

Mark your Calendars:

11/26/18 – RxP w/ Dr. Stith

2/11/19 – Cognitive Aging w/ Dr. Keys

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## CAPPNews – October 2018

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### **President's Message:**

*REFLECTIONS OF AN OLD(ER) PSYCHOLOGIST....*

Gary A. Schneider, Ph.D., LICDC-CS, 2018 CAPP President

I approach the writing of my last column this year as president of CAPP in the Newsletter with an appreciation of how much has been accomplished in CAPP's history. As some of you may know, I was CAPP's first President in 1981. It has been a joy to be involved in an organization that started from scratch with 9 psychologists in 1981, yes - 37 years ago. How exciting it is to think about what CAPP might accomplish in the future!

In 1981, I could never have imagined what would be accomplished over the next 37 years. I would like to thank everyone who has been involved in maintaining CAPP and caring for it over the years. Like in other aspects of life, we have lost many important members, some who were on the Board, some by coming to the end of her/his life, some by moving, some by retiring, and some for other reasons.

The technology used by the current and recent Boards is certainly different from the initial and early Boards. Now we have emails often between meetings, maintain a website, online registration for continuing education programs, power point presentations, etc. Compare that to the technology (or lack of) in 1981 – for the most part, Board business in 1981 was only discussed in face-to-face meetings, deciding the structure, the mission and structure of CAPP, the legal status and the name of this organization.

While many things are very different, some things remain the same – psychologists looking for like-minded clinicians and comraderie, growing together, sharing frustrations as well as learning new clinical techniques and refining the old ones, figuring out how we can stay on top of new developments in psychology and mental health, and how we can survive and remain vibrant.

It has been a pleasure being president of CAPP both times. And it is also a pleasure turning things over to our incoming president, Joanne Gutzwiller. As you may know, Joanne is very enthusiastic and tireless in her pursuit of making CAPP as good as it can be. And the extra bonus is that she will be president for two years, not one year, a change in the Bylaws for the term of President voted on in 2017.

The Boards in 2015, 2016, 2017 and 2018, on which I have served on my most recent stint, have been amazing in terms of their commitment, energy, teamwork, and a willingness to “take that extra step”. Our current board is comprised of Jim Dahmann, Pete Dillon, Patricia Eiler-Sims, Sarah Greenwell, Joanne Gutzwiller, Tom Heitkemper, Teri Role-Warren, Rachel Sparn, and Cori Yaeger. We are so fortunate to have a Board that is so dedicated to CAPP's mission. Jim – Thank you for your excellent consultation and involvement as Past President. Joanne and Pete – Thank you for maintaining our website and dealing so effectively with the various glitches. Sarah – Thank you for keeping us informed about OPA's activities and changes in license renewals and OPA-MCE. Tom – Thank you for developing quality continuing education programs. Teri – Thank you for keeping us informed of what is happening with insurance/managed care. Rachel – Thank you for your development of social programs and your transition to marketing/public relation activities. I would especially like to thank Dr. Yaeger, as Treasurer, and Dr. Eiler-Sims, as Membership Chair, for their invaluable contributions and years of service as they leave the Board. Please see the other sections of this Newsletter for all that has been accomplished this year as well as projects in progress.

I cannot say enough about Laura Wilson, CAPP's Executive Coordinator, and her ability to be the point person (as in point guard in basketball jargon) for our organization. Laura is able to juggle so many things at the same time she is at the point position. Laura – thank you for keeping us on track!

And of course – *THANK YOU* to our membership. Without you and your support, ideas, suggestions, etc., there would not be a CAPP! While everyone's membership is appreciated, I especially want to welcome CAPP's new members this year – Nicole Bing, Kathryn Leugers, Alexis Pittenger, and Amber Stevens. Please see Patricia Eiler-Sims' membership section of this Newsletter for more information about our new members.

One of CAPP's important functions over the years has been to distribute information relative to the Ohio State Board of Psychology and the Ohio Psychological Association. While you already know about the changes in license renewal this year, CAPP recently sent you information about the changes in the Ohio Psychological Association Office of Mandatory Continuing Education (OPA-MCE).

I would be remiss if I did not mention a first-time event (as far as anyone can remember) for CAPP – a two-day workshop. We have had the first two-day workshop entitled Cognitive Processing Therapy for PTSD on October 4 and 5, 2018, conducted by Kate Chard, Ph.D., of the Cincinnati VA. It had a very high turnout-79 attendees, including 7 students, was represented by many different disciplines, and was attended by clinicians from as far away as Hawaii, Arizona, Connecticut, Pennsylvania, and Michigan. Judging from the evaluation data and my own personal experience, it was an excellent workshop and was very successful in accomplishing its stated goals. Overall, it was beyond our expectations, particularly for a first event, a two-day workshop. Tom Heitkemper and Laura Wilson-Thank you for doing an excellent job of navigating this effort through the entire process. You can read all about this workshop, as well as other programs, in Tom's section in this Newsletter. On a side note, it was also very interesting and humorous to hear Dr. Chard, a Cincinnati native, discuss local culinary delights and hot spots, such as Chef Jean-Robert de Cavel's restaurants, Skyline, Graeter's and those in the Over-The-Rhine area.

Let us all enjoy the rest of the calendar year and maybe even start the Holiday season early. Enjoy!!

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**TREASURER'S REPORT:** Cori Yaeger, Ph.D., 2018 Treasurer

Since joining the CAPP Board in December of 2010, I've had the pleasure of serving the organization as its treasurer. As of December, I'll be leaving the Board, and will turn the treasurer duties over to a new Board member.

During my time on the Board, I've watched CAPP grow into a more effective and professional group offering high-quality continuing education programs for area mental health professionals. In addition, CAPP has been offering increased networking opportunities and a more visible presence in the community through participation in health fairs and NAMI walks.

Financially, CAPP weathered the many challenges that we encountered in the areas of internet/web work, online banking, and online registration for workshops/dinner meetings, and membership application and renewals. Although the increased costs of going electronic have, at times, been disheartening, we have found in the long run, that we've been able to allow Laura, our Executive Coordinator, to spend her time in more useful ways.

Currently, we are in a better situation financially that we have been in years. We took a huge risk in offering Dr. Chard's CPT two-day workshop, and the risk definitely worked out with a nationally-known speaker who drew a large number of attendees.

I look forward to continuing as a CAPP member, and will work as a consultant to the Board during the transition to a new treasurer. I appreciate all of the support I've received from CAPP members and the Board over the past years.

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**MEMBERSHIP NEWS:** \_Patricia Eiler-Sims, Psy.D., 2018 Membership Chair

Our newest CAPP members include:

**Nicole Bing, Psy.D.**

Dr. Nicole Bing obtained her psychology doctorate degree at Xavier University in 2005. She is currently the Psychology Lead in the Division of Developmental and Behavioral Pediatrics at Cincinnati Children's Hospital Medical Center (CCHMC). Nicole has worked at the Kelly O'Leary Center for Autism Spectrum Disorders at CCHMC since 2005. She will be leaving her position at CCHMC at the end of the year to pursue private practice full time. Dr. Bing will be joining Macks Psychology Group. Dr. Bing specializes in assessment of autism spectrum disorders. In her free time, Dr. Bing enjoys spending time with her husband and 3 children.

**Alexis A. Pittenger, Psy.D.**

Dr. Alexis Pittenger obtained her psychology doctorate degree at Xavier University in 2012. She is currently a staff psychologist in the Division of Developmental and Behavioral Pediatrics at Cincinnati Children's Hospital Medical Center (CCHMC). She specializes in the assessment and treatment of children with autism spectrum disorders and other developmental delays. Her expertise is in behavioral intervention. Dr. Pittenger will be leaving her position at CCHMC to pursue private practice at Macks Psychology Group in January 2019. Dr. Pittenger is married and has an adorable son who is 20 months old. She enjoys spending time with her family and friends.

**Kathryn Leugers, Psy.D., MBA**

Dr. Kathryn Leugers obtained her doctorate degree from Widener University in 2007. Dr. Leugers is currently in private practice. She has offices in Cincinnati-Montgomery area and in Columbus, Ohio. Dr. Leugers works with children and adults with anxiety disorders, ADHD, Depression/Mood disorders, OCD, PTSD/Trauma, and parenting concerns. She also specializes in career testing/consultation, and organization development/business consultation.

**Amber Stevens, Psy.D.**

Dr. Amber Stevens obtained her psychology doctorate degree at Illinois School of Professional Psychology, Chicago in 2013. She is currently working at Bridge Psychotherapy and Wellness, LLC. Dr. Stevens specializes in the treatment of adults with a broad range of difficulties including anxiety, bereavement, mood disorders, gender issues, and stress management.

Please join us in welcoming them aboard. You will find their contact information on the CAPP website and please remember to spread the word about the great benefits of joining CAPP! We appreciate referrals.

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**WHAT HAS THE BOARD BEEN UP TO???** James Dahmann, Ph.D., 2018 Secretary

The CAPP Board does not meet over the summer, but thanks to email work still gets done. We certainly don't want to make new member applicants wait three months to be accepted! In addition, the nominating committee met to begin drawing up a slate of candidates to run for the 2019 board.

Financially we remained very stable over the summer, not needing to dip into our savings to cover expenses.

Dr. Dillon had to wrestle with a virus which shut down our webpage for a while at the end of the summer. The attack was part of a mass attack on WordPress sites. Part of the problem was also our hosting site. After much investigation and discussion (and \$400 to repair the damage), the Board determined we would move to another hosting site with much better security, even though it is more expensive monthly.

Dr. Greenwell brought us up to date on HB658 (regarding adolescent/children with gender dysphoria or gender non-conformity). OPA vehemently opposes the Bill with concerns over judges not being able to override parents who are blocking a child from seeking treatment. It also demands psychologists inform parents when gender issues exist. Teachers and child care workers would also have to disclose if informed by a child. OPA is actively lobbying and talking to legislators to prevent this from passing. Dr. Greenwell also informed us that supervision rules are going into effect, and prescription privileges will be voted on in November.

Dr. Role-Warren discussed the Medicare 90837 code. Providers are receiving warning letters about potential audits. The OPA Insurance Group felt this was being used as a "scare" tactic. To handle, it is suggesting that providers use proper recordkeeping procedures so that if an audit occurs, everything is all documented. Also, in the insurance arena is confusion as to whether or not to use Medicaid. The rules have changed, and modifiers are not required for standard billings. If problems occur, you should call Jim Broyles at OPA direct. Modifiers are required with Supervision billing only.

In an effort to attract more members, Dr. Sparn will begin shortly to visit universities and possibly visit Talbert House's internship program

As of January, testing billing CPT codes are changing. APA has a webinar to prep for this change. Changes deal with control over how much providers are billing for report writing. Testing time and report writing time will be billed separately.

By the time you read this, you will have learned about the confusion regarding registering with the OPA MCE. If you haven't renewed, do so now! If you think you have, check to make sure. The process has changed since the last biennium!

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**GETTING THE MOST OUT OF OUR WEBSITE:** Pete Dillon, Ph.D., 2018 Webmaster

Hopefully we are all in the habit of using our wonderful website to search for referrals in the community. I often have people asking for referrals for specialized care (eating disorders, grief counseling, autistic spectrum issues, etc), and the web directory is a very helpful resource. While it is extremely useful to search by specialty and geography, there are also limitations to the website. There are limits to describing one's practice in detail, as specialties are listed alphabetically rather than by relative volume or by strength of preference for working with various populations.

To make the most of your listing, you can post a picture and link your profile to your own webpage, on which you can describe your practice in as much detail as you would like. Feel free to edit your listing from the Member page. Under "Member Tools," just click "Edit Public Profile" to get started. Please make the most of this resource in marketing your practice.

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**PROGRAM NEWS:** Thomas Heitkemper, Ph.D., 2018 Program Chair

***Child and Adolescent Suicide Prevention*** (August 27, 2018) - Presenter: Jennifer Wright-Berryman, Ph.D.

Dr. Wright-Berryman, a suicidologist, and an assistant professor of social work, at the University of Cincinnati with over 20 years of clinical experience, is the lead researcher for Hope Squad, a nationally implemented, peer-to-peer, school-based, suicide prevention program. She began by presenting information about the prevalence of suicide and current leading theories of suicide. The need to address the three 'intercepts' of suicide was emphasized: prevention, intervention, and postvention, along with evidence-based practices in suicide prevention.

She detailed the Hope Squad model, which is a peer-based intervention model currently implemented in 20 schools throughout greater Cincinnati. This evidence-based, peer-to-peer program empowers students to serve as the eyes and ears of the school and equips them with critical skills to better care for their peers and themselves, including when to direct a friend in need to a trusted adult. (For more information, go to <https://www.grantushope.org/hope-squad>.)

In addition to the above, two key take-away points from Dr. Wright-Berryman's program were:

1. Not all suicidal persons are necessarily clinically depressed. She focused on "emotional pain" versus "depression" as a potential trigger for suicidal ideation/behaviors. Her analogy of someone hanging on a bar or beam high above the ground with no safety net until that person can no longer hold on and finally lets go was a very compelling example of that type of pain. It's not that the person wants to let go; rather, they just don't see any other option or choice.

2. Prevention is only one goal. The overriding goal is to begin the conversation about suicide with schools, neighbors, churches, etc. We need to include suicide as part of "common" conversation. Her "casserole" example was enlightening: If a neighbor is sick or recovering from some illness, we are likely to take a casserole and say something like "I know you're not up to cooking so I thought I'd help out and bring you dinner." How often would we do the same if we heard that a neighbor had just survived a suicide attempt? Most likely we'd tend to avoid that person or the conversation. (For more about this, go to Dr. Wright-Berryman's TEDx talk, "Are you in? Addressing emotional pain and saving lives" (<https://youtu.be/Wa92C6iD6QQ>).

Of note is that we had several school psychologists in attendance at this meeting. We hope that some of them will become CAPP members!

***Cognitive Processing Therapy for PTSD*** (October 4-5, 2018) - Presenter: Kathleen M. Chard, Ph.D.

Dr. Chard, the Director of Trauma Recovery Center at the Cincinnati VA Medical Center and Professor of Clinical Psychiatry and Director of the UC Health Stress Center at the University of Cincinnati, shared her expertise in cognitive processing therapy for PTSD. The manual which she co-authored, *Cognitive processing Therapy for PTSD*, was the basis for her two-day presentation.

Given the number of out-of-town attendees (due to the national reach of her website), Dr. Chard began the day by serving as an excellent ambassador for Cincinnati, touting what the area has to offer and making suggestions for good dining to those new to the city (we had people in from Connecticut to Hawaii!).

She presented an overview of CPT including addressing practical issues of implementation and the empirical support for CPT for PTSD. Of interest is that these results are widely generalizable across many clinical settings and cultures as well as to other psychological conditions and comorbidities. The relationships between cognitions & emotions and arousal/reactivity were clearly explained, with detail on the role of the amygdala, prefrontal cortex (PFC), and neurotransmitters involved.

Given CPT's strong roots in Beck's cognitive therapy, Dr. Chard focused on changing cognitions/cognitive behaviors, resulting in changes to the PFC. The core of CPT is first on distinguishing assimilation (pre-existing beliefs...positive or negative) and accommodation (beliefs that can assist with recovery). Identifying assimilated "stuck points" was noted as the springboard for implementing CPT.

Phases of the very structured treatment process were outlined: pretreatment assessment, education about the nature of PTSD, processing the trauma, learning to challenge beliefs, identifying trauma themes, and learning to face the future. While CPT is structured for 12 sessions, it was noted that treatment length can be flexible, from 8 or 9 up to 15 sessions, depending on the patient's needs.

Of interest is that CPT does not require the patient to narrate or "relive" the actual trauma; rather, the focus is on the beliefs that have arisen from the trauma. Again, the goal of CPT is not to reduce the arousal (involving the amygdala), but to retrain the PFC to generate more adaptive and accurate beliefs. Dr. Chard in particular focused on the "just-world" belief so prevalent in our thinking (i.e., "What goes around comes around.").

Overall, the two days offered many very practical examples of using CPT throughout the various phases of treatment, including addressing issues of patient non-compliance with attending sessions or completing homework assignments. Several video examples gave us "in-vivo" demonstrations of CPT at work. The scripts for each session were clearly listed in her manual, to which she made frequent reference throughout the workshop.

Overall, this was one of the best-attended workshops in CAPP's history, thanks in part to Dr. Chard's ability to draw participants both locally and nationally. Many participants went on to register for the additional consultation/training required to be listed as a CPT provider. For more information, see <https://cptforptsd.com/#>.

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**Continuing Education credits:** In the past, CAPP had gotten program approval for CE credits for CSWMFTs through their board, which was a rather time-consuming process. In 2018, the CSWMFT board began to use "CE Broker," apparently a third-party administrator, to do program approvals. After a bit of a learning curve, we enrolled as providers (for a fee) with the understanding that our programs would then, once registered, be eligible for CSWMFT CE credit. However, due to many issues which subsequently arose with CE Broker and the CSWMFT board, CAPP will no longer be able to offer CE credits for our programs to the CSWMFT professionals.

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## ***SAVE THESE DATE(S)! and plan on joining us!***

**Upcoming dinner meeting programs (see the website for more details!):**

**Monday - November 26, 2018 - "RxP: Psychologists' Prescription Privileges"**

**Speaker: Laura Stith Ph.D.**

RxP refers to the professional movement within the field of clinical psychology to provide additional training to psychologists (via a post-doctoral master's degree in clinical psychopharmacology) in an effort to increase psychologists' scope of practice to include prescription writing authority. This movement seeks to improve access to psychotropic care and also enhance the quality of that access by pairing psychological training with additional medical/biological training. Dr. Stith will update you on the current status of the movement within the United States and in Ohio. She will share information about the current status of RxP legislation in Ohio, as well as her experience as a student in a post-doctoral master's degree in clinical psychopharmacology program.

**Monday - February 11, 2019 - "Cognitive Aging: Can we modify risk of cognitive decline in late-life?"**

**Speaker: Michael Keys MD**

This program will look at what we know in terms of aging, change in our memory and other cognitive abilities, and the underlying brain changes associated with decline. While the number of cases of Alzheimer's disease and related late life dementias is increasing and perhaps the leading public health concern in terms of overall health and economic burden, several epidemiological studies in the last several years have shown that the incidence, i.e., individual risk, as well prevalence of the disease has actually decreased. Dr. Keys will present information about contributory risk factors ranging from genetics to modifiable lifestyle changes, focusing on what we know and don't know about risk and protection in cognitive aging.

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**MARKETING NEWS:** Rachel Sparn, Psy.D.

My CAPP board member duties were recently adjusted to combine Social Committee activities with Marketing for CAPP and CAPP membership. Later this fall, as part of my new role in Marketing & Membership, I will be visiting local universities and psychology training programs to educate students, graduate students, trainees, and other professionals about what a CAPP membership has to offer. If any CAPP members have ideas or suggestions about schools/groups/organizations who may benefit from CAPP, or with whom CAPP may benefit from a professional relationship, please let us know at [capp@cappnet.org](mailto:capp@cappnet.org).

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**INSURANCE MANAGED CARE INFORMATION:** Teri Role-Warren, Ph.D. 2018 Chair Insurance Managed Care

The insurance committee has been discussing how it can be more proactive in communicating with psychologists. Several insurance committee volunteers agreed to monitor and respond to posts about insurance questions that are posted on the List Serve, informing psychologists of Jim Broyles' blog, additional resources and how to access and navigate these resources. List Serve topics will then be added to the insurance committee's monthly agenda to identify current topics and reach out to psychologists.

The insurance committee learned some psychologists are receiving letters from Medicare regarding their use of the 90837 CPT code. Whatever the purpose of these letters, psychologists are encouraged to rigorously follow record keeping guidelines, including start and stop times on their documentation. Jim Broyles would also like to be informed if any audits result from these letters.

In other audit developments, one OPA member was audited by Anthem, but it is unclear what triggered the audit or how broad the audit will be. No other members have been informed of such audits.

The insurance committee learned that CareSource had interpreted the 90-day credentialing deadline to start on the date that CareSource pulls information from CAQH, not from the date that application was submitted. Jim Broyles contacted CareSource and got this resolved. If anyone learns of credentialing that takes longer than 90 days from application, please inform Jim or an insurance committee member.

In other credentialing matters, Cigna is not currently paneling new providers at all. The insurance committee is looking into the reasons for this. One practice was told that Cigna will only panel providers who have a prescriber within their practice.

There is some confusion regarding whether or not to use modifiers when billing Medicaid for standard psychotherapy. (Note: when billing for supervision, modifiers should be used.) Medicaid rules have changed, and modifiers are not required for standard psychotherapy. Cenpatico/Buckeye rejected one practice's claims when modifiers were not submitted. Billing and office managers are encouraged to

contact Jim Broyles directly if claims are rejected for not using modifiers on standard psychotherapy claims so that he can take the redacted EOB's to his contacts at the managed Medicaid plans.

The insurance committee will have a panel discussion at the OPA convention. There will be a brief presentation and introduction, followed by time for questions.

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News from the Ohio Psychological Association (OPA): Sarah Greenwell, Psy.D.

Welcome to the 2018-2020 biennium! Hopefully everyone completed the licensure renewal process easily. Don't forget to also renew your OPA-MCE. As in previous years, OPA-MCE will continue to track all CE hours for licensed psychologists and BCBA therapists in Ohio. Registration is \$125 for OPA members and \$165 for non-members. Late fees will be assessed beginning December 1, 2018. If you are not already an OPA member, this is a great time to consider becoming an OPA member as it may save you money. For instance, if you happen to be someone who takes several CE courses that are not pre-approved by OPA or APA, it will cost you \$50 per course to have it reviewed for approval by the OPA MCE committee. If you are an OPA member, the review is FREE! Of course there are tons of additional benefits for being an OPA member, but this is a big one.

Another reminder is that OPA convention proposals are due Oct. 25<sup>th</sup>. This year's convention theme is "Working Together to Build a Culture of Understanding." Please see the OPA website to review the proposed [presenter standards](https://ohpsych.site-ym.com/page/present) (<https://ohpsych.site-ym.com/page/present>) before submitting a proposal. All proposals should be submitted using the [online form](https://ohpsych.site-ym.com/page/2019ConvProposal). (<https://ohpsych.site-ym.com/page/2019ConvProposal>).

On the Ohio legislative horizon, OPA continues to advocate against House Bill 658 sponsored by OH Representatives Brinkman and Zeltwanger. This Bill requires therapists to inform parents when a child discloses gender identity issues as the Bill requires parental permission for the treatment of these issues. See the OPA Bill Box on the OPA website for OPA's statement of opposition in response to HB 658. OPA is also monitoring House Bill 557 sponsored by OH Representative Anielski which proposes a license and regulation of Art Therapists. OPA has concerns over the scope of practice the license will allow Art Therapists, which has been a concern with previous versions of this type of Bill in the past. In the Ohio Senate, OPA supports Senate Bill 262 sponsored by Senator Tavares which requires schools to inform parents when there are concerns regarding an eating disorder in a student.

Nationally, in case you haven't heard, the new C6 organization replacing the APA Practice Organization will be called "APA Services, Inc.". More to come on how this organization will differ from APA-PO.

Save the Date:

- OPA Conference April 24-26, 2019 in Columbus, OH

Please feel free to contact your OPA representative at [sarah.greenwell@cchmc.org](mailto:sarah.greenwell@cchmc.org) with any further questions about OPA.

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**CLASSIFIEDS:**

*Office Rental or Purchase Opportunity:* Rent space (full time or shared) or purchase ownership in an established professional building. Terrific Kenwood location that is close to I-71 and the Kenwood Towne Centre. Collegial atmosphere, excellent potential for referrals, secretarial services available. **Contact: Gary Schneider, Ph.D., Tom Kalin, Ph.D., Leslie Swift, Ph.D. (513) 791-8849.**

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***Please remember to visit the website for CAPP updates/events, etc.!***

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