
CAPPNews – April 2020

President's Message: Joanne Gutzwiller, Ph.D., President

As I write to you this Spring, our personal and professional lives have been greatly transformed by the COVID-19 pandemic, efforts to limit the spread of the disease, and the economic and social realities that have become our new normal. This feels like a profound moment in history and an important moment for the field of psychology. We have the incredible privilege of assisting individuals and families through crisis and loss; hopefully, improving the quality of their lives on the other side of this pandemic. In addition, we will likely be called upon to treat front line medical professionals who may not present for treatment until after this crisis has passed. To do all of this important work, most of us have quickly adapted our practices to offer telehealth, created new consent forms and procedures, learned new technology, and experienced first-hand the challenges and rewards of this new mode of treatment. It has not been easy, and I commend all of you for your hard work on behalf of our Cincinnati community. As a group, I'm impressed with our adaptive flexibility and creativity in navigating this new reality. However, self-care is probably now more important than ever for psychologists. I hope you are taking breaks, enjoying being home with your families, and doing whatever makes you feel energized and balanced.

In the spirit of flexibility, we thank you for your patience and understanding regarding our Spring Ethics workshop. Dr. Tom Heitkemper has been hard at work on making this workshop happen. The workshop is currently rescheduled for June 5th with a back-up date of August 14th. If we are still under significant restrictions in August, we plan to make the workshop available as a webinar. Any changes to the current rescheduled date of June 5th will be communicated via email. In the meantime, please feel free to contact Laura (capp@cappnet.org; 513.779.2181) with any questions or concerns.

I wanted to also take this time to thank our first ever graduate student representative, Carly Deremo, who will be leaving us soon to go on internship at Miami University's Counseling Center. We have loved having Carly on the CAPP board and wish her well in her next endeavor.

On a personal level, I hope you are all healthy and well. This is a scary time for all of us, but I know our community will persevere. Keep washing your hands and respecting a safe social distance ☺.

SAVE THE DATES: Thomas Heitkemper, Ph.D., 2020 Chair

FRIDAY – June 5 2020 (8:30 AM - 12:45 PM): Diversity, Trauma, & Ethical Issues in Psychology;
Presenter: Dr. Maria Espinola

FRIDAY – October 2, 2020 (8:30 AM – 12:45 PM): An Introduction to the MMPI-3
Presenter: Dustin B. Wygant, Ph.D

For more information - see **Programs** section below!

Treasurer's Report: Alexis Pittenger, Psy.D., 2020 Treasurer

Hello! First and most importantly, I hope that everyone is staying safe and healthy during these unpredictable and challenging times. Financially, CAPP remains in a solid position. The Board recently reviewed the budget for this year, as well as spending and revenue over the past few years. Overall, the numbers looked great. We were pleased to see a steady, positive trend in terms of CAPP's overall financial position. Programming (dinner meetings and workshops) are an important part of this success, but so are our members. During a time when many people are understandably having to make difficult decisions regarding how they spend their money, we are thankful for your continued support. Stay well.

Membership/Marketing News: Rachel Sparn, Psy.D., 2020 Membership Chair

Please join us as we welcome our newest CAPP Members:

Leah Riegert, Psy.D. - Dr. Riegert graduated from the Adler School of Professional Psychology in 2016. She currently works in the Anderson area with adults and seniors, particularly in the areas of mood disorders, health psychology, pain management, military personnel and families, mindfulness, and stress management.

Nikki Winchester, Psy.D. - Dr. Winchester graduated from Xavier University in 2015. She currently works in the Sharonville area with adults, particularly in the areas of addictions, mood disorders, Dialectical Behavior Therapy, military personnel and family, mindfulness, and PTSD.

Amanda Stein, Ph.D. - Dr. Stein graduated from the University of Cincinnati in 2010. She currently works at the University of Cincinnati Department of Psychiatry with adults and seniors, particularly in the areas of anxiety, ADHD, health psychology, and neuropsychology.

Mike Bruner, Psy.D. - Dr. Bruner graduated from Xavier University in 2017. He currently works at HealthSource of Ohio in Loveland with ages across the lifespan, particularly in the area of health psychology.

Jennifer Lewis, Ph.D. - Dr. Lewis graduated from Western Michigan University in 2003. She currently works in private practice in the Blue Ash area with adults and seniors, particularly in the areas of anger management, anxiety, PTSD/trauma, military personnel and family, personality disorders, and dissociative disorders.

Susan Urmetz, Psy.D. - Dr. Urmetz graduated from Forest Institute of Professional Psychology in 1989. She currently works in private practice in the Montgomery area with adults and seniors, particularly in the areas of anger management, anxiety, depression, PTSD/trauma, EMDR, and parenting.

Please see our website for their contact information!

Other News: Reds Game 2020 Rescheduled: The CAPP sponsored Reds game fundraiser scheduled for May 2020 will be postponed until 2021. We look forward to working with the Reds organization again next spring and hosting a fun event for CAPP members, friends, and family!

Webmaster News: Amber Stevens, Psy.D. 2020 Webmaster

It's been an exciting few months serving as the new Webmaster for CAPP. As part of my transition, we have been adding some additional features to the website. First and foremost, in response to COVID-19 and the imminent need for teletherapy, members are now able to update their profiles to indicate their ability to offer telehealth to clients. Additionally, we are currently updating our site to include more diverse Gender Identity and Preferred Pronoun sections in your member profiles and as a search feature for those seeking a psychologist. We encourage all members to update their profiles accordingly! Please reach out to me at astevens@galiacollaborative.com with any questions or concerns about editing profiles.

Remember to review and update (if necessary) your listing before the Directory printing. The information for the Directory is taken from the website! If you wish to update your listing with either a photo or a link to your website, send us the information at capp@cappnet.org.

Social Media/Public Relations:

Reminder to use the closed Facebook group (CAPP Cincinnati Psychologists Group) as a private forum for CAPP members to seek and share current information with one another. As explained previously, this page is much like the OPA/APA list serves, members can post referral needs and share resources. If you'd like to join the conversation, sign onto Facebook and search for the group "CAPP Cincinnati Psychologists Group". Once you select "join group", we can add you to the group.

Also, please remember to check out the CAPP Facebook Page and website to stay up to date on all CAPP events and news:

<https://www.facebook.com/CAPPNews/>

www.cappnet.org

Insurance Managed Care Committee: Teri Role-Warren, Ph.D., 2020 Chair

Given the ever-changing insurance reimbursement for teletherapy during the COVID-19 crisis, please stay tuned to Jim Broyles' postings and the OPA insurance committee website.

Please feel free to contact CAPP's chair, Teri Role-Warren with any questions. Contact info found on our website: www.cappnet.org

News from the Ohio Psychological Association (OPA): Bailey Bryant, Psy.D., 2020 OPA Representative

I'm excited to start my new role as OPA Representative for CAPP and join such a wonderful group of psychologists.

Much has changed over the course of the past month as many of us are staying at home and offering our services via telehealth. OPA has been busily offering support to Ohio psychologists including webinars and live Q&A sessions with Jim Broyles and Matt Capezzuto titled "[How to survive the Pandemic: OPA answers your questions about the rapidly changing landscape of insurance regulations, HIPAA, and telepsychology practice during the current crisis.](#)". The Q&A sessions have been in high demand and recordings are available on the OPA website.

Although the legislature is not in session, advocacy efforts continue. Here are a few updates on important legislative bills that impact psychologists:

HB 323 - Psychologist Prescriptive Authority. This bill was initially introduced in August 2019 and the first hearing was on October 1, 2019 with the second hearing held January 28, 2020. Passing this bill is one of OPAs top priorities. Unfortunately, the sponsor of the bill, Representative Manning, died suddenly in early March. We will keep you updated on the progress of this bill.

SB 258 PSYPACT interstate compact to facilitate provision of telehealth services has been introduced in the Senate by Senator Theresa Gavarone (R-02). To date, 12 other states have enacted PSYPACT legislation; 15 others have pending legislation.

HB 443 Mental Health Parity: OPA has been part of a coalition working to bring Ohio's parity laws in line with the Federal law. HB 443 is supported by the Ohio Parity at Ten Coalition, a broad and diverse group of advocacy and policy organizations. It has been referred to the House Health Committee and sponsor testimony was presented on January 14th. The sponsors are Representative Phil Plummer (R-40) and Representative Allison Russo (D-24).

HB 580: Telehealth reimbursement was recently introduced in the house. If passed it will mean that telehealth will be reimbursed at the same rate as regular health services.

The OPA Convention was cancelled in order to maintain health and safety of all members; and yet, the show must go on. Sixteen programs are being recorded and will be available on the OPA website by July 1st for a total of 36 hours of CEU credit. Additionally, an ethics workshop lead by attorney Glenn Karr will be live streamed on July 19th. Please stay tuned to ohpsych.org for more details.

Last but not least, Governor DeWine requested that mental health professionals who are not currently affiliated with a hospital complete an online survey to volunteer their services in case of a Covid-19 Surge in Ohio. If you would like to complete the survey, you can find it at https://www.surveymonkey.com/r/COVID-19_Surge

Please feel free to contact me at BaileyBryant@drbbryant.com with any further questions about OPA.

I hope that you are all staying well and safe.

Programs: Thomas Heitkemper, Ph.D., 2020 Program Chair

ETHICS! – 6/5/2020

As you know, we had to postpone our ethics workshop originally scheduled for April 3, 2020. Dr. Maria Espinola has graciously agreed to present on **Friday, June 5th**. As a back-up plan, she has also agreed to present on **Friday August 14th** if we need to postpone the June date due to continued social distancing requirements, which seems increasingly likely.

We are looking forward to her 4-hour presentation (8:30 AM - 12:45 PM) on Diversity, Trauma, & Ethical Issues in Psychology. Her experience and service in these areas was recently recognized by the University of Cincinnati's Faculty Senate Award for Exemplary Service <https://youtu.be/G7JQnYwyYh0>.

NOTE: In case we are still distancing by August, Dr. Espinola has also agreed to do her workshop via a **webinar format**. More on that as we continue to keep an eye on the impact of COVID-19 on our ability to gather in public. We will communicate via email on these matters and truly appreciate your support of CAPP with your CE dollars!

FALL WORKSHOP: An Introduction to the MMPI-3 – 10/02/2020

Presenter: Dustin B. Wygant, Ph.D.

The MMPI-3 will be released in a few months! Be ready for the new standard in MMPI testing by attending this very timely workshop. Dr. Wygant is a Professor of Psychology and Director of Clinical Training for the doctoral program in clinical psychology at Eastern Kentucky University. He specializes in the assessment of malingering of psychological symptoms in forensic psychological evaluations and the utility of psychological testing (primarily with the MMPI-2-RF) in forensic, correctional, and medical settings. As is the case with our ethics workshop, we are watching for the impact of COVID-19 on social distancing and will keep you informed.

PROGRAM Review: of our Winter Dinner Program:

“Fatphobia: Seeing our higher weight clients as more than a moral and health crisis” (Feb. 3, 2020; presenter: Wendy Dragon Ph.D.)

Dr. Dragon presented on our understanding of the impact of living in a larger body. Typical suggestions such as weight management may only serve to marginalize and pathologize such clients. She offered research and guidelines concerning better psychological care of our clients in larger bodies.

Three common social messages related to body weight are the controllability of body weight, the morality of food and weight, and the social acceptability of weight bias and shaming. Dr. Dragon emphasized that

it is only partially true that weight is controllable, citing research which suggested that diet and exercise only contribute 10% to “obesity,” while social and economic factors contribute 40%.

She discussed the impact of weight stigma, including stereotypes, micro-aggressions, and barriers in the physical environment. In some cases, weight is framed as a “serious health issue.” She noted that government policies, news media, and public health interventions around “obesity” further stigmatize those in larger bodies. The impact of this stigma on educational attainment, employment opportunities, and compensation was also discussed.

Physicians’ attitudes towards those in larger bodies was noted to be the second most common source of size stigma (second only to family stigma), as they often view these individuals as “bad patients” who aren’t complying with treatment. It was also noted that weight is blamed for many medical problems. The “real world” implications include mistreatment of medical problems due physicians’ focus on body size to the exclusion of other health issues. Importantly, internalized weight bias can lead to decreased health behaviors and increased health risk due not to the weight, but due to self-perception of being “overweight.”

Dr. Dragon also discussed our individual biases and assumptions about weight as we do psychotherapy. This can include a focus on helping our clients lose weight, failing to recognize social and economic factors in weight bias, and even the size and placement of office furniture.

Ways to remedy our own stigma were presented, along with ways to change our practices to make them more “size friendly.” These included making necessary changes to the physical and social environment of your office space and directly asking clients which terms they prefer to be used in relation to their weight. She discussed “Health at Every Size” principles including acceptance of the diversity of body shapes and sizes, respectful care, eating for well-being, and life-enhancing movement. Helping our clients deal with weight stigma in social media was also discussed, including the need for social connection.

Member’s Corner:

We like to recognize when our CAPP member’s SHINE:

Tracy McDonough is the 2020 recipient of the Mount St. Joseph University **Distinguished Scholar Award**. This award recognizes the skill and contributory aspect of a professor’s work as a distinguished scholar who has been nationally and/or internationally recognized for scholarly achievement. Dr. McDonough co-founded [The Schizophrenia Oral History Project \(TSOHP\)](#), a collection of oral life history narratives of persons with schizophrenia, to give voice to those who are typically not heard or understood. She has taught at Columbia University, and her work has appeared in several academic journals, *The New York Times*, *U.S. News & World Report* and will be featured within the May issue of *USA Today* online for Mental Health Awareness month. **Shine on Dr. McDonough!**

Board Happenings:

Did you know? Complete board minutes can be viewed on the CAPP website. Check out what your Board is doing to benefit our members!

CLASSIFIEDS:

Office Space – Mason: Offices available in Mason, Ohio. Ongoing, by the day, or by the hour. Very reasonable rates. Large. Comfortable. Nicely furnished. Three of the offices have a wall of windows looking out on a pond with running water. Two are newly renovated. Receptionist present to greet your clients Monday through Friday (hours vary). Evening and weekends are also available. Please contact Steve at Sparks Psychological Services and Associates at 513-297-3455 or SparksLLC@me.com.

OFFICE SPACE AVAILABLE: *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.**

Please remember to visit www.cappnet.org for updates/events, etc.!
