



The Oregon Psychologist

BULLETIN OF THE OREGON PSYCHOLOGICAL ASSOCIATION

February 2024 | Q1



OPA is excited to inform you that Taylor Scott has joined the OPA team and will be coordinating all of our continuing education activities.

After Taylor graduated from the University of Denver with a bachelor's degree in criminology and psychology, she began working in the nonprofit sector serving those experiencing houselessness and domestic violence. She brought her skills in customer service and client advocacy to her role as Association Manager at Update Management helping to ensure our associations' needs are met. Taylor moved to Portland in 2021. Outside of work, Taylor is often hiking, kayaking, studying American Sign Language, or snuggling her cat, Lucifer.

Confidential Peer Support Committee

Retirement Recognition

In our profession there are no fireworks when one is retiring. Historically, the retirement of an Oregon Psychologist has been unrecognized. Close colleagues are aware, perhaps a personal mention appears on the OPA Listserv, although basically it's a disappearing act. The CPSC discussed the lack of a venue for highlighting the retirement of an OPA colleague and looked at options.

The CPSC is developing a forum in cooperation with The Oregon Psychologist to recognize and highlight the retirement of an OPA colleague. We want to honor your contribution to the field of psychology supporting this milestone in your life. Most of us go through our days quietly and diligently doing our work, not seeking recognition. The CPSC wants to facilitate the opportunity to let your work shine.

If you retired in 2020, 2021, 2022 or if you have or will retire in 2023 or 2024, please consider a self-submission for online publication in The Oregon Psychologist. The parameters for self-submissions are simple:

- Your name, location, date of retirement.
- Suggested areas of focus: identify the work you've been engaged in as a psychologist, your contributions, and accomplishments; your plans for retired life; and anything else you'd like to share.
- Please send to opa.cpsc@gmail.com, subject line Retirement Recognition.
- The next submission deadline is Monday, April 21, 2024

Please forward this information if you know of an OPA member who has retired and may not receive news of the program.

The CPSC extends its gratitude to OPA leadership for wholeheartedly endorsing this program, and to Cathy Miller, PhD, ABPP The Oregon Psychologist Editor. Hopefully, the OPA CPSC Retirement Recognition program will become a tradition where all future OPA retirees can shine.

Rebecca Martin-Gerhards, EdD, PC



CONGRATULATIONS!

Thank You to The Trust Insurance for Sponsoring the February Newsletter!



The Public Education Committee

Committee members of the PEC have big plans for 2024. In our January meeting, several large Portland-based community events were identified as priorities for having an OPA presence, including:

- NAMI Walk (May 2024)
- Portland Pride (July 2024)
- Sunday in the Park (August 2024)
- Out of the Darkness (October 2024)

Our programming is not exclusive to our committee; we would love to broaden attendance to our larger OPA community! If you would like to participate, email paige.reohr@gmail.com to get in touch with our committee.

In addition to the above events at which the PEC has historically been present, our committee is making

an effort to reach other geographical regions of Oregon. Our current committee members are spread throughout the Portland metro area and through the central Willamette Valley. We will be bringing in-person programming to our respective local communities through community-based education (e.g., library talks, presentations at senior centers, workshops for school districts), re-establishing connection with local media, and being present at local Pride, health fairs, and other community events.

If you would like to participate in these types of activities, or if you would like help making your ideas for public education happen, please contact us. You don't have to join the committee to receive support or collaborate with our team!



Friday-Sunday, March 15-17, L&C Graduate School | 11.5 CEUs

Balancing Life and Leadership: A Courage to Lead Retreat - Dawn Montgomery, EdD; and Matsya Siosal

Friday, March 15, 9 a.m.-2 p.m., L&C Graduate School | 4.5 CEUs

Somatic Therapy Approaches in the Treatment of Gambling Disorder - Julio Iñiguez, LMFT, CGAC II, CADC I

Saturday, April 6, 9:30 a.m.-4:30 p.m., L&C Graduate School | 5.5 CEUs

An Applied Polyvagal Approach to Intercultural Interactions and Decreasing Polarization - Cheryl Forster, PsyD

Saturdays, April 20 & 27, 11 a.m.-3:30 p.m., Online | 8 CEUs

Introduction to Obsessive-Compulsive Disorder
Renee Fitzpatrick, LMHC, LPC, CST

View additional training opportunities at go.lclark.edu/cce/catalog

Ethics Committee

Hot Topic Series; Issue #2 Byte-Sized Therapy: Ethical Considerations of AI in Psychological Practice

Alexandra Fisher, MA; Kalin Burkhardt Clark, PsyD, ABPP; & the OPA Ethics Committee

In this article, we continue the series of “hot topic” issues, in which a polarizing topic is explored from an ethical framework. This is the second article in this series and pertains to the topic of ethical considerations of artificial intelligence (AI) in psychological practice, as it continues to gain prominence in academic, public, and clinical domains.

AI's growing body of research is broadening its influence on the field of psychology and therapeutic intervention. The incorporation of AI into healthcare holds the potential for revolutionary advancements in overall patient care, decision-making processes, and clinical diagnoses (Jeyaraman et al., 2023).

However, the escalating presence of AI in healthcare introduces profound ethical dilemmas that require careful examination. Key ethical considerations include privacy, responsibility, transparency, trust and confidentiality, data quality, and bias (Jeyaraman et al., 2023; McLennan et al., 2022). The term AI covers a diverse and complex set of computer science and statistical principles, all aimed at developing computational systems that can perform cognitive tasks similar to human abilities (D'Alfonso, 2020). These tasks encompass learning pattern recognition, reasoning, problem-solving, generalization, and the capacity for predictive inference (D'Alfonso, 2020). While there has been a notable increase in research and development, only a limited number of initiatives have progressed beyond showcasing algorithmic performance and technical feasibility (Fulmer, 2019).

[READ MORE](#)

The Ethics Committee is seeking new members to join our dynamic and dedicated group! Committee meets on the first Thursday of the month 4-6pm. Currently all meetings are virtual.

Benefits and responsibilities:

- Increase your ethical and clinical thinking skills
- Grapple with the challenging ethical, legal, and clinical issues of our profession within a supportive environment
- Participate in educating others about ethics throughout the state
- Publish in OPA's Bulletin
- Develop great camaraderie with colleagues across diverse professional settings
- Improve your own practice
- Must be an OPA member
- Strong preference for psychologists practicing outside the Portland-metro area
- Membership term is 3-5 years
- Ten meetings per year, plus presenting at OPA Conference.

Contact opaethicscommittee@gmail.com with questions or to apply.

What to Expect When Consulting with the Ethics Committee

Hello OPA community! The OPA Ethics Committee (EC) would like to take this opportunity to explain our process for providing ethics consultations.

The primary function of the EC is to advise, educate, and consult regarding concerns about professional ethics. The services of the EC are offered as an OPA membership benefit and consultation is available to all OPA members. The EC receives approximately four to six consultation calls per month, which is a surprisingly low number given that more than 3000 psychologists are licensed in Oregon! In addition, we also accept calls from other mental health professionals.

All ethics consults are confidential and take multiple steps to address this. First, we document consultation calls with ID numbers rather than identifying information. Second, when discussing the calls in EC meetings, we do not share or include any identifying information. Third, upon learning of any potential conflict of interest, impacted EC members will recuse themselves from all activity related to the call. Fourth, we do not share any information outside of the EC. This includes not reporting any information to the Oregon Board of Psychologists. There has been some confusion in the past, based

on [Oregon Revised Statutes \(ORS\) 676.150](#), which mandates that psychologists report prohibited or unprofessional conduct of their peers. As a Peer Review Body under [ORS 41.675](#), EC volunteers are exempt from reporting unprofessional conduct to the board.

READ MORE



Group Term Life Insurance

Financial Protection for Your Family

Ever wonder how your family will move on when you're not around? Car payments, mortgages, tuition, groceries... you need to think about all of these as you prepare to provide for your family should you die prematurely. Life insurance can provide essential financial protection for the ones you love.

How does it work?

Trust Group Term Life¹ insurance can play an important role in your family's continued financial security. Whether you need initial coverage, or want to add to what you already have, this affordable option has the features you'll need to keep pace with your changing family and financial responsibilities.

Call us at (877) 637-9700 or visit trustinsurance.com for a FREE no-obligation consultation.

¹ Available in amounts up to \$1,000,000. Coverage is individually medically underwritten. Policies issued by Liberty Life Assurance Company of Boston, a member of the Liberty Mutual Group. Plans have limitations and exclusions, and rates are based upon attained age at issue and increase in 5-year age brackets.

² Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.

Great Coverage at Affordable Rates with These Innovative Features Included

- **Inflation Safeguard²**
Prevents changes in the cost of living from eroding your death protection.
- **Living Benefits**
Allows early payment of death benefits if you become terminally ill.
- **Disability Waiver of Premium**
Waives your premium payment if you become totally disabled.

Ψ THE TRUST
INSURANCE PROGRAMS

For Psychologists, By Psychologists

trustinsurance.com | (877) 637-9700



Make a Contribution to the Psychologists of Oregon Political Action Committee

DONATE

Confidential Peer Support Committee

The Confidential Peer Support Committee (CPSC) works to provide support and avert impairment to members. We provide members with consultation on a range of issues including conflicts with colleagues, clinical concerns, potential complaints or lawsuits, venting, concern about impairment, client suicide, colleague behavior, family conflicts, problems in the business of psychology and any distress affecting the capacity or enjoyment for work. Members may reach the Confidential Peer Support Committee (CPSC) by contacting one of the members listed below, or via e-mail at opa.cpssc@gmail.com. All responses will be encrypted and are kept strictly confidential.

CPSC offers the following programs to OPA members:

- Confidential consultations with members of the CPSC. Our names and contact information are listed below. You may call anyone on the committee.
- A panel of providers for therapy referrals, who are well versed in privacy and confidentiality concerns.

Questions and referral requests to the Confidential Peer Support Committee are confidential under ORS 41.675 and are not shared with OPA or OBOP. No demographic information is kept on callers.

Confidential Peer Support Committee Members:

Maura Sullivan, PsyD - Chair
503.432.8470

Rebecca Martin-Gerhards, EdD
503.243.2900

Charity Benham, PsyD
503.550.7139

Ann Sola, PsyD
503.329.8198

Jennifer Huwe, PsyD, LLC
503.538.6045

Join OPA's Listserv Community

Through APA's resources, OPA provides members with an opportunity to interact with their colleagues discussing psychological issues via the OPA listserv. The listserv is an email-based program that allows members to send out messages to all other members on the listserv with one email message. Members then correspond on the listserv about that subject and others. It is a great way to stay connected to the psychological community and to access resources and expertise. Joining is easy if you follow the steps below. Once you have submitted your request, you will receive an email that tells you how to use the listserv and the rules and policies that govern it.

How to subscribe:

1. Send an email to listserv@lists.apapractice.org; leave the subject line blank.
2. In the message section type in the following: subscribe OPAGENL
3. Hit the send button, and that is it!

You will receive a confirmation via email with instructions, rules, and etiquette for using the listserv. Please allow some time to receive your confirmation after subscribing as the listserv administrator will need to verify your OPA membership before you can be added.

OPA Mentorship Program

We are happy to announce that the OPA Mentorship program is up and running. We have two forms for the [Mentorship program](#) on the OPA website. The [first form](#) is for interested parties to give some details of their practice setting, training, interest and location. The [second form](#) is for Informed Consent, limits of confidentiality, etc. Please join your colleagues and offer to serve as a Mentor and to learn or ask questions as a Mentee. Monthly phone or in person meetings are set up by the Mentor and Mentee once a match is made. Enjoy a bit of colleague support, new information and conversation regardless of age, orientation or years of experience.

Advertise in The Oregon Psychologist

The OPA Newsletter reaches nearly 2,000 OPA members!
Your Options:

PRIMARY

Half column ad with
website link

PLUS

Full column ad with
website link

PREMIER

Full column ad with
website link, your logo will
also be featured elsewhere
in the newsletter.

CLASSIFIED

150 words maximum.

ADVERTISING INFORMATION

OPA Helpful Contacts

OPA Lobbyist

Lara Smith - Lobbyist
Smith Government Relations
PO Box 86425
Portland, Oregon 97286
503.477.7230
lsmith@smithgovernmentrelations.com

Oregon Board of Psychology (OBOP)

3218 Pringle Rd. SE, #130
Salem, OR 97302
503.378.4154
www.oregon.gov/obpe

OPA's Director of Professional Affairs

Susan Rosenzweig, PsyD
Center for Psychology and Health
2476 NW Northrup, #2B
Portland, OR 97210
503.206.8337
drsusan@centerforpsychologyandhealth.com

OPA's Legal Counsel*

Paul A. Cooney, Attorney
Cooney, Cooney and Madigan LLC
19824 SW 72nd Ave., #201
Tualatin, Oregon 97062
503.607.2711
pcooney@cooneyllc.com

OPA Office

Geoff Horning - Executive Director
9600 SW Oak Street, Suite 565
Tigard, OR 97223
503.253.9155 or 800.541.9798
Fax: 503.253.9172
info@opa.org
www.opa.org

*Through OPA's relationship with Cooney, Cooney and Madigan, LLC as general counsel for OPA, members are entitled to one free 30-minute consultation per year, per member. If further consultation or work is needed and you wish to proceed with their services, you will receive their services at discounted rates. When calling, please identify yourself as an OPA member.

The Oregon Psychologist
Catherine Miller, PhD, ABPP
Professor, Editor

The Oregon Psychologist is a newsletter published six times a year by the Oregon Psychological Association. Although OPA and The Oregon Psychologist strive to include all advertisements in the most current issue, we can offer no guarantees as to the timeliness or accuracy of ads, and OPA reserves the right not to publish advertisements or articles.

Articles do not represent an official statement by the OPA, the OPA Board of Directors, the OPA Ethics Committee or any other OPA governance group or staff. Statements made in this publication neither add to nor reduce requirements of the American Psychological Association Ethics Code, nor can they be definitively relied upon as interpretations of the meaning of the Ethics Code standards or their application to particular situations. The OPA Ethics Committee, Oregon Board of Psychologist Examiners, or other relevant bodies must interpret and apply the Ethics Code as they believe proper, given all the circumstances.

Oregon Psychology Association

9600 SW Oak Street, Suite 565, Tigard, OR 97223

503.253.9155 | 800.541.9798 | Fax 503.253.9172 | info@opa.org | www.opa.org