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September 2013

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*KAPA is an affiliate of the
Tennessee Psychological Association
www.knoxvilleareapsychology.org*

Hunkering Down

KAPA President, Michael Hawthorne, Ph.D.

Greetings. I started my year as KAPA President in June and so far I'm not regretting my decision to allow my name to be put on a ballot. KAPA is a benign organization. My fellow board members are conscientious, capable and generous with their time. The member meetings I've attended have been interesting and useful and have earned me valuable CE units at no cost. And there I've enjoyed seeing colleagues I don't run into otherwise, despite the fact that we practice in close proximity. I've even been fed once or twice. All in all, I expect to emerge from my year of service none the worse for wear.

You might ask yourself one or more of the following questions: "Why does KAPA exist? Why should I send in another year of dues or sign up as a new member? Why come to meetings? Why should I volunteer time to serve my fellow KAPA members?" There are a number of reasonable responses, but I am struck with one in particular these days. Psychologists need to get out of their offices to interact with, to learn from and to gain perspective from their colleagues. KAPA meetings provide an easy, local and inexpensive option for these purposes.

Most of us are excellent candidates for burn-out or worse because we are so isolated. Most KAPA members work in clinical settings and it seems like most of us spend about 75% of our waking lives in our offices. Our labor requires literally shutting doors and quite intentionally becoming pre-occupied with and focused upon those who we are attempting to assist. We listen to and tolerate emotional pain, ambiguity, projective identification as well as the stress of knowing that many times we are the only ones who know of the secrets, private experience, hopes and dreams of our

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patients. While fostering healthy dependence, we unselfishly create a context in which our patients not only grow and internalize what they gain in therapy but also in which they do not need us concretely and indefinitely. We take responsibility for vigilantly managing the boundaries of the therapeutic relationship which is specifically one-sided and necessarily inequitable. We do evaluations in contentious and adversarial conditions and withstand intrusions from the outside that would corrupt and contaminate the process. And then there are pressures affecting us from outside the office. Economic factors are always pushing at us; our costs go up and payors want to reimburse less for our services. And it is a litigious world out there. I could go on. There is a tremendous upside to our profession because we have the privilege of facilitating and witnessing courage, growth and change. But the fact is that our work is stressful and depleting – and that is compounded when we stay hunkered down

We routinely talk to our patients about taking good care of themselves, but I believe the truth is that few of us do as well in self-care as we should. Most of us are better at drawing up stress management plans for others than implementing plans for ourselves. I hope we are all managing our schedules to find balance, perspective and restorative activities such as getting out of our practices with family and friends, including physical exercise, relaxing with laughing, traveling out



and isolated in our offices. Most of us are better at drawing up stress management plans for others than implementing plans for ourselves. I hope we are all managing our schedules to find balance, perspective and restorative activities such as getting out of our practices with family and friends, including physical exercise, relaxing with laughing, traveling out

a nap, investing in hobbies, meditating/praying, sharing a good meal, doing something different, seeking professional consultation and/or therapy and getting together with other psychologists. Clearly, a KAPA meeting will not alone stave off burn out, but it is an opportunity to set aside an evening hour per quarter to get out of the office and to be with peers.

One idea your KAPA board is kicking around is the creation of a survey instrument to assess a variety of factors about professional and career satisfaction, burn out and emotional and physical health. We might devote an upcoming CE event to share the results and to discuss the challenges we all face.

In the meantime, we welcome you to join us when we meet. It will do you good to open your door, to turn off the light and to leave your office.

KAPA Program

Monday, September 30th, 2013 ***NO pre-registration required*******

Location: Pinnacle Bank Learning Center, South Tower, 1st floor (see directions below)

6:30—7:00 p.m. Arrive—doors open

7:00—8:00 p.m. KAPA program

Executive Function Deficits in Children Diagnosed with ADHD

Presented by: Jenn Bolden, Ph.D.

Course Description:

Jennifer Bolden, PhD is an Assistant Professor in the Psychology Department at the University of Tennessee, Knoxville and teaches within the Clinical Psychology program. Her research focuses on understanding neuropsychological correlates of attention, learning, and disruptive behavior problems in children to inform psychological science and evidence-based practices. She has a strong background in providing empirically-supported assessments/treatments in outpatient, inpatient, residential and academic settings. Her clinical orientation is influenced by cognitive-behavioral, behavioral, family systems and interpersonal perspectives. Additionally, she seeks to integrate cross-cultural perspectives and considerations en route to forming differential diagnoses. In this KAPA program, Dr. Bolden will be presenting the directions and findings of current research focused on executive functioning in ADHD children.

Learning Objectives:

1. Participants will be able to define the theoretical construct of executive functioning (EF).
2. Participants will be able to identify two everyday behaviors associated with EF.
3. Participants will be able to name two EF deficits associated with childhood ADHD.
4. Participants will be able to identify at least one promising intervention targeting ADHD-related EF deficits.

Continuing Education and Fees:

This program is appropriate for psychologists and other mental health professionals and **1 hour of Continuing Education** will be available for attendees. Current KAPA members can attend for no charge. If you are not a member of KAPA and you do not want CE credit, this program is free of charge. KAPA is approved by the American Psychological Association to provide continuing education to psychologists and maintains responsibility for this program. No CE credits will be awarded for partial attendance for any session.

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Directions and Parking Information for 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 BP 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

Welcome to the following psychologists who have joined KAPA recently. You may find them listed in the Membership Directory on the KAPA web site at www.knoxvilleareapsychology.org

Dr. Peter Fortney

Dr. Monica Johnson

Dr. Phil Kronk

Dr. Janis Neece

Dr. Katie Smith

Dr. Linda Shissler

A Call for Authors

The KAPA board would like to extend an invitation to members who might be interested in authoring the "feature article" for the KAPA newsletter. This is a unique opportunity to share your knowledge, ideas, and/or professional opinion to our professionally diverse KAPA membership. Recent article topics have included, chemical imbalance in depression to the current status of private practice for psychologists, among many others. Generally, we limit submission to 250 words or less. For more information or to convey expressed interest in authoring an article, please contact Robert Mindrup, KAPA Secretary at rmindrup@gmail.com.

Volunteer Ministry Center Event (Free Admission)

A Sister's Call

DATE: **November 24, 2013**

TIME: **2:00 p.m.**

LOCATION: **The Bijou Theater**

“A Sister’s Call” is an award winning documentary film about mental illness and homelessness. Present at this showing of the film will be the sister whose brother, named Call, is the subject. A discussion on the topic of mental illness and homelessness will follow the film. This free event is being presented by the Volunteer Ministry Center to help raise awareness of the complicated issues related to mental illness among the homeless. Please attend, if you can, and invite a friend.

Please remember to pay your annual dues!

Please remember to renew your membership. You may pay dues online (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 kerea@aol.com.



Visit the KAPA Website!

Please visit the KAPA website at 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 as well.



KAPA

BOARD

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