

# Knoxville Area Psychological Association

## NEWSLETTER



November 2016

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### *From The KAPA President*

Dr. Nancy Lett

It is with great pleasure that I address KAPA members for the first time as your President. The new board met in July and consists of three returning members (myself, Past-President Katie Smith, and Treasurer Barbara Taylor) as well as new board members, President-Elect Carrie Booher; CE Coordinator, Phil Axtell; and Secretary, Chad Hunter. The board has been working throughout the summer to plan meetings for September.

TPA President, Dr. Robert Bloom volunteered to speak at our fall KAPA meeting and Tuesday, Sept. 13 was chosen. A "Save the Date" went out about his presentation a few weeks ago. The title of his presentation is "Creating Psychologically Healthy Workplaces" and we are working to get more information about his talk. He is an Industrial/Organizational Psychologist in private practice.

Thank-you to all who have paid dues for 2016. We will offer at least two additional CE presentations in 2016, including a program in November or December that will help our members meet the licensure requirement for cultural diversity. Plus, KAPA members who attend the Psych Symposium at the end of September do not have to pay an extra fee for the KAPA-sponsored APA approved CE hours. Note that **the Psych Symposium has been moved to September** this year and will not conflict with the TPA Convention. Paid KAPA members also have the privilege of being listed in the membership directory on the KAPA website. If you have not yet paid for 2016, please consider doing so today. At \$40, this is one of the best deals in town!

We have a few paid members who are not yet listed on the website. We would love to have you represented in the membership directory where you can create a profile that specifies the services you offer, the types of problems you treat, and any special populations you serve. The membership directory is a helpful resource for the Knoxville area community that allows those who are looking for help to search by issues of relevance to them (e.g. divorce issues, grief counseling, or biofeedback). To join the membership directory, simply go to the website (<http://www.knoxvilleareapsychology.org/>) and select "Become a member." You will be asked to complete a brief demographics form, after which our Treasurer, Barbara Taylor, will approve you as a member. You then will receive an email message with login and password information to use in setting up your profile.

Please contact me or Phil Axtell if you have any questions about the Sept. 13<sup>th</sup> program. Doors open at 6 for dinner, the program will begin at 6:30 and end by 8 PM. Please RSVP to me (njlett@chartertn.net) so I can ensure we have enough food for all. We hope to see everyone there.

## **KAPA Program**

**Tuesday, September 13**

### **The Psychologically Healthy Workplace: A Strategic Approach to Well-Being and Performance**

Dinner and Event FREE for Members

Time: 6:00 pm to 8:30 pm

Location: The Pinnacle Bank Learning Center - Landmark Center

1111 N. Northshore Drive

Knoxville, TN 37919

#### **Schedule:**

6:00 pm-Registration and Check-in/Dinner Provided

6:30pm-Program Begins

8:15 pm-Complete Evaluations and Adjourn

#### **Description of Program:**

The Psychologically Healthy Workplace Program is a public education initiative by the American Psychological Association and the Tennessee Psychological Association designed to engage the employer community, raise public awareness about the value psychology brings to a broad range of workplace issues and promote programs and policies that enhance employee well-being and organizational performance. Successful businesses understand the link between employee well-being and

organizational performance. Beyond remediating people problems and addressing organizational dysfunction, psychology can also inform efforts to promote well-being and performance. This session will explore APA's and TPA's Psychologically Healthy Workplace model as a comprehensive framework for creating work environments where employees and organizations can thrive. Through didactic components, interactive discussion and examples from national award-winning organizations, participants will learn about the types of practices that contribute to healthy, high-performing organizations and discuss programs that employers and the psychologists who work with them can apply in the workplace.

This program will provide participants information concerning the conceptually and empirically derived knowledge base supporting relationships that seek to enhance an individual's psychological health and resilience as an individual functions as an employee in a business organization. As part of this presentation participants will be able to discuss the link between healthy workplace practices, employee well-being and organizational performance. List the five types of workplace practices that promote a healthy workplace and examples of each. Discuss the key factors that can increase the likelihood of positive workplace outcomes and strategies for addressing barriers to successful implementation. Discuss business relevant research linking healthy workplace practices, employee well-being, and organizational improvements.

**About the Presenter:**

**Dr. Robert Bloom, Ph.D.** is the principal consultant and owner of Performance Management Associates—HR, a business in the practice of Industrial/Organizational Psychology based out of Memphis, Tennessee. Dr. Bloom has been practicing Industrial/Organizational Psychology for the past 25 years. He is currently the Chairman of the Psychologically Healthy Workplace Committee of the Tennessee Psychological Association. Dr. Bloom has consulted with governmental, financial, retail energy, and distribution organizations. He has been an Assistant Professor of Psychology at The University of Memphis from 1974-1981. Here he taught both undergraduate and graduate courses in general psychology, Clinical Psychology, as well as Industrial/Organizational Psychology. He has given many presentations including a presentation about the Psychologically Healthy Workplace to the Tennessee Psychological Association Annual Convention in 2012. Dr. Bloom is currently the President of the Tennessee Psychological Association.

**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 beginner 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.

**Accreditation Information:**

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.

**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 free.

**More Detailed Information About This Program to Follow Soon in a Formal KAPA Program Announcement.**

**Questions:**

Contact KAPA President, Nancy Lett at [njlett@chartertn.net](mailto:njlett@chartertn.net)

***Psychiatric Symposium Information***

**September 29-30, 2016**

8:00 am – 4:30 pm both days

Location: Holiday Inn at World' Fair Park:  
525 Henley Street  
Knoxville, TN 37902

Parking is free only in the Holiday Inn parking garage and the Knoxville Museum of Art UPPER LOT.

6 C.E.s may be awarded for each full day of participation.  
C.E.s for Ethics and Diversity are offered.

### **Please See Attached Full Brochure for Details**

#### **19<sup>th</sup> Fall Psychiatric Symposium – Session Descriptions**

**Humility: The Pathway to Professional Authority** - Accepting the need for consistently ethical therapeutic relationships. Mental health providers that openly explore how to approach and resolve ethical dilemmas are rewarded by increased clinical efficacy and enhanced risk/liability avoidance. The added emphasis on humility as a key to professional ethics, and on special problems that frequently arise in our practices (e.g., treating adolescents, religion's impact on mental health treatment, professional distance, informed consent, confidentiality, termination of therapeutic relationships, principles underlying the refusal to treat noncompliant patients, inter-professional ethics) will improve clinical work through knowledge, compliance, attitude, and interpersonal healing/helping skill.

**Cannabimimetics and Impact of Legalized Marijuana** - Ken Ferslew, PhD will lead a discussion on the toxicology of synthetic marijuana and its new role in addiction and emerging behaviors which complicate treatment.

**Treatment of Pediatric OCD: Therapy & Medication Strategies** -Stephanie Eken, MD one of the foremost experts on pediatric anxiety & OCD will provide an OCD update, discussing both pediatric therapeutic strategies and medication strategies.

**Ethics of Telemental Health: New Era of Technology Assisted Media** - National ethics expert Becky Beaton, PhD spins a new twist on ethics issues for therapists, reviewing ethical issues involving emerging communications technology used with patients, filing claims, reporting etc.

**Creative Expression Exposing Underlying Trauma in Addiction** - Nancy Truett, LPC, an addiction therapist at Cornerstone of Recovery will teach colleagues how to use creative expression techniques to unravel underlying trauma which plays a role in person's addiction and relapses.

**Advanced Psychopharm Update** - Glen Farr, PharmD explores the realm of psychiatric medications for prescribers in this psychopharm update. Dr. Farr explores which medications work best in certain case studies and what complications they may present.  
***Two part session-some accrediting bodies require attendance at both Part I and Part II to earn CE credit.***

**Legal & Ethical Game Show** - The most requested session in the history of the Symposium, the Legal & Ethical Gameshow makes ethics fun for attendees as Dr. Mitchell selects teams to play the game while the audience members can answer the same questions and keep their score! Addresses key ethical issues required by accrediting entities. ***Two part session-some accrediting bodies require attendance at both Part I and Part II to earn CE credit.***

**Advanced Malingering Case Studies** - Dr. Jeff Feix takes a deep exploratory dive in his forensic files reviewing case studies involving malingering.

**Cracked But Not Broken** - Keynote speaker Kevin Hines discusses surviving the suicide attempt which made him famous - his leap from the Golden Gate Bridge. As a suicide attempt survivor, Hines brings his unique perspective & insights to his presentation.

**Hidden Intervention Pitfalls** - Presented by nationally known interventionists, Hidden Intervention Pitfalls prepares therapists for barriers impeding their successful intervention with persons struggling with addictions. These pitfalls include unrecognized and untreated mental illness and family or friend dynamics etc.

**Compliance Issues in Schizophrenia** - this session details compliance issues in one of the most serious of mental illnesses. Why do persons with this illness stop treatment? What can be done differently to increase treatment engagement and longer term compliance?

**Cultural Considerations in Clinical Practice: Race, Ethnicity, Religion & Orientation**

Treatment guidelines of some organizations require diversity training. This session provides the Therapist essential diversity training which is sensitive to our diverse community, religious and sexual orientation issues.

**Adolescent & Young Adult Continuum: Increasing Engagement** -Participants will review the differences in the addicted young adult/adolescent (YA/A) while identifying techniques to assist in crisis situations that may occur during an intervention specific to YA/A. Attendees will also delve into co-occurring disorders that must be considered during the intervention and in treatment, taking into consideration of designer drugs adolescents are using along and consequential frisky behavioral trends.

**Convergence of Psychiatry Rheumatology & Pain** - Participants will review the pathophysiology of fibromyalgia pain, its relationship with psychiatric conditions and pharmacotherapy strategies to treat chronic psychiatric symptoms and comorbid pain.

**Neurofeedback: Engaging the Brain Directly** -Supported by research showing effectiveness in addressing symptoms of an extremely wide array of conditions, Neurofeedback is a form of brain conditioning. While talk therapies, medications and other interventions also alter brain activity, acutely and/or over time, neurofeedback offers unique advantages in helping clients improve self-regulation.

**Addiction, Social Media & Our Youth** - Participants will explore emerging behavioral trends among youth, including dangerous designer addictive substances, and communication strategies with adolescents and their family support system.

**New Treatments for Depression: An Emphasis on Neurotransmitters** - Dr. Woods will lead attendees on a deep review of the neurotransmitters involved in the 4 subtypes of unipolar depression and the role that NMDA glutamate antagonists such as ketamine play in the treatment of major depression. Participants will be able to devise and discuss a pharmacotherapy plan based on the psychopharmacology of antidepressants specifically targeting the neurotransmitters involved in the subtypes of unipolar depression.

**Hungering: A Classic Grounded Theory Study** - Participants will explore differing research theory models and be able to define and discuss hungering and relevance of hungering in therapeutic practice.

## **KAPA Classifieds**

*\*Classified space is available at no cost to KAPA members! Email Dr. Chad Hunter at [hunter.dchad@gmail.com](mailto:hunter.dchad@gmail.com) with proposed ads or for more information.*

## Office Building For Sale

This charming office building offers 1,900 sq. ft. of space in the heart of Knoxville (Bearden District) at 4877 Chambliss Avenue. Previously offered at \$289,000.00, now offered directly BY OWNER for \$272,000.00. Five offices, conf. room, 2 baths, kitchen, storage and parking. For additional info or for an appointment: [amasoler@yahoo.com](mailto:amasoler@yahoo.com) or [865-607-3615](tel:865-607-3615)

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## Opportunity for Mental Health Professionals:

A part-time licensed or licensed eligible mental health professional is being sought to provide approximately 20 hour of individual, couples, or group therapy to members of Faith Promise Church in a faith based environment. The person must be available one evening per week, attend monthly staff meetings and occasional weekend events.

Please send a letter of interest and resume to: Martha Williams at: [Marthw@faithpromise.org](mailto:Marthw@faithpromise.org). Applications will be reviewed on an on-going basis

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## Opportunity for a Psychologist or LCSW therapist:

### Integrated Care & Health Psychology Group Practice—Join Us For The Best Of Both Professional Worlds (Seeking Psychologists/LCSW's)

**Integrative Medicine Specialists (IMS)** provides integrated behavioral healthcare in the primary care setting in an exclusive partnership with Summit Medical Group, a large, 200+ physician/300,000+ patient primary care group with locations throughout East Tennessee.

**Behavioral Medicine Institute (BMI)** is a 20 member, multi-specialty group practice based in Knoxville with a long-established referral base and innovative practice models including embedded clinicians in local pain, sleep, and bariatric surgery centers.

**IMS and BMI are jointly seeking skilled and motivated clinicians** who are interested in joining our thriving, forward-looking groups. Both full time and part time opportunities are available, as is the opportunity to practice in either one or both clinical settings. Both groups receive a wide variety of referrals, from “traditional” mental health problems to specialty behavioral medicine issues. Both groups offer a supportive, collegial atmosphere, and offer the opportunity for ongoing training and consultation to develop and practice specialty behavioral health skills, including:

- Primary Care Behavioral Health
- Chronic Pain Management
- Specialty Assessments (e.g., Chronic Pain, Pre-surgical)
- CBT-Insomnia
- Biofeedback
- Chronic Illness Management

The ideal candidate for either practice will have excellent clinical, organizational, and interpersonal skills as well as competence in assessment, consultation, and evidence-based treatment. We have a strong commitment to quality and to patient-centered care, and we embrace the Biopsychosocial model.

**IMS offers:** full or part time positions embedded in multiple primary care locations across east Tennessee, W-2 employee status with employer-funded health insurance and the opportunity to become a valued member of a primary care team.

**BMI offers:** full or part time positions at our two beautiful practice locations in the Bearden area of Knoxville, the freedom of 1099 independent contractor status, and a multi-specialty practice environment with access to prescribers for children, adolescents, and adults.

**Both practices offer:** Very competitive, productivity-based reimbursement, strong referral streams, high tech practice resources including state-of-the-art EHR, practice management, and communication tools, as well as supportive, collegial environments for professional development. We offer both comprehensive front and back office services including dedicated credentialing and referrals coordinators.

We believe that, with the recent realization by payers of the value of behavioral health, this is an exciting time to be a behavioral health clinician. We aspire to locate ourselves on the cutting edge of behavioral health care. Will you join us?

#### **Requirements:**

- Independent licensure at the Doctoral or Masters level in a Behavioral Health discipline.
- Medicare-eligible
- Familiarity with evidence-based treatments
- Familiarity with models of integrated behavioral healthcare, motivational interviewing, health coaching, and management of chronic illnesses
- Must be comfortable with utilizing clinical practice technology (EHR, etc.)
- Must be comfortable practicing in a fast paced environment
- Must be comfortable working as part of a multi-disciplinary team

Both IMS and BMI are lifestyle-driven practices and value creating balance between life and work.

- IMS was formed in 2014 by Drs. Susan Strickler and Keith Hulse.
- BMI was formed in 1990 by Dr. Keith Hulse

If you are interested in learning more about us, please contact us, and include a copy of your CV: C. Keith Hulse, Ph.D., 1128 E. Weisgarber Rd., Suite 210, Knoxville, TN 37909  
[ckhulse@bmipc.com](mailto:ckhulse@bmipc.com)

### ***Board Contact Information***

Nancy J. Lett - President [njlett@chartertn.net](mailto:njlett@chartertn.net)  
Katie Rea Smith - Past President [kerea@aol.com](mailto:kerea@aol.com)  
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