



The Oregon Psychologist

BULLETIN OF THE OREGON PSYCHOLOGICAL ASSOCIATION

May 2024 | Q2

President's Message



I am honored and excited to be writing to you all as we start to welcome in the warmer and longer springtime days here in Oregon. The past several months have been a whirlwind for me, as we welcomed my daughter Robin into the world this past December. I want to extend a heartfelt thank you to OPA members who have reached out to me in support, kindness, and caring as I took off several months for parental leave. It was very encouraging to also hear about our board, and especially our executive committee, carrying out the day-to-day presidential tasks in my absence. I strongly feel that the “glue” that holds so many associations like ours together consists of the relationships we hold, the compassion we have for each other, and the willingness of the collective to act towards a common goal. So many of you embodied this “glue” and I thank you for showing up.

My updates for you this newsletter focus primarily on our most recent conference titled “Brain Behavior” that took place on April 18th through 20th in Oregon City and was a wonderful success. We were able to host an intensive 1-day workshop on “Insomnia and CBT-I” the first day of the conference, which offered an opportunity for attendees to dive deep into the world of sleep, cognition, and behavior. I heard from several psychologists, all sharing that the single day of training was monumental in expanding their depth of knowledge and skills in this area of clinical treatment. The next 2 days of the conference walked our attendees through a wide array of continuing education presentations including topics regarding treatment-resistant depression, the brain-gut connection, neurodiversity, ethics within systems, and so much more! I was impressed as I sat in the auditorium and listened to many engaging lectures. It was encouraging to hear so many of our members ask essential questions, engage in critical discussions, and even draw connections between so many of the topics and their daily work in the community. During the conference, we spent time recognizing several psychologists who have engaged in amazing service within Oregon. Dr. Julie Shafer was recognized by our Public Education Committee for her dedicated work throughout the past 16 years providing psychological information to the public regarding relationships, people pleasing, and more. Dr. Ryan Dix was awarded OPA's most prestigious award, the Labby Award, which is given each year to an OPA member in recognition of their remarkable contributions to the field of psychology through advocacy, education, training, and research. Not only has Ryan served as OPA President, but he has also provided guidance and support to many of OPA's current leaders. We also recognized Dr. Amy Friday with the OPA Outstanding Service Award for her excellent professional work in geriatrics and history of continued commitment to the field of psychology. It was

awe-inspiring to hear about the wonderful contributions our colleagues have made; I am truly honored that they are all OPA members.

Lastly, I want to take a moment to recognize so many people who spent several hours together planning the conference this year. Our conference committee included Drs. Nathan Engle, Steve Schroger, Paige Vazquez and Julie Kahler. Our staff members from Update Management also spent countless hours preparing for the 3-day event. I have been very impressed by their ability to incorporate feedback from last year's conference, expand the offering of continuing education credits, respond to questions posted by our members, and envision how our conference can continue to grow throughout the next several years.

As we prepare for our next OPA board meeting, I want to also thank all our OPA volunteers who have dedicated their time and effort throughout this past year in pursuit of our values and commitment to our profession. I am impressed by the level of steadfast commitment, ongoing creativity, openness to new ideas, and passion that I have seen in so many of our volunteers. You are the backbone of our association and I am so grateful for you and your service.

Rosie Getchell, PsyD, OPA President

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 between 2020-2023, or if you have or will retire in 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.cpssc@gmail.com, subject line *Retirement Recognition*.
- The next submission deadline is Monday, July 22, 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.

Willamette Falls Neuropsychology LLC

(Oregon City)

Is seeking qualified neuropsychologists. Flexible, full or part time, associate or partnership track positions. A very busy referral base, assistance in credentialing and practice development, office space, administrative backup, billing & collections, supportive team consultation, and more. We have an interesting, neuropsychology appropriate referral base, including TBI, post-concussive syndromes, evaluation of various dementia types, post stroke evaluations, neurological conditions, pre-surgical, etc. Develop your own specific interests. IMEs and forensic work available. Opportunities to build treatment services as well. Possibility of supervising practicum students or residents. Early career neuropsychologists are encouraged to apply. Support for completing board certification.

We also need a clinical psychologist interested in performing evaluations for adult and child ADHD, autism, learning disorders, etc.

Please send a letter of interest, CV, redacted sample report, or just contact for further information:

Loren Mallory, PhD, ABPP
mallory@wfneuro.com. www.wfneuro.com.
619 Madison St. Ste 108. Oregon City, OR. 97045.

Ethics Committee

Hot Topic Series; Issue #3

The Ethics of BetterHelp: Ethical Considerations in the Proliferation of Large Online Therapy Platforms

Zac Kramer, MA; Dina Wirick, PhD; and the OPA Ethics Committee

This article is the third and final installment of our "hot topics" series, in which a controversial area in the mental health field is explored using the framework of the American Psychological Association's (APA) Ethical Principles of Psychologists and Code of Conduct (hereby referred to as the "Ethics Code") (APA, 2017). The hope of the OPA Ethics Committee is to inspire productive dialogue and promote useful

inquiry about how to effectively approach these difficult topics, recognizing that our ability as a field to take collective ethical action requires curious, collaborative, and respectful dialogue.

A 2022 cross-sectional study of around 70,000 individuals found that 12.8% of United States adults reported an unmet need for mental health counseling (Nagata et al., 2022). There were approximately 260 million adults in the U.S. at that time (Ogunwole et al., 2021), which means that, at the time of the study, roughly 33 million Americans were living without needed mental healthcare.

[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](#)



Clinical Supervision of Mental Health Providers Working with Transgender & Nonbinary Clients

Friday, June 21, 9 a.m.-4 p.m., L&C Graduate School • 6 CEUs
Jory Agate, LMHC, MDiv, MA, IFS Certified

An Introduction to Internal Family Systems Therapy

Monday, June 24, 1-5 p.m., Online • 4 CEUs
Rafe McCullough, PhD, NCC, LPC, LMHC; and Cort Dorn-Medeiros, PhD, LPC, CADC III

Sexual Bereavement: Sexuality at End of Life and in Bereavement

Thursday, July 11, 11:30 a.m.-1:30 p.m., Online • 2 CEUs
Kailey Bradley MA, LPCC-NCC, FT

We are the Most Beautiful People: A Disability Justice Panel Discussion

Monday, July 15, 1-4:30 p.m., Online • 3.5 CEUs
BA Short, LCAT, ATR-BC, ATCS; Zian Chavez; and Robert Lafady

Suicide Assessment, Treatment and Management: A Creative Exploration for Counselors and Therapists

Saturdays, April 20 & 27, 11 a.m.-3:30 p.m., Online • 8 CEUs
Maru Serricchio-Joiner, PhD, LMFT, ATR-BC

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



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

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503.329.8198

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503.538.6045

Thank You Willamette Falls Neuropsychology for Sponsoring the May Newsletter

Willamette Falls Neuropsychology LLC

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.

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Oregon Board of Psychology (OBOP)

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*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.

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