

The Colorado Psychologist



Colorado
Psychological
Association

October 2022

**Colorado
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Brian Beaumund, PsyD
CPA President

Message from the President

Dear CPA members,

I write to you all from my front porch swing, enjoying a brisk Autumn morning with a warm cup of coffee. The leaves on my ash tree are just starting to turn and it's finally (almost) appropriate for my grass to be as brown as it is year-round. As a farmer's son, I love this time of year and find it to be a meaningful time for reflection. For me it's a time to slow down, to learn from the trials of the past seasons, to be grateful for the bounty of hard work, to mourn losses, and to sow new seeds for the year to come.

This time of transition seasonally coincides with governance transitions in CPA. The Board of Directors had its first meeting of the

new (governing) year on September 16th. I am enthused to be part of such a passionate, intelligent, and considerate team of colleagues as we begin the fulfilling work of a new year.

This year The CPA Board will continue its efforts to sustain continuity from previous years by maintaining our focus on the Strategic Plans initiated in 2020. The Board specifically will focus on Brand, Governance, Advocacy, and Diversity, Equity, & Inclusion in establishing specific objectives defined by each work group, to help facilitate improved efficiency, accountability, and to help produce measurable outcomes.

Although Board Meetings are always open to members, I

Message from the President – Continued

would personally like to invite you to attend our Board Meetings this year from 12:30-2pm on (Fridays) 11/18, 1/20, 3/17, and 5/19. The strength of our organization is defined by the individual members comprising it and I welcome you to observe and partake in our process and share your unique and valued perspective.

To that point, please feel free to reach out to me directly if you'd like to become more involved in CPA. Our Committee, Task Force, Liaison, and Division (CTLD) chairpersons are actively recruiting new members to be more involved in our varying projects and initiatives. Specifically, we are hoping to expand our Programming efforts this year, so please reach out if you have interest in organizing or presenting at an upcoming event this year. The RxP Task Force will be continuing its tireless efforts to establish prescriptive privileges for psychologists in Colorado and there is always room for more involvement from membership. You can find the full list of CPA's CTLDs [here](#), as well as the chairperson/contact for each.

Sincerely,

Brian Beaumund, PsyD
CPA President, 2022-2023
Brian.Beaumund@gmail.com

CPA Calendar of Events 2022/2023

CPA Board Meetings

11/18, 1/20, 3/17, and 5/19
12:30 PM - 2:00 PM

CPA Executive Committee Meetings

Oct. 27, 2022, 12:00 PM - 12:30 PM
Dec. 15, 2022, 12:00 PM - 12:30 PM

Articles due for The Colorado Psychologist
November 15, 2022
to Kay Beaulieu, PsyD at
dr.kaybeaulieu@gmail.com

Message From the Editors



Kay Beaulieu, PsyD
Lead Editor



David Miller, PsyD
Format Editor

*This could
be you!*

Content Editor

*This could
be you!*

Submissions
Coordinator

Dear CPA Members,

TCP will continue to highlight current topics. If you have ideas about topics you'd like to read about, contact me at dr.kaybeaulieu@gmail.com. Next month we will focus on the holidays, as many psychological aspects of them as possible.

In this issue, CPA president Dr. Brian Beaumund writes about transitions, CPA's Strategic Plans, and CTLD reports. Dr. McKnight explains how eco-anxiety is affecting us. Caitlyn Wilson lets us know about research on the importance of interacting with nature. Nevita George writes an eye-opening article about gun violence. Dr. Idalia Massa-Carroll is interviewed by Mary Taylor Goeltz (MT). This article shows the advantages of having multiple positions as a psychologist. Dr. Kndutson gives us a synopsis of APA's Council of Representatives meeting in August. As a follow up from the last TCP, Dr. Michelle Dawson and Nevita George discuss Psychologists' Role in Reproductive Justice. Lastly, CTLDs from various committee's and Task Forces are listed.

The New York Times recently published an article: *E.P.A. Will Make Racial Equality a*

Bigger Factor in Environmental Rules:

<https://www.nytimes.com/2022/09/24/climate/environmental-justice-epa.html>

To follow up on the last TCP *Psychologist's Role in Reproductive Justice* there is an article in the September 2022 edition of monitor on psychology *The Facts About Abortion and Mental Health* which is available here:

<https://www.apa.org/monitor/2022/09/news-facts-abortion-mental-health>

TCP needs a Content Editor and a Submissions Coordinator. There are only two of us on the TCP team. Please contact me with feedback, ideas, articles, interest in becoming Content Editor or Submissions Coordinator, and anything else related to TCP at:

dr.kaybeaulieu@gmail.com

Kay Beaulieu, PsyD, Lead Editor

David Miller, PsyD, Format Editor

Let's Talk About Your Mother... Nature

Megan McKnight, PsyD

While growing up in Alaska, the seasons, weather, and migration patterns were a frequent topic of conversation. My family lived off of the land as much as possible and my culture included daily interaction with and appreciation for the land, animals, resources, and planet as a whole. Discussions about the timing and size of salmon runs, caribou migrations, when swans were nesting, and how many moose were spotted were casual day-to-day conversation. We felt interconnected with the wilderness and nature and protective of her health and security.

Back then, the impact of global warming felt subtle. Perhaps the changes were happening at a slower rate? Maybe the changes had yet to reach a more visible and obvious effect? I am far from a climate scientist, but it is clear The Last Frontier has experienced significant environmental changes in the past decade. When I slow down and notice the changes back home, I observe that those changes affect my mood. Sometimes the feelings are grief and sadness about what has changed, other times it's anger and frustration about the destruction caused by others, and since my daughter was born, it's been worry about how the planet will fare during her lifetime. While one's level of interconnectedness to nature may vary, everyone notices when natural disasters, droughts, floods, wildfires, unusual temperatures, and weather patterns impact their plans and lives.

As a therapist, I realize climate change is impacting my clients in various ways,

including anxiety. Such anxiety has been described by the American Psychological Association (APA) and ecoAmerica as eco-anxiety, "a chronic fear of environmental doom" (2017). Researchers have yet to establish a consensus for the definition of eco-anxiety so there is some variation in the literature. Some researchers use the term eco-anxiety to encapsulate all types of distress associated with environmental changes. Other researchers break the psychological impact of climate change down into several terms in addition to eco-anxiety, such as eco-anger, eco-depression, eco-grief, and solastalgia. As psychologists, we know it's normal to experience emotional reactions to stressors and changes whether they are related to the environment or not. While it's likely many people can relate to the experience of feeling an emotional shift after experiencing, observing, or thinking about something related to climate change, only some people will meet the APA's definition of eco-anxiety.

The individuals experiencing eco-anxiety may require our support and interventions, and yet, despite having had thousands of sessions discussing a variety of anxieties, I can only recall a handful of sessions in which a client specifically endorsed eco-anxiety. Explicit discussion of climate change, environmental changes and conditions, and the future of the planet have been largely absent from my sessions, though shadows of these issues loom at times. For example, clients will occasionally remark about their plans for the future (e.g., where to live, if they should have

Let's Talk About Your Mother... Nature

children) or the general state of the world in a way that acknowledges we are living with a changing environment. The aforementioned tends to land in a discussion related to uncertainty, non-climate related values, and goals, and skips the specific climate change discussion where eco-anxiety lives.

How could it be that we are all living with existential threats in the form of environmental changes (and the ongoing pandemic) and yet, we are spending sessions discussing seemingly more trivial anxieties?

Despite the majority of Americans expressing concern about the state of the planet and the future of our environment, and despite me personally caring deeply about the state of the planet, I have not been directly asking clients about their relationship with the environment. This would include how and if they value nature, and if so, in what way they or their family have been impacted by a significant environmental event or environmental changes, or whether climate change and the state of the planet is influencing their future plans. As I reflect, I believe I have shied away from directly asking about eco-anxiety because it felt political and I did not want to bring my values into the room. I can imagine that by failing to ask about my clients' relationships with the planet, I missed an opportunity to demonstrate that our sessions were a safe place to discuss the topic and to receive support navigating eco-anxiety.

Moving forward, I will ask questions related to eco-anxiety during my initial assessment

and in subsequent sessions if relevant. I want to make it clear that eco-anxiety is on my radar and our sessions are a safe place to explore it if the client wants. As with the pandemic, climate change is a potentially chronic stressor we are experiencing along with our clients. And just like with the pandemic, most of us are not specifically trained in exactly what to do when living and practicing through the stressor. Yes, there are some highly specialized psychologists who are truly experts in ecopsychology, but it's unlikely our clients will have access to said specialists. In a review of interventions for the treatment of eco-anxiety, Baudon and Jachens (2021) identified five themes: practitioners' inner work and education, fostering clients' inner resilience, encouraging clients to take action, helping clients find social connection and emotional support by joining groups, and connecting clients with nature. So, when a client endorses eco-anxiety, we can consider Baudon and Jachens' (2021) findings, and as Schreiber (2021) noted, we can rely on what we otherwise know works for the treatment of anxiety. We can normalize and validate their experience because the stressor is in fact very real and ongoing. We can also build insight, tolerance for discomfort and uncertainty, reframe distorted thoughts, practice mindfulness, dive deeper, help them connect more, practice relaxation strategies, take values-based action, and the list goes on. But before we can offer these interventions, we must begin assessing our clients for the psychological impact of environmental changes.

Let's Talk About Your Mother... Nature

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Interacting with Nature: A Health Behavior?

Caitlyn Wilson, BS

In an age characterized by technological development and urbanization, we are spending more and more of our lives indoors and on screens. Specifically, research has shown that Americans spend more than 10 hours per day on screens ([Nielson, 2019](#)). For many of us, this might look like starting and ending our day scrolling on our phones with hours spent on our computers in between. Stuck in this cycle, we have become increasingly withdrawn and disconnected from natural environments – spaces that used to be integral to our flourishing as humans.

The Benefits of Nature

Despite this disconnect from nature, a substantial body of literature has demonstrated a range of benefits that spending time in nature offers. For example, many experimental studies examined active engagement (walking or running) or passive engagement in nature (nature viewing) suggest associations with *mental health* (e.g., increased positive affect, decreased negative affect, lower levels of anxiety and rumination, higher levels of meaning in life), *physical health* (e.g., decreased stress via lower cortisol, blood pressure, and perceived stress, better self-rated health, increased physical activity, better immune function), and even *social health* (e.g., improved social cohesion). Although spending time engaging in *outdoor* natural environments tends to yield stronger effects, evidence suggests that viewing nature images or videos *indoors* may also have benefits. Further, many observational studies have shown that mere exposure to

green space near the home (e.g., residential greenness) has been associated with a variety of psychological and physical health outcomes such as lower risk of depression and other psychiatric disorders, higher levels of physical activity, better sleep quality, decreased rates of cardiovascular disease incidence, lower risk of several cancers, and lower mortality. These associations between nature and health have been explained by a variety of supporting theories, including stress reduction, restoration of cognitive processes (e.g., attention), increased opportunities for physical activity and social connection, and through the mitigation of harmful environmental exposures (e.g., better air quality, lower temperatures, less noise).

How can we leverage these benefits?

With these benefits in mind, it is becoming increasingly important to find ways to get out into nature. You may be wondering – how much nature do I need to get these effects? One study by [White et al. \(2019\)](#) found that spending at least two recreational hours per week in nature yielded a greater likelihood of self-rated health and life satisfaction. In another study by [Shanahan et al. \(2016\)](#), results suggested that visiting urban green spaces for at least 30 minutes or more per week can reduce prevalence of depression and high blood pressure by 7% and 9%, respectively. There may be other factors that impact the boost you get from being in nature, such as your sense of connection to nature, as well as the type and quality of the natural environment.

Interacting with Nature: A Health Behavior?

Interacting with Nature as a Health Behavior

Traditionally when we think of health behaviors, behaviors such as exercise, diet, substance use, and sleep may come to mind. Although we may not typically include spending time in nature in this category, extant and emerging literature suggest this is a behavior that can have both short-term and long-term effects on our health. Community stakeholders, health care providers, and other organizations are becoming increasingly involved in promoting engagement in nature. For example, “nature-based health interventions” are gaining traction and promote nature interaction with the aim of improving health outcomes, such as physical activity and stress reduction, as well as salient well-being factors that have downstream effects on health, including resilience and social connection. Examples of interventions include providing and improving publicly available parks, building community gardens, and nature prescription programs which involve referrals from doctors or other healthcare providers for patients to spend more time in nature.

Barriers to Accessing Nature

If we are to consider interacting with nature as a health behavior, we must also keep in mind that behaviors are not merely enacted at the individual level – they are also promoted or inhibited by the broader socioecological structures in which we live. The reality is, our access to natural

our access to natural environments, such as green and blue spaces, is not equitably distributed. Therefore, groups that are already disproportionately impacted by environmental hazards are less likely to have opportunities to take advantage of this healthful activity. Additionally, research suggests that green spaces may have more protective effects for individuals in lower socioeconomic status groups, further emphasizing the need to make natural spaces more accessible to these groups. Taken together, it is essential to support environmental justice initiatives that aim to promote health equity through developing and improving urban green spaces, such as parks, schoolyards, and community gardens. It is especially important to uplift community voices to adapt these programs to the needs of the specific community members to help protect against “green gentrification” which can happen when new green spaces drive an influx of wealthy residents into lower-income areas.

Given the climate change crisis, it is more important than ever that we prioritize connecting with nature for both ourselves, and through helping fuel efforts to promote nature accessibility within our communities. Not only will these efforts safeguard our health and promote longevity, but they will also encourage a collective societal consciousness to preserve the natural environments around us.

Interacting with Nature: A Health Behavior?

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We the People

The Cost of a Bullet A Payment Demanded in Dollars and Lives

Nevita George, B.S.

Trigger Warning: Mass Shootings

The Cost of a Bullet A Payment Demanded in Dollars and Lives

Alright everyone, pop quiz: Out of the options below, which entity is currently the **least** regulated in the United States?

- A.** Insulin for Type 1 & 2 Diabetes (Rachel Roubein, 2022)
- B.** Women's Bodies (Shivani Gopal, 2022)
- C.** Guns

While the optimist in me recoils at this truth, if you chose "C," you are correct. Over time, the existence of guns has transformed humans into harbingers of death. Gun violence ranks first as the leading cause of death in the United States among children and adults (ages 10-44; (Jonathan Master, 2022; Janice Hopkins Tanne, 2022). In 2021, more than 45,000 American lives were stolen by the metallic grasp of a barrel (New York Times, 2022). The year before, a reported 79% of homicides and 53% of suicides were facilitated with guns (John Gramlich, 2022). Gun violence is also steeped in injustice, as minoritized groups face an increased risk in experiencing gun-related violence (Janice Hopkins Tanne, 2022). For instance, reports show that young Black men faced the highest rates of gun violence in 2019, 2020, and 2021 (Brady United, 2021; Janice Hopkins Tanne, 2022).

Many Americans hoped governmental response to gun violence would mirror the entity's previous reactions towards threats to life. For instance, after discovering the deadly effects of nicotine on lung-health, the Trump administration set out to ban flavored e-cigarettes to mitigate harm catalyzed by tobacco use (New York Times, 2019). So, in the equation of "Human + Deadly Substance = Harm", the government astutely chose to regulate the deadly substance (i.e., nicotine). As gun-related deaths far outnumber vape-related deaths (i.e., In 2019, there were six reported vape-related deaths as compared to thousands of gun-related deaths), it could logically be assumed that the government would follow the same equation and act to regulate the deadly substance (i.e., guns) to protect our nation (Brittany Shammass, 2019). Right...?

Wrong. Unfortunately, gun regulation was not the outcome. Rather, excuses against gun regulation increased, as did gun-related deaths in the United States (BBC News, 2022). While the Biden Administration recently condemned citizen-ownership of assault and semi-automatic weapons (The White House Briefing Room, 2022), outcries from members of the National Rifle Association (NRA) continue to halt legislative efforts (NRA-ILA, 2022). Organizations like the NRA choose to revere the ink etching the second amendment more than American lives; their decision evident in the

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continuation of gun-related deaths in the United States. However, if we have ordained the constitution as the indisputable law of the land, why do we choose to ignore its preamble instructing us to “establish justice, ensure domestic tranquility, and promote the general welfare” (Constitution Annotated, 2022) of the American people? Our preamble cannot be honored if bullets continue to outnumber people in America.

While the tangible, physical impact of gun violence is undeniable, its transfiguration of collective and individual mental health is just as frightening. On a national level, the ceaseless reality of waking up to another flashy headline detailing how our nation values a piece of metal more than human life has taken a toll. Scholars worry that this daily media frenzy has a sedative and/or fatiguing effect on the nation, recently termed the “deadly arithmetic of compassion” (Paul Slovic, 2020). This phenomenon is also depicted through the notorious “thoughts and prayers” (Hope Cody, 2020) spiel recited to survivors and families of victims of gun violence. This response, in particular, has mustered anger among gun control advocates, with Senator Claire McCaskill (D-MO) powerfully stating that “our children deserve so much more than our thoughts and prayers” (Claire McCaskill, 2018).

Along with the sanctity of our livelihoods, the fabric of our American camaraderie and companionship is also at risk. In recent years, parades, festivals, and large outdoor celebrations have seen reductions in attendance due to public fear around gun violence (Sophie Bethune and Elizabeth Lewan, 2019). Further, the American Psychological Association (APA) has spoken on the shared distress among adolescents and adults alike (Zara Abrams, 2022; Marc Fisher, 2022). Adolescents

worry an active shooter will penetrate their classrooms, and adults avoid public spaces to circumvent harm. On an individual level, survivors and the families of victims of gun violence are increasingly vulnerable to negative mental health outcomes (e.g., PTSD, substance use, and mood and anxiety disorders) (Brady United, 2020). The continued acts of national gun violence also maintain their psychological distress, thus mounting concern over the long-term impact of prolonged trauma (Zara Abrams, 2022; Brady United, 2020).

Experts say there is a general understanding that something must be done. However, they cite overwhelm over the enormity of the obstacle as the rope tying us to the status quo (Zara Abrams, 2022). To challenge this phenomenon, Dr. Paul Slovic, a professor of psychology at the University of Oregon, encourages us to re-evaluate our mindsets. He asserts that “just because we can’t fix a problem in its entirety doesn’t mean that we shouldn’t do what we can do to make a difference. We cannot afford to let our minds deceive us into underreacting” (Paul Slovic, 2021). As a nation who prides itself on its courage and strength, we have the skill set and history to defeat the most testing of obstacles. However, this action requires a collective spirit, it requires us to unite as *We the People*.

What can we do?

The APA released an article providing us with steps we can take to inform change. Please see below for the APA’s instruction (APA, 2022):

1. Encourage education around the impact of gun violence (APA Council of Representatives, 2014; APA, 2013).
2. Learn how to identify warning signs of violence among youth (APA, 2022).

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3. Understand how to support the mental health of yourself, children, and loved ones after a shooting (Rebecca Clay, 2013; APA, 2019; APA, 2013).
4. Practice safe gun ownership and storage practices (Safe Kids Worldwide, 2022).
5. Help create safe school environments (National Center on Safe Supportive Learning Environments, 2022).
6. Voice your support for gun control regulations to your local congress member (APA, 204; Congress.gov, 2022).

In summary, we are a nation in fight-or-flight. Regardless of our political affiliation, we all have visceral reactions to the shootings that continue to plague the nation. Yet, rather than pursuing justice, we jest. We do not blame the bullets, instead we balk at the “troubled mental health” (Arielle Mitropoulos, 2022) of the shooter and the audacity of a victim to bleed. We fight until suddenly we realize we have allowed the bullet to tear the very fabric of our once united nation. We must not allow our political strife to compromise our humanity. At the end of the day, the horrific reality is that families of victims of gun violence are now forced to “remember [their loved ones] for longer than” they’ve known them (C.C. Aurel, 2018). This is a travesty no human should ever have to endure.

While we have lost lives, even our peace, we need not lose ourselves. Guns do not make us the land of the free. The American people do. Thus, in the debate over freedom, if we find that the survival of American people is hindered by guns,

which do we choose to preserve: a gun, or a human life?

Note from Editor: Due to space restrictions, anyone interested in the references for this article please contact Nevita at the email below.



Nevita George earned her BS in Psychology from Texas A&M University in 2019. After graduation, she worked as a clinical research coordinator at the Dauten Family Center for Bipolar Treatment Innovation at Massachusetts General Hospital. She is currently working as a research assistant at the Laboratory to Combat Human Trafficking (LCHT) in Denver, CO. Through her research, Nevita aims to uplift minoritized voices and tailor trauma-informed, survivor-centered care to meet the needs of BIPOC youth. Nevita is currently the co-chair for the graduate student arm of the Colorado Psychological Association (COPAGS) and is a student member of the American Psychological Association (APA) Div. 12's (i.e., Society of Clinical Psychology) Diversity Committee. She can be contacted at:

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APA's August 2022 Council of Representatives Meeting

Laura Knudtson, PhD

APA convened for a hybrid, but largely in-person, Council of Representatives meeting from August 4-6, 2022, in Minneapolis, MN. A number of resolutions that were discussed and passed during this meeting acknowledged the historical significance of doing this work together in Minneapolis two years following the tragic killing of George Floyd. Additionally, many Council members wore white and chose to stand in solidarity for Women's Rights in the wake of the overturning of *Roe v. Wade* and in support for affirming APA's commitment to supporting reproductive justice. This meeting was held in conjunction with the APA Convention that had roughly 6000 in-person registrants (and 3000 virtual attendees). Other than a vaccine and mask requirement, this meeting felt highly similar to conventions pre-COVID and attendees rejoiced in connecting with friends and colleagues they had not seen in many years.

Council continues to focus on the process of how we do our work together including how policy is developed in APA and how Council members debate and interact when we agree and disagree. This Council meeting was the first to include our new Ombuds, Dr. Leandra Clark Harvey, who will attend all Council meetings providing independent reflections on civility as well as provide a private opportunity for individuals to share concerns around disrespectful behavior, unheard voices, and other challenges related to Council culture. Council continues to further work on governance and how we can be more effective in our work together. We expect to see a number of motions to address some of these

issues during our February meeting.

APA continues to move forward work related to racial equity and adopted a [Racial Equity Action Plan](#) that outlines the next steps the association and psychology should take in order to address the commitments it made in the 2021 apology. Additionally, Council received a report from the [Presidential Task Force on Psychology and Health Equity](#) that calls for concrete steps psychology must do to address the impacts of systemic and structural factors that affect physical and mental health.

Based on scientific research around adolescent brain development, Council passed a resolution to limit the application of the death penalty to offenders age 21 and older. Considerable discussion referred to the many laws and regulations that already significantly restrict the behavior of individuals under 21 in the United States. Additionally, in continued work on psychology's role in the criminal justice system, Council adopted a resolution on Psychology's Role in [Addressing the Impact of, and Change Required with Police Use of Excessive Force Against People of Color and Other Marginalized Communities](#) that seeks to expand training programs to include de-escalation techniques, build stronger relations with mental health service agencies, minimize targeting of people of lower socioeconomic status, and encourage officers to restrict when they use force.

Multiple resolutions were discussed regarding

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graduate students and their important role in APA. For members of APA, they can anticipate a November ,2022 request for a bylaws change to include graduate student seats on select APA Boards and Committees. Council passed a resolution to send this bylaws change to APA Members but it will need to be passed by Membership in order to be enacted. Additionally, considerable discussion occurred on draft Guidelines regarding the *Equitable and Respectful Treatment of Graduate Students*. After considerable debate, it was seen by some on Council as including more “prescriptive” rather than “aspirational” language (as guidelines are intended to be). The Guidelines measure did not pass but we expect to see a revised version of these Guidelines with changes in the future.

Finally, Council designated the third week of April will be declared Psychology Week, an annual celebration of psychology that includes “Psychology Day,” recognized by the United Nations community and certain other institutions.

Laura Knudtson, PhD

Colorado's APA Council Representative



Laura Knudtson, Ph.D. is the Director of Community and Government Relations at Parent Possible and serves as the Director of the Colorado Home Visiting Coalition. She is responsible for elevating the voice of evidence-based family home visiting programs in Colorado through leadership, advocacy, coalition-building, and collaboration with other early childhood and prevention partners. Dr. Knudtson is a Colorado Psychological Association At-Large Board Member and serves as Colorado's Representative to APA Council and is a member of APA's Advocacy Coordinating Committee.



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Interview with a Psychologist: Idalia Massa-Carroll, PhD

Mary Taylor Goeltz, BA

I spoke virtually with Dr. Idalia Massa-Carroll about her work and her practice, Colorado Psychological Services. The following is a paraphrased summary of our conversation.

Dr. Massa-Carroll, the breadth of your accomplishments is extremely impressive. What has driven you in the professional directions you've taken throughout the course of your career?

I am driven by challenges. I love to learn and try new things. I think that nobody is born knowing exactly what they want to do. I think that in order for you to know what you want; you need to try a little bit of everything. That's what drives me - to step outside of the comfort zone, learn what other people are doing, and then try it.

You were also nominated by the APA to represent psychologists on the editorial panel of the American Medical Association (AMA). How have you viewed your role as a panel member, working in collaboration with experts in other areas of medicine?

Remember when I said that it's important to step out of your comfort zone? That background has empowered me to fulfill this responsibility. When they talk about the business side of healthcare, or working for the federal government, I've been there. When they talk about hospitals and direct clinical care, I've been there. When they talk

about policy making, writing a bill, and lobbying bills, I've been there too. That diverse background has allowed me to be able to connect with different experts.

The AMA Editorial Guides to the Evaluation of Permanent Impairment has a panel of twelve voting members, representing multiple areas of medicine from surgery to ENT to neurology. They put forth guidelines which establish how we determine that someone is impaired, from mental impairment to physical impairment. Historically, some members have been nurses, judges, or attorneys. They get to vote on decisions that have an impact on medicine. They don't second guess themselves when it comes to giving an opinion. If you have judges and lawyers talking about mental health, for instance, it's only fair that we, as psychologists, get to talk about medicine and play a role in decision-making. I am a voting member of that panel.

We need to have a seat in every (decision making) table. I think we have realized, as a profession, we need to grab that seat. We cannot continue waiting; we need to be assertive. I have been mentored by psychologists who are very assertive, so I have good role models. You don't have to be an expert in everything. You just need to work knowing every opinion has a place at the table.

Interview with a Psychologist: Idalia Massa-Carroll, PhD

You founded Colorado Psychological Services, a private practice that specializes in psychological and rehabilitation services for injured workers from the Worker's Compensation system. What was your vision for this practice?

I started doing telehealth back in 2017 before it was popular, that was my angle. My goal was to bring bilingual psychological care to the mountains of Colorado. I could only do that via telehealth. It was a hard sell at the beginning, so I did a lot of meeting in person, traveling, introducing myself, and faxing information, to build a network of providers that would send me their patients. I created a network of providers from UCHHealth, Vail Health, SCL Health, and from different hospital networks and solo-rural-physician practices. Because I was trained as a primary care psychologist in my post-doc, I used that training to speak their language and to sell my services in a way that would make sense to them.

I also started networking with other psychologists that have private practices. I invited them for coffee, to learn from their experiences opening their own practices. My notion of private practice was that you're isolated, but I realized this is not the case. I started getting to know psychologists who do workers compensation. I learned that Workers Comp is the intersection between forensic psychology, health psychology, and rehabilitation psychology. I was fascinated

and I have loved it! That's all I do now. I don't take any other patients. That is my vision, to bring bilingual rehab psychological care to the workers compensation field.

Through various positions (e.g., a Public Health Advisor for the Center for Mental Health Services; member of the DSM-5 Task Force), you have been at the forefront of some exciting future horizons in psychology. Are there any future directions for the field you are particularly passionate about?

I am really excited about the idea of having more presence in different specialties of medicine, to truly integrate psychological sciences to every aspect of healthcare, from the exam room to the board room. I stand on the shoulders of great psychologists who have done great work. We need to continue to nurture the younger generation with this mentality to move into these roles.

I also think we psychologists need to seek more speaking opportunities. We need to educate others about our profession, and we need to use lay language when we do that. We need to be able to write so anyone can understand it, so the impact of a research article is not just on the shelf, but it's also on the streets. When I was in graduate school, I had a brilliant professor, Dr. William Rae. He gave me powerful advice that has always stuck with me. He said your role as a psychologist is to give psychology away. Meaning you have to

Interview with a Psychologist: Idalia Massa-Carroll, PhD

educate others, so they can be self-sufficient, so they can understand psychology, and so they can self-regulate moving forward. I think as psychologists, it is our job to give psychology away.

Idalia Massa-Carroll, PhD, ASPPB/PsyPACT, is a member of the AMA Guides Editorial Panel and a licensed bilingual (Spanish) psychologist. She is the owner of Colorado Psychological Services and the recipient of the 2021 Outstanding Women in Business by the Denver Business Journal. Dr. Massa-Carroll is an expert in the field of impairment and providing psychological services to individuals receiving workers' compensation. She was the driving force behind the creation of Colorado House Bill 22-1354 which secures and protects the mental health records of injured workers receiving services under the Workers Compensation system in CO. In the past, Dr. Massa-Carroll has served as a Public Health Advisor for the Center for Mental Health Services (SAMHSA) and as a Social Scientist for the National Institute of Health (NICHD, Bethesda, MD). She was a member of the DSM-5 Task Force and served as a clinician supporting the development of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition.



M.T. (Mary Taylor) Goeltz is currently a 2nd year student in CU Denver's Clinical-Health Psychology PhD program. Her research interests include the interaction between biological and environmental influences upon the development of social behavior in infancy and early childhood. Her areas of clinical interest include externalizing behavioral problems in children, parent-child attachment, and family-based interventions. M.T. is the Co-President of the Colorado Psychological Association of Graduate Students and a campus representative for the Society of Pediatric Psychology. She can be reached at: mary.goeltz@ucdenver.edu



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Psychologists' Role in Reproductive Justice

Michelle Dawson, PsyD and Nevita George, BS

come celebrate with me that everyday
something has tried to kill me and has failed.

-- Lucille Clifton

The last line of a poignant poem (above) was shared on Monday during the [APA's Committee on Women in Psychology](#) meeting entitled "Psychologists' Role in Reproductive Justice."

What fitting and powerful words to help convey the resurgence of empowerment these challenges have inspired. While there has been collective grief and distress among psychologists over the past several months, the poem reflects the powerful resiliency of humans to fight and overcome.

CPA members Michelle Dawson and Nevita George attended the meeting and learned about the Committee on Women in Psychology and shared resources and support around the current state of reproductive justice. The origin of the term "Reproductive Justice" was shared—this term came about as an acknowledgement of the ways in which many factors (such as race and social class) limit the freedom of marginalized women to make informed choices about pregnancy. Obviously, the recent changes in many states have further limited reproductive freedom and justice. Reproductive justice is based on the international human rights framework viewing reproductive rights as human rights. Psychologists play a vital role in protecting and advocating for these rights, and the [APA recently reaffirmed their support](#) for reproductive rights as well. It is also vital to acknowledge the impact of intersectionality on abortion, and how this decision furthers [disparities in reproductive health](#) among women of color. Due to the need to disseminate accurate and inclusion information surrounding reproductive justice, the group shared resources and various forms

of advocacy that can be implemented actively across the U.S.

Below are some links if you are wondering how you can make an impact in supporting Reproductive Justice

Stay involved with politics!

Check out this [comprehensive map](#) that details both abortion restrictions and protections in every state.

See this [live state legislation tracker](#) so you can get details on the specific types of anti-abortion legislation being introduced across the United States.

Familiarize yourself with and Support Organizations that Support Reproductive Justice:

[American College of Obstetricians and Gynecologists \(ACOG\)](#) – Get Involved
[Center for Reproductive Rights](#) – Get Involved
[In Our Own Voice: National Black Women's Reproductive Justice Agenda](#) is a Reproductive Justice partnership of eight Black women's Reproductive Justice organizations.

[Indigenous Women Rising](#) is committed to honoring Native and Indigenous People's inherent right to equitable and culturally safe health options through accessible health education, resources, and advocacy.

[National Latina Institute for Reproductive Justice \(the Latina Institute\)](#) fights for equal access to reproductive health for Latina/x communities.

[Unite for Reproductive and Gender Equity \(URGE\)](#) is a reproductive justice organization led by and for young LGBTQ+ people and people of color.

Psychologists' Role in Reproductive Justice

Stay up to date on CPA's E-News and The Colorado Psychologist where we will be posting relevant information around reproductive justice and will continue to supply information and ideas as to how to stay involved and advocate for human rights.

Please call or email Michelle Dawson, PsyD at mdsepsych@gmail.com if you have any questions around federal advocacy or getting more involved locally as an advocate. We are always looking for members who have energy and passion to give towards advocating!

Familiarize yourself with the APA's latest stance on abortion and reproductive rights. Here is the APA's definition of [abortion](#).

This is [APA's stance](#) on SCOTUS' abortion decision.

Information on [health and infertility](#) among BIPOC women.

Facts on [abortion and mental health](#).

The intersection of [abortion laws and psychological practice](#).

Please direct questions regarding the Committee for Women in Psychology to the committee liaison, Tanya Burrwell Dozier at:

tburrwell@apa.org

Nevita George earned her BS in Psychology from Texas A&M University in 2019. After graduation, she worked as a clinical research coordinator at the Dauten Family Center for Bipolar Treatment Innovation at Massachusetts General Hospital. She is currently working as a research assistant at the Laboratory to Combat Human Trafficking (LCHT) in Denver, CO. Through her research, Nevita aims to uplift minoritized voices and tailor trauma-informed, survivor-centered care to meet the needs of BIPOC youth. Nevita is currently the co-chair for the graduate student arm of the Colorado Psychological Association (COPAGS) and is a student member of the American Psychological Association (APA) Div. 12's (i.e., Society of Clinical Psychology) Diversity Committee. She can be contacted at:

Nevita.George@ucdenver.edu

Michelle Dawson, PsyD, is the Federal Advocacy Coordinator and the Membership Committee Chair for the Colorado Psychological Association. She is in private practice specializing with individuals dealing with perinatal mental health issues and volunteers with Postpartum Support International as a Denver area resource coordinator. Dr. Dawson can be reached through her email, mdsepsych@gmail.com, or website: www.michelledawsonpsyd.com



CPA Member's Corner

[Check This Month's Events On Our CPA Event Calendar!](#)

CPA would love to hear about exciting changes and achievements in your professional and personal endeavors to include in our weekly e-news.

[Click here to complete the online form to submit your news.](#)

This is a member benefit, so you will need to be logged into the site to view and complete the form.

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Committees, Task Forces, Liaisons, and Divisions (CLTD) Updates

Ethics Consultation Committee has two new members - Benjamin Brewer and Carrie Landin.

Communications Committee is focusing on revamping the CPA website.

Legislative Committee's continued goals:

- Support RxP effort being led by Dr. Jin Lee.
- Continue to consider potential fixes for issues related to qualifications for test administration.
- Continue to monitor mandatory reporting task force – still awaiting selection of task force members.

Governance Committee's idea is to survey previous board members from the last three years to find out their perceptions on what currently works with CPA governance, what doesn't work, and their suggestions for improvement.

Forensic Committee:

Forensic not guilty by reason of insanity (NGRI) bill has been revised substantially and now simply requires the Office of Behavioral Health (OBH) to provide quicker, more robust updates on persons acquitted NGRI and committed to Colorado Mental Health Institute at Pueblo.

Likely to join DA Council and Colorado Psychiatric Society in offering CPA support.

Loosening criteria for civil commitment. Bill forthcoming down the pike in the next year or so.

Disaster Resource Network Committee

1. Goal: Increase awareness and knowledge of CPA members around disaster mental health topics. Objective: Disseminate relevant information and updates on issues related to disaster mental health to CPA membership, as needed and appropriate. Deadline - N/A (ongoing objective) Assigned Person: Heidi Ardern, PhD
2. Goal: Increase engagement of CPA members in disaster mental health responses and interventions in the community. Objective: Inform CPA members who are interested in disaster mental health of opportunities to become more involved in that work, mentoring as needed. Deadline - N/A (ongoing objective) Assigned Person: Heidi Ardern, PhD

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CPA Mission Statement

The Colorado Psychological Association advances the profession of psychology through advocacy and education for the promotion of psychological health and well-being.

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