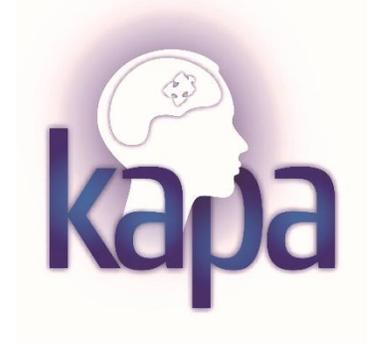


# Knoxville Area Psychological Association NEWSLETTER



**November 2015**

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## ***From The KAPA President***

[Dr. Katie Rea Smith](#)



I enjoyed seeing several of you at the recent Mental Health Association's Psychiatric Symposium. Even though I am in my third year as a KAPA board member, I am still putting faces with names, and it is very rewarding to make new connections with colleagues. I want to acknowledge and thank CE Coordinator Dr. Dan Williams for the outstanding job he did to prepare all the materials and documents necessary for KAPA to sponsor the CE's for psychologists who attended the symposium. Dan participated in the Symposium program planning, and it was through his initiative that the excellent Dr. Erica Wise, who spoke on the Ethics of Self-Care, was invited to present. I also would like to thank board members Dr. Barbara Taylor, Dr. Nancy Lett and Dr. Katie Fitzpatrick for assisting with registration and with proctoring the break-out sessions. I felt very proud of our "team."

I recently had a potential member inquire about the benefits of KAPA membership. I was glad to have been asked the question, because it provided an opportunity for reflection. This is the response I gave him:

*We offer four CE presentations annually worth a total of 5 CE hours. These include 1.5 hours of ethics and 1.5 hours of cultural competency each year to help members meet the requirements for the 2 year psychology license CE cycle. The CE's are free for paid members. We hold the meetings at the state of the art Pinnacle Learning Center at the Landmark Center. Meetings include dinner and an opportunity for networking or socializing for the 30 minutes prior to the start of the program. KAPA co-sponsors the Society for the Advancement of Family Therapy's annual conference and the Mental Health Association's Psychiatric Symposium, which means that KAPA members who attend these events do not have to pay an additional fee to receive APA approved CE hours. There is a KAPA website with a membership directory that is accessible to the public on which members can list contact information and specialty areas. KAPA membership is only \$40 per year. As long as members attend two CE events, the membership fee pays for itself.*

Members will receive a 2016 dues reminder in December. Among other things, dues help cover APA fees for awarding APA-approved CE's, website monitoring and maintenance costs, CE presentation speaker honorarium, and food for meetings. Please pay dues promptly (by the end of January); doing so will reduce the need to send out additional email reminders to those members for whom payment is past due.

Our early winter KAPA meeting and CE presentation will be on Tuesday December 8 by recent TPA President Dr. Erin Patel who is coming from Nashville to speak to our group on the topic of Geropsychology (please see the accompanying program announcement and Erin's article in this newsletter for information about this event). Please contact me or KAPA CE Coordinator Dr. Dan Williams if you have any questions about this program. Doors open at 6 for dinner and the program will be from 6:30 to 8:00. Please RSVP to me ([kerea@aol.com](mailto:kerea@aol.com)) so I can ensure we have enough food for all.

Also, be on the lookout for information about our late winter (February) CE presentation on Ethics by Dr. Pam Auble of Nashville. Some of you will remember that Dr. Auble addressed our group via Skype two years ago, giving a very well-received presentation on changes to the Tennessee law pertinent to the practice of Psychology. She has updated her Ethics presentation to account for changes over the past two years. Among other things, she has promised to share interesting data about "scope of practice" and telepsychology.

The KAPA board extends warm wishes for a Happy Thanksgiving to you and your family, and we look forward to seeing you on December 8<sup>th</sup>!

## Feature Article

### *Geropsychology: What Every Clinician Needs to Know*

The American older adult population is exploding! It is expected that there will be 89 million older adults by 2050 and these older adults will experience an increase in life expectancy. With increased longevity, increased rates of chronic illnesses, and changing attitudes toward mental health, it is predicted that many more older adults will seek our services in the future.

Traditional clinical training in Psychology has not focused on work with older adults. In fact, many clinicians, as well as referring providers, may assume that traditional psychological treatment cannot be effective in this population. Sadly we know that older adults are at highest risk for suicide and need effective therapeutic interventions. These interventions must incorporate strategies for traditional mental health concerns, as well as the physical health concerns which are also present in this population.

In regard to assessment in this population, many standard psychological assessments have limited data on use with older adults and limited advanced age norms. Even neuropsychological assessments often do not have normative data for those in their 90s or beyond. Clinicians working with older adults must also account for factors which could negatively impact testing, such as hearing loss and slowed processing speed. It is also important for clinicians to understand the complexities of capacity evaluations in this population and be confident to provide such services.

Clinicians wishing to work with older adults have many practice opportunities, including outpatient, inpatient medical, long term and residential care, and consultative practices. However, each of these settings presents with unique ethical considerations which must be understood.

The American Psychological Association and the American Board of Professional Psychology recognize Geropsychology as a specialty area of practice and have developed materials to support practitioners wishing to move into this area. Furthermore, there are specific training competencies which support a lifelong learning model for Geropsychology.

Please join me on Tuesday, December 8<sup>th</sup> at 6 PM to discuss how to implement Geropsychology into your existing practice.

# KAPA Program Announcement

*Please RSVP to Katie Smith at [kerea@aol.com](mailto:kerea@aol.com)*

**Tuesday December 8, 2015**

## **Psychological Practice with Older Adults**

**Time: 6:00pm to 8:00pm**

**Location:** Pinnacle Bank Learning Center located at the Landmark Center  
1111 N. Northshore Drive

### **Schedule:**

**6:00pm** Registration/Check-in/Dinner \*(Indicates CE not available for this portion)

**6:30pm** Program Begins

**8:00pm** Complete Evaluations and Adjourn

**\*\*\*This program has been designed to meet the cultural diversity requirements that have been set forth the TN State Board of Psychology\*\*\***

### **Educational Objectives:**

After attending this intermediate-level seminar in full, participants will be able to:

1. Identify the potential areas of practice for Psychologists as it relates to work with older adults.
2. Use a structured guideline to solving ethical dilemmas related to older adults.
3. Identify the limitations related to assessment with older adults.

### **Description of Program:**

This program will review psychological practice with older adults, including the competency areas of assessment, intervention and consultation. The program will highlight how a psychologist can prepare to work with older adults in an ethical and competent manner. This specialty area will be discussed as a potential way to expand ones practice. Ethics related to geropsychology will be discussed. Lastly, the Pikes Peak Model of training for Geropsychology will be reviewed.

**Presenter:**

Dr. Erin Patel received her doctorate degree from Nova Southeastern University in 2006. She had completed her predoctoral internship at the Vanderbilt-VA Internship Consortium and returned to the VA in Murfreesboro, TN to work in 2007. She has worked as a Geropsychologist at the VA; she has provided clinical services in long-term care settings, palliative care, and in an outpatient clinic. She is a Board Certified Geropsychologist. In 2014 she started to work as the Training Director and Assistant Chief of Psychology and now splits her time between the Murfreesboro and Nashville campuses of the VA. She has been involved with TPA for many years and recently served as President of TPA. Outside of Psychology, she is married with two children and enjoys reading, spending time with family, and traveling.

**Target Audience:**

This program is open to all KAPA members and other interested mental health professionals who may not be members. The content of this presentation is appropriate for mental health professionals educated at the graduate level in psychology, psychiatry or other mental health related discipline as well as graduate students in a mental health related discipline.

**Instructional Level:**

The material will be appropriate to intermediate levels of practice and knowledge.

**Registration Fees and Policies:**

If you are a member of KAPA then the program is free of charge.

If you are not a member of KAPA and you do not want CE credit, this program is free of charge.

Non-members wanting CE credit will be charged \$20

Facility is accessible to persons who are physically challenged. Reasonable accommodations will be made for persons requesting them.

**American Psychological Association Approval Statement:**

The Knoxville Area Psychological Association (KAPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. KAPA maintains responsibility for this program and its content.

**Continuing Education:**

This program, when attended in its entirety, is available for 1.5 continuing education credits. With full attendance and completion of a program Evaluation and Learning Assessment, a certificate will be issued. KAPA is committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. KAPA is committed to accessibility and non-discrimination in continuing education activities. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these

feelings during discussion periods. If participants have special needs, we will attempt to accommodate them.

Please address requests, questions, concerns and any complaints to Katie Rea Smith, KAPA President at [kerea@aol.com](mailto:kerea@aol.com); [865-719-9385](tel:865-719-9385) or Dan Williams, KAPA CE Coordinator at [dan@drdanwilliamspsyd.com](mailto:dan@drdanwilliamspsyd.com); [865-525-1099](tel:865-525-1099) x24.

There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, program content, research, grants or other funding sources that could reasonably be construed as conflicts of interest. During the program, the validity/utility of the content and risks/limitations of the approaches discussed will be addressed.

### **Directions and Parking Information:**

#### **The Pinnacle Bank Learning Center at the Landmark Center:**

The Landmark Center is located at 1111 N. Northshore Drive. It is near the corner of Papermill Drive and Northshore Drive, between the Exxon gas station and the new Aubrey's. The eight story South Tower says Pinnacle on top. The Learning Center is on the first floor of the South Tower, to the right of the elevators. Parking is ample and

Questions? Contact KAPA President, Katie Rea Smith at [865-719-9385](tel:865-719-9385) or [kerea@aol.com](mailto:kerea@aol.com).

Save the Date ...

# **“PROFESSIONAL ETHICS AND LAW FOR PSYCHOLOGISTS AND PSYCHOLOGICAL EXAMINERS-- UPDATES ON THE LAW”**

**Presented by: Pamela Auble, PhD, ABPP**

**Tuesday February 9, 2016**

**6:00 pm – 6:30 pm      Arrive and mingle**  
**6:30 pm – 8:00 pm      Presentation**

1.5 CE hours of Ethics (Will meet all TN requirements for Ethics and the Law)

Location: Pinnacle Bank Learning Center in the Landmark Center – South Tower – First Floor

**About the Presenter:**

Pamela Auble, Ph.D. is a clinical neuropsychologist with a Ph.D. from Vanderbilt University. She has been licensed in Tennessee since 1985 and was board certified by the American Board of Professional Psychology in clinical neuropsychology in 1995. Dr. Auble has a forensic practice in which she performs neuropsychological evaluations to evaluate mental capabilities and psychological disorders. She evaluates people for multiple reasons including competency to manage their affairs, the effects of a brain injury on individuals in civil litigation, and criminal defense issues.

## Please remember to pay your annual dues!

Please remember to renew your membership. You may pay dues online ([www.knoxvilleareapsychology.org](http://www.knoxvilleareapsychology.org)) via PayPal or mail check to KAPA, P.O. Box 52293, Knoxville, TN 37950. As a member, you will be eligible to attend our meetings and receive continuing education credits at no additional charge. (Full member \$40; Student Affiliate \$20; Retired Member \$20). If you have any questions, please contact the KAPA Treasurer at [bltphd@comcast.net](mailto:bltphd@comcast.net).

## Visit the KAPA Website!

Please visit the KAPA website at [www.knoxvilleareapsychology.org](http://www.knoxvilleareapsychology.org) to view upcoming continuing education events in the area. Links to the American Psychological Association and the Tennessee Psychological Association are available on the homepage. Previous editions of the newsletters can be accessed on the homepage.

## KAPA Classifieds

Classified space is available at no cost to KAPA members! Email Dr. Katie Fitzpatrick at [kfitzpatrick@bmipc.com](mailto:kfitzpatrick@bmipc.com) with proposed ads or for more information.

## Board Contact Information

**Katie Rea Smith, President 719-9385 [kerea@aol.com](mailto:kerea@aol.com)**  
**Nancy Lett, President-Elect 964-1944 [njlett@chartertn.net](mailto:njlett@chartertn.net)**  
**Mike Hawthorne, Past President 584-0171 [mhawthorne@northshoregroup.com](mailto:mhawthorne@northshoregroup.com)**  
**Katie Fitzpatrick, Secretary 264-2400 [kfitzpatrick@bmipc.com](mailto:kfitzpatrick@bmipc.com)**  
**Barbara Taylor, Treasurer [bltphd@comcast.net](mailto:bltphd@comcast.net)**  
**Daniel Williams, CE Director (781) 929-5907 [dan@drdanwilliamspsyd.com](mailto:dan@drdanwilliamspsyd.com)**