

SCOPE

October 2024

President's Message



by **Brian Rieger PhD,**

With the leaves swirling around the lawn and the cooler October weather blowing in, it's time for the fall President's Message. October is also the time when we host one of our two annual happy hours, so please make sure that's in your calendar – you'll find more details on place and time below. Over the years, the happy hours have been one of my favorite CNYPA events. The professional fellowship and friendship that you can find with your psychology colleagues is always a delight. We also have a now well-established tradition of inviting area psychology interns to join us for a free drink, and I always appreciate the energy and enthusiasm that they bring. So please don't miss it!

In between the spring and fall happy hours, there has been some important work going on within CNYPA. For the first time in our organization's history, we are developing a strategic plan that will serve as a guiding framework for the year-to-year work of our board and membership. You will find more details later in this SCOPE as well, but I want to take a moment to recognize the efforts and leadership on this project of Drs. Laura Myhr, Stephanie Rabin-Scherr and Kate Warden. They investigated different methods used to develop strategic plans for small non-profit organizations like ours, talked to a couple of consultants before engaging Dr. Randy White to assist us (for free!), surveyed our membership to develop a roster of ideas, and finally facilitated an on-line open forum where members joined to discuss how to prioritize and actualize these ideas. Sheesh – it's a lot just writing about it, let alone doing all that! So a huge shout out to our strategic planning committee - we're looking forward to reaping the fruits of your efforts for years to come.

Dr. Laura Myhr merits an additional shout out as the recent recipient of the NYSPA Distinguished Service Award, and kudos to Dr. Christine Allen who received the Allen V. Williams Jr. Memorial Award, which is NYSPA's highest honor. Way to go Central New York! You'll find photos from the award ceremony and a description of the award criteria below. Those of us who know and have worked with Laura and Chris are not surprised at their achievement, and all of us can be proud of their well-deserved recognition. A final shout out goes to Dr. Martha Viglietta, who has an inspiring appearance in the new Netflix documentary, Will & Harper. Martha – you are awesome! Your humble authenticity hit just the right note in a movie that was about one man's struggle to finally live his own authentic life, even if it is strange and unexpected to others. It seems that one of the things that drew me towards psychology is an attraction to emotional truth and genuineness, both of which resonate throughout this film.

Serving Syracuse, Utica, Auburn, Oswego and surrounding communities

It's also quite funny, as you might expect with co-star Will Ferrell. So check it out if you haven't already. And the Oscar for best cameo appearance in a documentary goes to . . . you know who! 😊

Speaking of authenticity (stay with me here) . . . I recently participated in a collaborative project to train incoming Upstate Department of Medicine residents in suicide risk assessment. The training took place in the Simulation Center at Upstate, which is quite a sophisticated set-up and is used primarily to train residents on medical procedures and surgeries. Our focus was on suicide risk assessment, which required the residents to interview a simulated patient and determine the level of suicide risk. Interestingly, most of the feedback that we gave to the residents ended up being about how they communicated and interacted with the patient, versus the specifics of the risk assessment itself. What made the patient seem more willing to disclose difficult thoughts or feelings? Did the patient seem to feel comfortable and heard? Was the resident comfortable delving into this topic, and how did their own feelings affect their interaction with the patient? As we proceeded through the training I was reminded again of the value of self-awareness, accurate empathy, reflective listening, and (wait for it) authenticity in the healing relationship. I left the experience both proud of what we bring to the table as psychologists, and convinced that more trainings with an interpersonal and communication focus will only help our medical colleagues provide better and more compassionate care.

I'll finish up now with the usual presidential plea to our CNYPA members to get more involved, whether coming to the happy hour, serving on the board (it's virtual, a minimal commitment and a great way to get to know some of your colleagues), joining a committee or other activities. Reach out to me if you're interested but not sure how to get going (riegerb@upstate.edu). Stay well, and enjoy the fall colors and apples!



Our own Martha Viglietta is having her 15 minutes of fame!

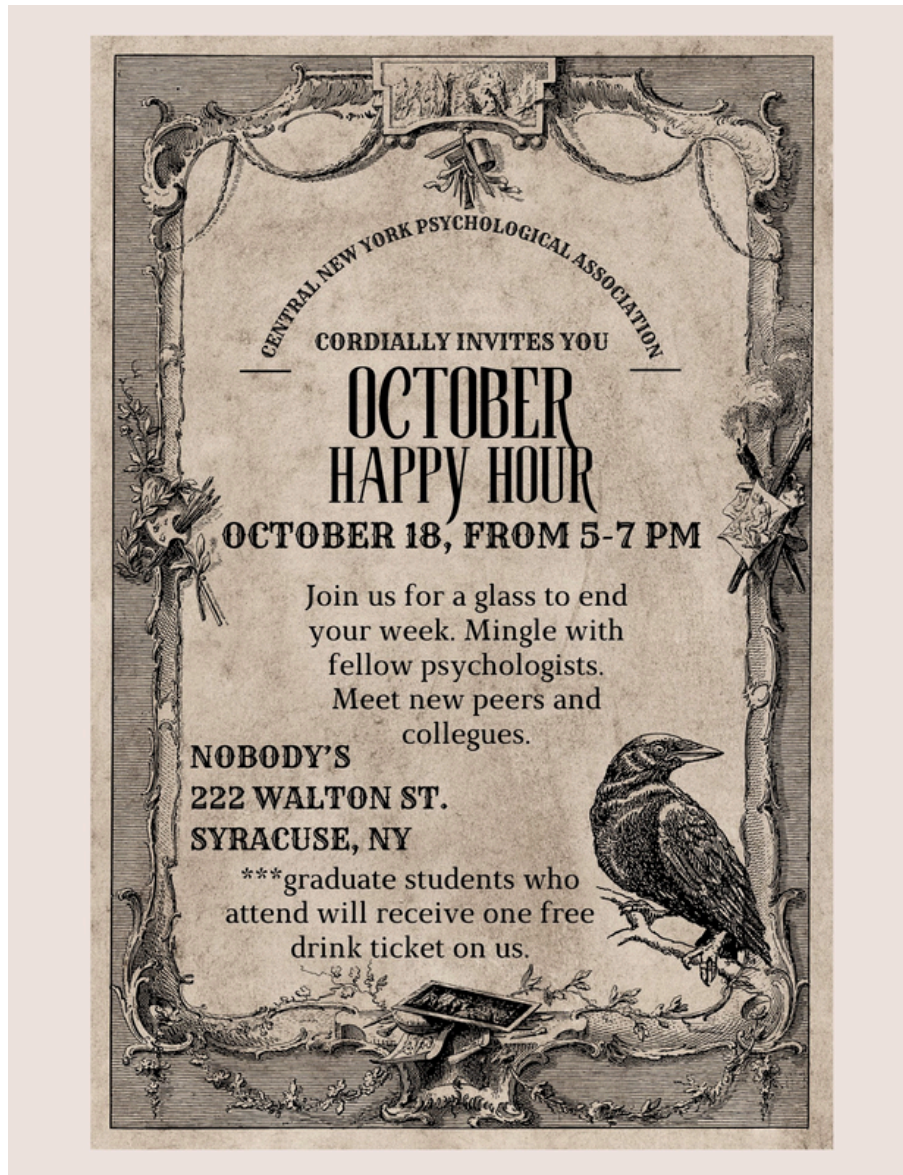
"Will Ferrell made a documentary with an old friend who transitioned in middle age. My husband and I ran into the filming when we were at the Grand Canyon last year, and we are in the film in a "man on the street" kind of interview. I spoke about an experience with a trans patient many years ago."

If you are able to, please watch this amazing documentary now available on Netflix!



Upcoming Events

FALL HAPPY HOUR



FALL DINNER MEETING

The program committee is very excited to be planning a dinner meeting at Dinosaur BBQ on 11/19/24

with a panel of two speakers (Garry Spink and Vickie Kordovski) on health psychology/mind-body problems.

PLEASE WATCH THE LISTSERV FOR FURTHER INFORMATION

DINOSAUR
★ **BAR-B-QUE** ★

Remember to visit our website: CNYPA.NET

CNYPA at NYSPA



Chris Allen was awarded the Allen V. Williams Jr. Memorial Award, NYSPA's highest honor. Presented to a member of NYSPA on the basis of any one, or more, of the following criteria: sustained service to the profession; significant involvement in the broad issue of the profession; a unique contribution to the profession; and a unique contribution to NYSPA.



Laura Myhr was awarded the Distinguished Service Award, presented to psychologists who have demonstrated an unusually strong commitment to NYSPA's programs and goals. She was also named a Distinguished Fellow, awarded to members in good standing, who have successfully completed one term of NYSPA-wide service, such as President, Secretary, Treasurer, Parliamentarian, Council Representative, or have received a NYSPA-wide award.



Make sure you are receiving listserv emails so you don't miss a thing.

Stay Up to Date with NYSPA

by Tanya Pellettiere, Ph.D.



Hard to believe that October is here and we have one more NYSPA Council Meeting left in 2024. Gayle Berg has done a great job as President this year and NYSPA has worked hard to remedy many of the financial challenges that have plagued us in the past.

NYSPA's Treasurer, Taylere Markevich, has led the way towards better financial stability long term. NYSPA has used a management company for administrative support for the past few years, and Jaffe Management has done a lot to get us through some difficult decisions.

As an organization however, we felt the time was right to assess our needs and we are currently in the search for new administrative leadership. I continue to be impressed with the work of our active Legislative Committee led by John Northman in their advocacy of psychology in New York State.

Strategic Planning Update

The strategic planning committee held an open meeting for all CNYPA members on September 20th. We got a lot of great feedback during the meeting, and through the survey we sent out over the summer - thank you to all who participated!

If you weren't able to attend the meeting on the 20th, and would like to get involved and/or share thoughts and ideas about the strategic plan, please reach out to Laura Myhr at dr.laura.myhr@gmail.com.

HEADLINES FROM THE HILL

The Syracuse University Psychology Department welcomes three new first-year clinical psychology doctoral students!

Dr. Amy Criss, a cognitive psychology professor at Syracuse University, was selected as a new Program Direction for the National Science Foundation's Human Networks and Data Science Program. Her work at the NSF aims to use large, complex data networks to help understand human behavior.

Clinical psychology doctoral students Megan Milligan, Alexa Deyo, and Alison Vrabec published two peer-reviewed research articles this summer. One article focused on the prevalence of emotional eating among youth in the United States and the other examined the relationship between ADHD symptoms and disordered eating among emerging adults.

Attention-deficit/hyperactivity symptoms and loss of control eating in emerging adults: Role of psychological resilience

In recognition of October being ADHD Awareness Month, psychology professor Kevin Antshel provides expert insights on the rising ADHD diagnosis rates and the key signs to consider when thinking about seeking an evaluation.

What's Driving the Rise in ADHD Diagnosis Among Children and Adults?



Meet our newest student representative:

Ashley Schiros

I am a fifth year Clinical Psychology doctoral student at Syracuse University, in Dr. Kevin Antshel's lab. My research broadly focuses on contemporary issues related to ADHD. Clinically, I am interested in psychological assessment and interventions for youth with comorbid neurodevelopmental and mood/anxiety disorders. I am currently completing clinical externships at the Kelberman Center and the Neuropsychology Assessment Outpatient Program at SUNY Upstate. I am also in the process of applying to AAPIC internship for the 2025-2026 academic year.

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2023 year to date Financial Report

CENTRAL NEW YORK PSYCHOLOGICAL ASSOCIATION

MIDYEAR FINANCIAL REPORT OCTOBER 2023 – MARCH 2024

| | 2023-2024 | Comparison with 2022-2023 |
|--|-------------------|------------------------------|
| Balance as of October 1, 2023 | \$4930.57 | \$6827.31 |
| Expenses | | |
| Kitty Hoynes Annual Meeting Deposit | \$200.00 | |
| Dinosaur BBQ (2 events) | \$1,173.60 | |
| Administrative Support July-Dec 2023 | \$421.79 | |
| Fall meeting honorarium | \$100 | |
| Happy Hour | \$66 | |
| Total Expenses | \$1,961.39 | \$2,439.80 |
| | | |
| Income | | |
| Dues | \$2,714.64 | \$1,872.80 |
| 2024 Dinner meeting | \$1,040.00 | |
| Total Income | \$3,754.64 | 1,872.80 |
| | | |
| March 8th 2024 Balance | \$6,423.52 | \$6260.31 |