has worked hard to represent the whole Central NY catchment area and continue to foster inclusivity and connections among the psychologist community. Elections are upcoming, and we are seeking individuals who would be willing to serve as Recording Secretary (a great starting position for those who are not currently involved!), President Elect, or as general Members-At-Large. If you have interest in getting involved, please reach out to myself or any other BOD members for more details.

I wanted to highlight the excellent work of our Program Committee. Tammy Bartoszek, Deb Pollack, and Afton Kapuscinski (among others!) worked incredibly hard over years (years!) to collaborate with Rochester to put on an exceptional 3 day workshop in May with Steve Shapiro. Even though I do not primarily engage in psychotherapy with patients, I found so many clinical gems and was inspired by his sophisticated and insightful work with trauma patients.

I have also been inspired by the leadership of Jim Mikesell, who spearheaded a group of psychologists to take action on preventing gun violence through a multi-pronged approach that connected our psychology community with multiple stakeholders (schools, law enforcement, community leaders). Further information is shared in this SCOPE by Tanya Pelletiere, who served as liaison to the CNYPA BOD for the group.

I hope that you will consider joining us for an upcoming dinner meeting in November (details forthcoming), as well as our Annual Meeting in December, tentatively planned for Dec 7th. I am hopeful we can join together in person and continue to strengthen our community ties.

Upcoming Events



HAPPY HOUR Al's Wine and Whiskey Lounge

Date: October 28, 2022

Time: 5-7pm

Where: Armory Square
321 S. Clinton St. Syracuse NY



As always, we would like to use our happy hour as an opportunity to meet and welcome local psychology interns and graduate students. If you interact with trainees in the CNY area, please consider sharing this event information with them!

SAVE THE DATE

FALL DINNER MEETING

Our annual dinner meeting will take place in November

ANNUAL MEETING

tentative date: Wednesday, December 7th

location: TBD



Please watch our listserv for upcoming details

Stay Up to Date with NYSPA



by **Laura Myhr, Ph.D.**

Hi all! Here's an update on NYSPA activities as we finish out the year 2022. Hope this information is helpful, and as always, feel free to reach out to me with any questions about these updates or NYSPA in general at dr.laura.myhr@gmail.com.

Autumn is a busy season for NYSPA! We are currently in election season, and voting for next year's NYSPA leadership is open all October long. Also, the virtual NYSPA Convention is happening October 21-23. The convention is an opportunity to participate in the many workshops, talks, networking, poster presentations, and other events that are offered. This includes earning potentially ALL of your 36 CEs through the conference. And next year, our convention will finally be in-person again, in June 2023(!). More details on the 2023 convention to follow.

For any of you who might be interested in the area of diversity, equity, and inclusion within psychology, NYSPA's DEI Committee has been doing some great work. They recently helped sponsor a community talk on domestic violence at a public library in NYC, with additional presentations planned. If this is a committee you'd like to become involved with, feel free to email dr.laura.myhr@gmail.com for more information.

Because I couldn't attend the September 2022 NYSPA Council meeting, CNYPA's Alternate Representative for Council, Anne Reagan, Psy.D., attended instead. She reported back that the meeting focused on streamlining the structure of NYSPA, including an audit of our committees. Though that may sound a little dry, it potentially could have a positive impact - allowing the committees that remain to gain more volunteers and become more active and effective.

Lastly, our next and final Council meeting of the year is scheduled to take place in mid-November, and my end-of-the-year (and end of my term) update will follow.

Happy Fall to everyone!

NYSPA membership & Opportunities: You're still able to join or renew your NYSPA membership for 2022. Benefits of NYSPA membership include free/reduced cost continuing educational (CE) opportunities, access to lots of information on legislative and insurance changes relevant to our field, our annual convention, free business development support, including a referral service and assistance with insurance billing, complimentary consultation on ethical questions, connections with other psychologists working in similar areas through our listserv, and resources for professionals at every career stage, including early career psychologists and graduate students. To read more about membership benefits, and to join NYSPA, visit our website: <https://www.nyspa.org/page/MembershipBenefits>

If you're already a member: See what programs, webinars, and other events you might be interested in here at our events page: <https://www.nyspa.org/page/EventOR> join a NYSPA Division: <https://www.nyspa.org/page/NYSPADivisionsandSIGs>

Announcing New CNYPA Student Representative-- CATHY MONTGOMERY



We are excited to introduce our new student representative for the 2022-23 academic year, Cathy Montgomery!

Cathy is a 4th year student in Syracuse University's clinical psychology program. She completed her undergraduate degrees in psychology and sociology at Loyola University Chicago.

Her research interests include ADHD treatment seeking in African American youth and discrepancies in parent/teacher report of ADHD symptoms for African American youth. For example, her qualifying exam and dissertation will focus on African American caregivers' use of psychosocial treatment and complementary and alternative methods for the support of youth with ADHD.

Cathy's clinical interests focus on the treatment of minoritized youth and young adults, and she is currently completing an assistantship placement with the Onondaga Nation through Upstate Medical University and the Onondaga Nation Health Center. In her (limited) free time, Cathy enjoys reading, taking walks, kickboxing, and hanging out with her cat, Pascetti.

Cathy has enthusiastically embraced her role in CNYPA and is already an active member of the Program Committee.

Welcome, Cathy!

What's happening with the Academic Committee?

The CNYPA Academic Committee has been offering online programs for undergraduate psychology majors in our region. In October 2021, we held a workshop on the various post-baccalaureate career paths in mental health, with panelists representing Clinical Psychology, Marriage and Family Therapy, Counseling Psychology, School Psychology, and Social Work. In April 2022 we held a second presentation entitled, "Careers in Psychology: Beyond Mental Health." A panel of invited professionals talked about the range of career paths they have taken since college, including applied research, public health, human resources, and pharmaceutical consulting. Close to 200 students from across our region attended these programs. The committee plans on continuing to offer these types of workshops and panel presentations for undergraduate psychology majors in Central New York.

In other academic news, the Institute for the Study of Integrative Healthcare at Utica University held a one-day conference on September 10th, 2022. Psychology was well-represented as CNYPA members offered several well-attended presentations. Dr. Ron Fish gave the keynote, "Psychology in Everyday Life: A Foundational Model for Community Mental Health and Wellness." Dr. Christine Tyrrell Baker presented on neurofeedback, including the research and clinical evidence supporting this intervention. Dr. Deborah Pollack was a member of the conference program committee and led a panel discussion of the film "This Might Hurt," a documentary about the work of Dr. Howard Schubiner who has developed Emotional Awareness and Expression Therapy for patients with chronic pain and other mind/body syndromes.

Members of the Academic Committee have included: Co-chairs: Ezra Wegbreit (Cazenovia College) & Deborah Pollack (Utica University), Rebecca Shiner (Colgate University), Michelle Storie (SUNY Oswego), Kerry Evans (Onondaga Community College), Jamie Bodenos (Hobart & William Smith), and Jessica Simmons (Syracuse University)

2022 year to date Financial Report

12/10/21 starting balance	6,064.79
Expenses	
Administrative Support	748.00
Liability Insurance	1,105.00
Website Fee (Jan 22-Jun 22)	720.00
Memorial Donation	100.00
NYSPA sponsorship	200.00
2021 dinner meeting plaques	255.60
Happy Hour gift cards and drink tickets	82.00
Dr. Shapiro workshop	15,604.10
Total Expenses	18,922.73
Income	
Dues	2,484.83
Dr. Shapiro Workshop	17,200.42
Total Income	19,685.25
10/15/22 balance	6,827.31

Spring Workshop with Dr. Steve Shapiro

After several delays and reiterations due to the global pandemic, our virtual 3-day workshop with Dr. Steven Shapiro finally became reality on May 13-15, 2022.

“Addressing Intractable Medical and Psychiatric Problems with Emotion-Focused Therapy to Promote Rapid Healing: A Video Demonstration Based Training” allowed participants an affordable and accessible way to learn about this model through Dr. Shapiro’s sharing of his treatment videos to demonstrate concepts and witness the therapeutic process. Participants were able to interact with Dr. Shapiro throughout the workshop to clarify concepts and provide additional context.

With foundations in Experiential Dynamic Therapy and Psychodynamic Theory, Dr. Shapiro provided a framework for identifying and working with unconscious defenses and resistance that keeps patients from achieving their goals. Tracking and identifying level of anxiety, detecting, and resolving resistances, and judging readiness for level of affective involvement were all covered as part of this experiential work, along with how to collaboratively and sensitively interview patients to adjust for underlying emotional factors.

CNYPA was proud to co-sponsor this event with Strong Memorial’s Epilepsy Center at URMC and Syracuse University’s Psychology Department to bring Dr. Shapiro’s work to our communities.

The virtual format allowed 95 professionals and students to attend not only from Upstate New York but from areas as geographically diverse as Rhode Island, Texas, North Carolina, Canada, and Amsterdam. Professionals from both mental health and medical disciplines were able to discuss and interact with the material and share their own perspectives enriching the experience for all.

The program was well received, and participants found Dr. Shapiro to be engaging, open and able to make complex concepts accessible. CNYPA hopes to continue these collaborations to bring high quality programs to our members and community.



Steve Shapiro, PhD, is a clinical psychologist who maintains a full-time private practice in suburban Philadelphia and has over twenty years clinical and teaching experience. He has been practicing various forms of Experiential Dynamic Therapy (EDT), such as Intensive Short-Term Dynamic Psychotherapy (ISTDP), since the mid-1990's. He is a founding member of the AEDP Institute and has been studying with Dr. Diana Fosha, the developer of AEDP, since 2003.

Dr. Shapiro conducts lectures, workshops and ongoing training internationally. His presentations are often commended for translating complex clinical theory into clear, precise, and practical techniques

which are easily understandable and readily applied immediately in clinical settings by therapists of all orientations.

For 16 years, Dr. Shapiro was the Director of Psychology and Education at Montgomery County Emergency Service (MCES), an emergency psychiatric hospital, where he worked with a range of severe disorders and those committed involuntarily to treatment. This intensive experience has helped inform Dr. Shapiro's specializations and approach to transforming resistance with those who are considered challenging due to a history of trauma, a high degree of resistance, or excessive anxiety and dysregulation.

Focus on School Violence and Youth Mental Health

In the wake of the most recent school shooting in Uvalde, Texas, a number of psychologists in our membership decided that enough is enough. CNYPA is in a position to do more and with the guidance and energy of Dr. James Mikesell, the School Violence Prevention Subcommittee was formed.

We wanted to update you with what the Jim and the Committee have been up to.

1. Spoke with Paul Gasparini (now the principal at CBA) and he has agreed to put us in contact with the Consultant Support Services Coordinator at OCM BOCES. OCM BOCES serves as the "continuing education" resource for virtually all of the schools in this region. A meeting is in the works.
2. Dr. Mikesell has been asked, and he accepted, to serve as a volunteer Mental Health Liaison for the FBI Eastern and Upstate NY Regional Crisis Negotiation Team. Although the FBI manages threat situations beyond school systems, he still felt that this resource could be useful in our efforts.
3. Reached out to Helio Health and Liberty Resources leadership to discuss their new efforts at providing mental health counseling in many of the local school districts. This is a newer initiative with seed money (i.e., grants to recruit and train counselors for in-building mental support for area schools) coming from Onondaga County (with any subsequent mental health referrals or in-school treatment to be billed through health insurance, including Medicaid and managed Medicaid products). Both Helio and Liberty Resources also heard our concerns about the need to improve threat assessment protocols within schools and are eager to collaborate further once we are able to get the school systems on board.
4. Dr. Mikesell met with Jennifer Parmalee (Deputy Commissioner of Onondaga County Department of Child and Family Services) and Novelette Pierce (Director of the NYS Regional Children's Mental Health Services) via zoom on 9/30. They were instrumental in setting up what was described in #3 above. He presented broad and specific issues. By the end, Jenn felt that his presentation was compelling and indicated that she was going to bring the matter to the county executive's office to discuss ways to develop more comprehensive and evidenced-based threat assessment practices. She was sold. She should be getting back to me relatively soon on next steps. Dr. Pellettiere is also in communication with Jenny Dombroske, Director of School Based Initiatives on behalf of Onondaga County DCFS. Efforts to reach out to area superintendents is next.
5. Dr. Mikesell is giving a seminar at S.U. in mid-October on violence risk assessment and threat mitigation in schools.

Respectfully Submitted,
Tanya W. Pellettiere, PhD
Committee liaison to the board.

For additional information, please visit our website and view CNYPA's
Statement on School Violence and Youth Mental Health