

A Message from the IPA President

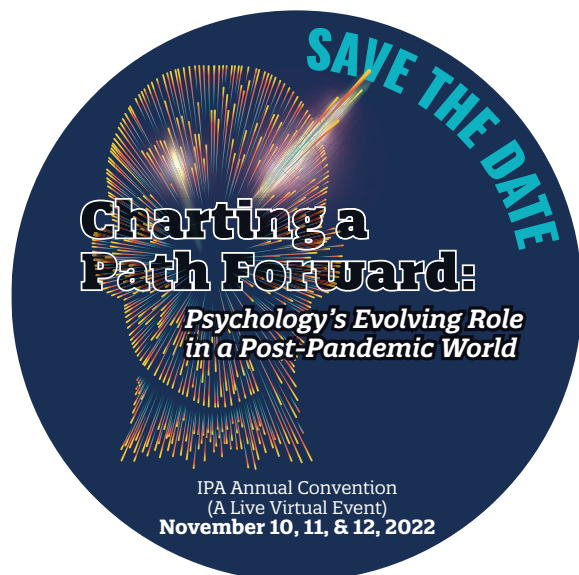
Derek Phillips, PsyD, MSCP, ABMP

The year 2022, unfortunately, has already been full of tragedy across the nation, including nearly countless acts of gun violence, most notably the massacre at Robb Elementary School in Uvalde, Texas in May. As I write this, there is also a high likelihood that, in the next couple of weeks, the United States Supreme Court may

strike down the 50-year-old ruling of *Roe v. Wade* that would potentially remove constitutional protections for abortion. We, as Americans, are also experiencing record-high gasoline prices and a 40-year high in inflation. Although there are many reasons to despair, there are also reasons to hope. One of many of those reasons is that psychology is helping guide the conversations at all levels of government. For example, APA staff have testified in Congress about the mental health of children and adolescents. APA, with several other national organizations,



Continued on page 2



2022 Elections Results

Congratulations to the following new officers of the Illinois Psychological Association. Their terms begin July 1, 2022. Join us in welcoming them and thanking them for their willingness to serve.

Position	Nominee
President-Elect	Colin Ennis, PsyD
Treasurer	Theresa M. Schultz, PhD, MBA
IPAGS Chair Elect	Elizabeth Kaydanovsky
Behavioral Medicine and Neuropsychology Section Chair	Meghan Kennedy, PsyD
Military Psychology Section Chair	Andrea Graves, PsyD
Women's Issues Section Chair	Kimberly Baker, PsyD
North Region Representative	Brandi Boan, PsyD
South Region Representative	Jeffrey Kellogg, PsyD
Metropolitan Region Representative	Jessica Punzo, PsyD
Metropolitan Region Representative	Lynda Behrendt, PsyD, RN

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has also released statements calling for gun reform and highlighting the increased risk of mental health problems by decreasing access to reproductive health care, including abortion. To emphasize the importance of these two issues in particular, the IPA has officially endorsed APA's statements on gun reform and abortion access. The IPA will continue to monitor various issues that are important to our members and society-at-large, and will, as appropriate, respond based on psychological science.

Convention planning continues! The 2022 IPA Convention will be virtual and take place November 10-12, 2022. The theme this year is, **"Charting a Path Forward: Psychology's Evolving Role in a Post-Pandemic World."** I am very pleased to announce that this year's keynote speaker is Susan Clayton, PhD. Dr. Clayton will be speaking on climate change psychology, about which she has spoken in numerous settings, including on "The Late Show with Stephen Colbert." Dr. Clayton is also a member-at-large on the APA Board of Directors and is a professor of psychology at The College of Wooster in Ohio. The Convention Committee is currently reviewing program proposals and will be finalizing the convention schedule soon. I look forward to seeing you in November!

I would like to offer a huge shout-out and sincere thanks to Immediate Past President, Dr. Abby Brown, for her immense help and

mentorship over the past year. I couldn't have asked for a better colleague and friend from whom to learn the ropes. I want to congratulate the new President-Elect, Dr. Colin Ennis, and welcome him back to IPA leadership. I know Dr. Ennis will do great things and continue to lead the Association well during his term. I would also like to thank Drs. Gregory Sarlo and Daniel Brewer for their dedication to our Association over many years, as they both rotate off the Executive Committee and Council of Representatives. Thanks to IPA staff for being so great to work with and for always being available to answer my questions. Lastly, thanks to you, the members, for entrusting me to lead our Association this year. Especially as an early career psychologist and "downstater," it is the honor of a lifetime to be your President. ■

SAVE THE DATE
Annual APA Convention
 In Person and Hybrid
 Minneapolis, MN
August 4-6, 2022

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IPA email: tkoller@illinoispsychology.org

* A *Legislative Advocate* is trained to meet his or her legislator. After a relationship is established, the psychologist contacts the legislator when issues relevant to psychology arise.

Illinois Psychological Association

The *Illinois Psychologist* is published four times a year and distributed to members of the Association. Single issues and library copies are \$5.00 per issue (price subject to change).

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For advertising rates and deadlines Please contact the IPA Office at:

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or mkarey@illinoispsychology.org

IPA reserves the right to decline ads or typeset ads to fit the newsletter's format.

Editorial matters should be addressed to the Editor. Matters pertaining to membership applications, subscriptions, changes of address and advertising should be directed to:

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Deadline for the next issue:
September 8, 2022

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 Terrence J. Koller, PhD, ABPP

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 Mary Kay Pribyl, PhD

President-Elect Message

Colin Ennis, PsyD

I want to begin by expressing my deepest gratitude for being elected to the role of President-Elect of IPA. The opportunity is an honor and I am looking forward to working with all our sections, committees, and members. I joined IPA in 2005 as a graduate student at the urging of a professor and I've been a proud member since. I've served as chair of the Graduate Student and Early Career Sections of IPA and lobbied on Capitol Hill in Washington, D.C. I also opened a solo practice in 2011 that has grown into a small group practice, Ennis + Associates Psychology, that focuses on providing high quality and intentional mental health treatment to a diverse patient population. During that time, I've served in various elected roles for Divisions 13 (Society of Consulting Psychology) and 39 (Society of Psychoanalysis and Psychoanalytic Psychotherapy) of APA. Throughout all the work I've done, I've considered my early involvement in IPA, and the mentorship I received from some venerable psychologist colleagues at an early point in my career, to be foundational in my approach to leadership and advocacy.

I ran for President-Elect on a platform of serving as a representative leader for all Illinois psychologists and I intend to help IPA continue to advance psychological practice in all the forms it takes. Throughout my career, I've always been able to depend on IPA and I'm looking forward to giving back. IPA and colleagues I admire have protected our license and ability to practice the many activities of psychologists in the state of Illinois. They've also worked tirelessly to protect patient rights through legislation and advocacy. I've been fortunate enough to do some of this work beside them in the past and was proud to be a part of this group. The past few years and the pandemic laid bare IPA's importance more than ever. IPA and HCRC's fast and diligent work in March 2020 ensured that its membership knew how to transition to telehealth ethically and technically through their advocacy and education initiatives. This enabled us to continue most of the work we do safely and without interruption for the patients and organizations we serve. IPA helped us all continue to serve people and organizations as well as we could, in the face the systemic inequities that were exacerbated by the pandemic. On a personal note, IPA has provided me a sense of community

and awareness of how psychology can be involved in professional and political issues. This has shaped my values and pursuits as a psychologist who considers himself oriented to social-justice in the many various roles I inhabit—past, present, and future.



I'm looking forward to the next year as President-Elect, working alongside our next President Derek Philips, to help plan our convention and to get well-acquainted with the activities of all of IPA's Sections, Committees, and initiatives. I'm grateful for the the mentorship that he and outgoing President, Abby Brown have already shared with me and I look forward to continuing my work with them and all of the Council as I prepare to assume the Presidency. Once again, it's an honor to serve in this role and I encourage you all to reach out to me with any concerns if you're ever so inclined. I look forward to working with you. ■

IMPORTANT

Change to IPA's Late Dues Grace Period

Effective July 1, 2018, IPA members must pay their dues within 90 days of the due date in order to maintain their membership and access membership benefits such as the listserv.

Steven E. Rothke, PhD
IPA By-Laws Committee Chair

Message from the IPA Immediate Past-President

Abby Brown, PsyD, Immediate Past-President

It is hard to believe I am writing this today as I transition into the Immediate Past-President position. Before I offer some personal reflections, I would like to congratulate Dr. Colin Ennis, who has been elected our new President-Elect. At our June Council meeting, it was very exciting for me to hand over the gavel to Dr. Derek Phillips, our new IPA President, who will undoubtedly do incredible work for our Association. I am thrilled to be a member of this presidential trio! I'd also like to congratulate our new and returning leaders who were elected this term and to all the council leaders who continue exceptional work here at the IPA.

I must admit that I am quite sentimental as I reflect on this last year as President. Just as you start getting the hang of the job, it is over! It was one of the most challenging roles I've ever taken on and it pushed me to expand my understanding and application of leadership in ways I couldn't have imagined. I was fortunate that my term occurred when most of us have successfully adjusted to the virtual space. We had a very successful second virtual convention and continued to hold all IPA business on Zoom. This allowed me to be in frequent communication with our team and get business accomplished effectively and efficiently.

When I took on the role as President-Elect in 2020, I committed my three-year term to intentionally focus on *transformation*, for us as individual psychologists and for our association. I am very proud of the transformational work that has occurred during my tenure, especially around Equity, Diversity, and Inclusion (EDI) work. While the term *EDI* gets thrown out there a lot, I will tell you that the IPA is putting significant energy and time into thoughtful reflection on how to put EDI theory into practice. In the months prior to the end of my Presidential term, I established an EDI committee which includes Drs. Erin Alexander (SEMA Chair), Kim Baker (Women's Section Chair), Derek Phillips (then President-Elect, now President), Susan O'Grady (DPA), Hayley Van Serke (SOGD Chair), Sharon Khurana (PLC Diversity Delegate, SEMA Associate Chair), Holly Houston (Social Responsibility Chair), and me.

I'd like to share what our committee has been up to as we already hit the ground running. In June, Dr. Phillips and I met with Dr. Vanessa Hintz, APA's Senior Director of EDI Engagement and Outreach

to network and workshop ideas that we could apply to our state association. We have spoken with Directors of Professional Affairs (DPA's) from several other states to learn about the EDI work they are doing. Our



committee met with Shirley Higuchi, JD, Associate Chief of Professional Practice for Justice, Legal & State Advocacy at APA to discuss diversity and cultural competency as it pertains to continuing education. We are immersing ourselves in APA's EDI Framework to serve as a guide for how we might approach EDI within the IPA. We have met with and will continue to meet with IPA's Legislative and Continuing Education Committees to discuss potential continuing education offerings that focus on diversity and cultural competency. We have been hard at work and will continue to be. We have a very passionate and committed group of psychologists serving on this committee who will offer feedback and strategy to the larger leadership this year and in years to come. We will certainly keep you updated on the work we are doing. I look forward to focusing my Past-Presidential term on supporting the work of this committee.

As I wrap up my report, I want to take a moment to thank Past-President Dr. Danny Brewer, who has transitioned off the Executive Committee and Council after serving in IPA leadership for several years. Thank you to Danny for your guidance and mentorship during my years as President-Elect and President.

Finally, make sure to save the date for the upcoming IPA Convention entitled ***Charting a Path Forward: Psychology's Evolving Role in a Post-Pandemic World***, which will be held virtually November 10-12, 2022! And, while you are at it, go ahead and renew your IPA Membership ASAP in order to support the critical work the IPA is doing to support psychologists in Illinois. ■

Message from the Executive Director

Marsha Karey, Executive Director

Welcome and congratulations to our newly elected IPA Officers and those members that have been appointed to various leadership roles. I look forward to working with all of you. At the back of this newsletter is an updated Officers, Council Member and Committee Chair directory for 2022-2023. As an organization IPA is very fortunate to have members fill these roles, I appreciate the commitment and support from these members who continue to give their time in these volunteer positions.

Thank you to all the members who have renewed their membership. IPA's fiscal year began on July 1st. Please be aware of the shortened grace period to renew. Renewing within this time frame will maintain your access to member benefits such as the listserv, ethics consultations, no cost one-hour consultation with billing service HMS-Midwest, reimbursement inquiries, reduced pricing at the annual convention, webinars, and this very informative newsletter! I encourage members who have yet to renew, to do so online through the IPA website. Sign in with your email and password, then click on the membership renewal tab, sign in again on the member portal. Then go to the dark blue side bar on the left side of the home page click on membership renewal and follow the prompts. If have you any problems renewing, please call me and I'll renew your membership over the phone.

Save the Date! The 2022 Annual Convention: **Charting a Path Forward: Psychology's Evolving Role in a Post-Pandemic World** will be held virtually via live webinars again this year November 10 to 12th. Dr. Derek Phillips and the Convention Planning Committee are finalizing the program content. A convention Keynote is planned for Friday November 11, presented

by Susan Clayton, PhD. Convention programming and registration information are forthcoming.

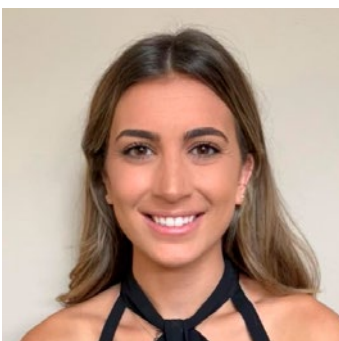
Perhaps you or someone you know would be interested in placing an ad in the convention brochure. You can find the 2022 Convention Sponsorship Form, outlining opportunities by clicking on this link [Sponsorship Opportunities](#) and downloading the form.

IPA's Continuing Education committee has been very busy these past few months, planning, coordinating and moderating live CE events. I know many of you have attended them. I appreciate the committees' efforts and time, as well as all the presenters who have participated. The last CE webinar that IPA will offer before the annual convention is one being coordinated and sponsored by the Clinical Practice Section. Dr. Susan Bae, CPS Chair, has arranged a one-hour complimentary CE (for members only). The webinar is being held on September 9th, presented by Nancy McWilliams, PhD, ABPP. Titled: **Old Controversies and New Dilemmas** 9am-10am. The program brochure and registration information are forthcoming.

I would like to congratulate Dr. Derek Phillips in his new role as IPA's President and thank Dr. Abby Brown, Immediate Past President for her support and efforts this past year.

Lastly, thank you for your membership and continued support. Without your support, we can't provide member services previously mentioned nor advocate to legislators and state administrators to protect your career and help those you serve.

As always, please feel free to contact me if I can be of service to you at 312/372-7610 x201 or mkarey@illinoispsychology.org. Have a safe and fun summer! ■



THANK YOU
to **Jaclyn Psenka**,
IPA Graduate
Assistant. Jaclyn has
been assisting the
central office with
administrative tasks
and webinars.

Report from the Legislative Liaison

Terrence Koller, PhD, ABPP

The 102nd Illinois legislative session is currently in recess. However, it is likely that the legislature may call a number of special session days to deal with important issues. At this point, none have yet been scheduled. We do know that there will be six Veto Session days, November 15, 16, 17, 29 and 30 as well as December 1. The Veto Session is held to allow the General Assembly to take action on bills that the Governor has vetoed. However, anything can happen in a veto session because it is not limited to bills that have been vetoed. We don't expect that anything during the Veto Session will impact the psychology profession or the people we serve but we will remain vigilant.

As I mentioned in my last newsletter column, this was a very short session for a variety of reasons, but it did not stop legislators from introducing 9,966 bills. I'm always amazed when I learn from my colleagues in other states that under 1,000 bills were introduced to their legislatures. With the help of our lobbyists at the firm of TaylorUhe, we reviewed all of these bills and identified 195 that we believed affect the profession of psychology or the people we serve. I am very grateful to our lawyers in Springfield, Ryan and Mark Taylor for their help in bringing us up to date information about the status of bills. Their relationships with other lobbyists and legislators give us a tremendous advantage in planning a strategy around supporting, opposing or remaining neutral on bills.

This was a very successful year for IPA advocacy. While we did not pass every bill we hoped to pass, our success rate was incredible. I will summarize some important bills below. If you want to read the entire text of any bill and see the process that occurred to pass it, go to www.ilga.gov and click on the bills and resolutions link. Bills listed as Public Acts indicate that the bill passed the legislature and was signed into law by the Governor.

HB 2595: Insurance-Mental Health (now Public Act 102-0579)

To read the full text of this Act go to: <https://ilga.gov/legislation/102/HB/PDF/10200HB2595lv.pdf>

This act requires an insurer to provide coverage for mental health benefits for "generally accepted standards of mental, emotional, nervous, or substance use disorder or condition of care" based on standards recognized by health care providers practicing in clinical specialties such as psychiatry, psychology, clinical sociology, social work..." This Act places the standard of care in the hands of the healthcare professions. We strongly supported this law.

HB 3308: Insurance-Telehealth Services (now Public Act 102-0104)

To read the entire text of this Act go to: <https://ilga.gov/legislation/102/HB/PDF/10200HB3308lv.pdf>

This law requires certain insurance companies to cover telehealth services, e-visits, and virtual check-ins rendered by a healthcare professional when clinically appropriate and medically necessary. These services must be covered at the same rate as similar services delivered in person. This is a dense Act that supports telehealth in many ways, so I recommend reading it to see these provisions as well as exceptions as noted in the law. We were part of a coalition to help pass this law.

HB 4769: Behavior Analyst Licensing (Now Public Act 102-0953)

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=4769&GAID=16&DocTypeID=HB&LegID=139221&SessionID=110&GA=102>

We worked with the Behavior Analyst association to ensure that psychologists who are trained to work with the populations served by Behavior Analysts can continue to do so if they do not refer to themselves as a licensed behavior analyst without this license. Qualified psychologists are also recognized as able to supervise behavior analysts. We remained neutral on this Act.

HB 4831: Adult Guardian-Medical Report (Referred to Rules Committee)

To read the full text of this bill go to: <https://ilga.gov/legislation/102/HB/PDF/10200HB4831lv.pdf>

This bill was introduced by the IPA and will continue to be pursued. It would eliminate the need for a physician signature on evaluations

performed by psychologists for adjudication of a disability in the case of an intellectual disability.

SB 1079: DFPR Harassment Prevention (now Public Act 102-0308)

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=1079&GAID=16&DocTypeID=SB&LegId=133711&SessionID=110&GA=102>

This bill makes it easier to comply with the Harassment Prevention Training requirement for all licensed professions. It expands the courses that meet this requirement. Therefore, if you take a course through your workplace and that course is not a continuing education course for psychologists, it will count towards your requirement to take a harassment prevention training course every licensing period. Note that the IPA gives this course during every licensing period and this course not only meets the requirement of the Act but also counts toward your 24 hour continuing education requirement.

SB 1568: Guardianship-Psychologists (Referred to Assignments)

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=1568&GAID=16&DocTypeID=SB&LegId=134201&SessionID=110&GA=102>

This bill would have stated in the law that one of the persons who performed the evaluations upon which the report relating to the adjudication of disability is based shall be a licensed physician or a licensed clinical psychologist (rather than "shall be a licensed physician"). We strongly supported this bill.

SB 1974: Ins CD-Health Care Recoupment (now Public Act 102-0603)

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=1974&GAID=16&DocTypeID=SB&LegId=134630&SessionID=110&GA=102>

This act shortens the length of time an insurer can recover payments made to a provider in error to 12 months from 18 months. We strongly supported this Act.

SB 2243: Music Therapy Licensing (Now Public Act 102-0993))

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=2243&GAID=16&DocTypeID=SB&LegId=134896&SessionID=110&GA=102>

This bill creates a Music Therapy License. The license does not prohibit psychologists from using music in their practices as long as they don't use the titled Licensed Music Therapist. The bill sets limits on what a music therapist can do as part of their practice. We remained neutral on this Act.

SB 2272: Prescribing Psychologist (Re-referred to Assignments)

To read the full text of this bill go to: <https://ilga.gov/legislation/102/SB/PDF/10200SB2272lv.pdf>

This bill would expand the formulary of medications that could be prescribed by a psychologist. It also would allow prescribing psychologists to see people who are under 17 years of age and over 65. The IPA supports this bill. ■

IPA Meeting Schedule

IPA Executive Committee Meeting will be held at 3 PM on Friday July 22, August 19, September 23, December 9, 2022 and January 20, February 24, March, 17, April 28, May 19 and June 16, 2023.

IPA Council Meetings will be held at 9 am on Saturday, September 24, 2022 and January 21, April 29 and June 17, 2023.

IPA Legislative Committee Meetings will be held at 2 pm on Friday, July 22, August 19, September 23, December 9, 2022 and January 20, February 24, March, 17, April 28, May 19 and June 16, 2023.

IPA All Association Annual Meeting will be held at the 2022 Convention of the Illinois Psychological Association. Date and time to be announced.

A Message from the Director of Professional Affairs

Susan O'Grady, PsyD

I have been in the role of Director of Professional Affairs since November 1, 2021. I have learned much from many of you! I want to start by thanking you all for your support and patience as I get up to speed with many aspects of the various committees on which I serve. I have had the opportunity to advocate at the federal and state level. I have learned volumes of information regarding insurance: Medicare, Medicare Advantage, Commercial, Self-Funded (ERISA), billing, coding, and other aspects through the Healthcare Reimbursement Committee. I have helped lead webinars and worked with many presenters through the Continuing Education (CE) Committee. I have learned about the ins-and-outs of running the IPA through the executive committee and council. I am excited to be part of the newly formed Equity, Diversity, and Inclusion (EDI) Task Force.

While all of those tasks have been deeply meaningful to me, one of my most challenging tasks has been meeting with the 19 other Directors of Professional Affairs (DPAs) from State, Provincial and Territorial Psychological Associations (SPTAs) and the American Psychological Association (APA) staff members who attend our monthly and annual meetings. I recently attended a four-hour annual meeting that consisted of presentations by some of the APA leadership and a two-hour closed session retreat for just the DPAs.

Topics that were presented and discussed with APA included master's level licensing for psychologists and the idea that we, as clinical psychologists, need to work at the top of our degree which includes testing and psychology

licensure issues. APA is working to advocate for differing licensure levels in which master's level psychologists would be able to engage in activities similar to those in other disciplines such as LCSWs, LMFTs, etc., while preserving some activities, such as testing for doctoral level practitioners. Currently 17 states allow some sort of licensure at the master's level and APA is attempting to get ahead of this trend nationwide.

We received several federal advocacy updates from the Advocacy Coordinating Committee. They listed priorities including: placing a high priority on telehealth and integrated care, ensuring integrated care bills go beyond collaborative care scope, working with the Senate Finance and Health Committee to ensure telehealth reimbursement continues beyond the current Public Health Emergency (PHE), partnering with social workers and psychiatrists regarding the impact of the "No Surprises Act", working with Senators to introduce legislation on Medicare reimbursement for trainees, working for telehealth parity in reimbursement as an access to care issue, educating practitioners on the Department of Labor having authority over ERISA (self-funded) insurance plans, and addressing issues of network advocacy.

Additionally, during the general meeting as well as the closed retreat we discussed a wide variety of social justice issues. After listening to the DPAs from several states, I realized that as practitioners, we live in a state that values these ideas. We met on the day that *Roe v. Wade* was overturned and had a lot of discussion on what it means for practitioners in states where trigger laws were enacted. Additionally, we discussed the EDI activities within other states and our own process for integrating EDI into our practice, continuing education and other aspects of all of our many roles.

There are many other aspects of my position as DPA that I have not shared. I look forward to continuing my work with all of you! Please feel free to reach out with questions or comments. I look forward to continuing getting to know each of you. ■



Mark Kinsella, CFP®MBA

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IPA Health Care Reimbursement Committee (HCRC)

Lynda Behrendt, PsyD, RN (Chair); Margo Jacquot, PsyD, CSADC, BCETS; Susan O'Grady, PsyD, Theresa M. Schultz, PhD, MBA, Heidi Shikora, PsyD

Engaging with insurance companies is never easy, but clearly it has become more complicated in recent years. The market has simply changed.

If you think of insurance products like a new car (also complicated to deal with right now), where there may be the basic features, but there are myriad combinations of other options available. Also, how the plan is administered has everything to do with whether the plan is a commercial plan or one that is self-funded. Commercial plans are subject to rules and regulations that just don't apply to self-funded plans.

Here are some answers to a couple of frequently asked questions where commercial and self-funded plans differ.

1) Will we continue to get paid for teletherapy?

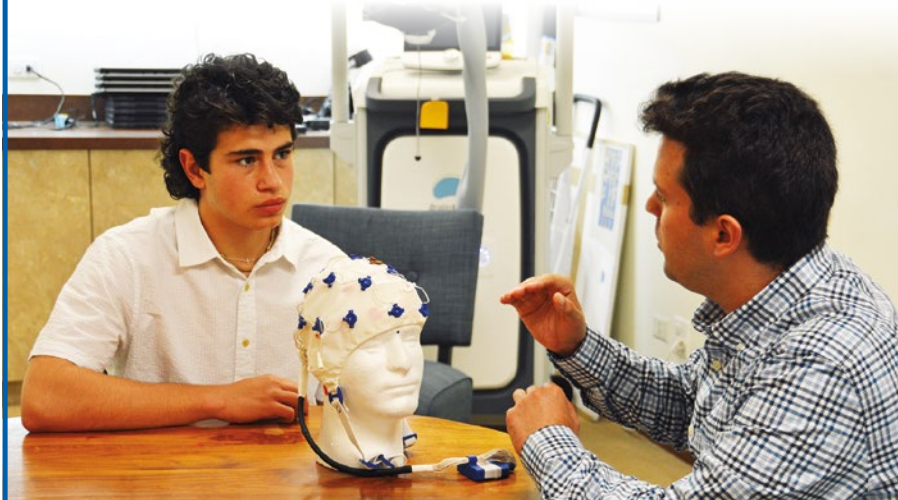
The short answer is yes, and....Governor Pritzker signed legislation mandating that commercial payers continue to reimburse for telehealth, even when the emergency orders expire. However, self-funded plans like labor funds are NOT bound to the same legislation. Basically, they can deny telehealth altogether. What can you do?

PRO TIP: FIND OUT AS MUCH AS YOU CAN IN ADVANCE OF THE INITIAL APPOINTMENT WITH YOUR CLIENT. While it is time consuming, consider checking Availity and then *calling* the insurance company directly to

Continued on page 10

State of the art and research, brain-based treatment for age 16 through older adulthood.

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Save the date:

ONE HOUR OF CONTINUING EDUCATION FOR IPA MEMBERS ONLY—
COMPLIMENTARY WEBINAR

Psychotherapy Supervision: Old Controversies and New Dilemmas Webinar

Presented by: Nancy McWilliams, PhD, ABPP

Friday, September 9, 2022, 9am to 10am

Sponsored by the IPA's Clinical Practice Section—Information about the webinar and registration information is forthcoming and will be posted to the website.

HealthCare Reimbursement Committee *Continued from page 9*

get a quote of benefits. Encourage your clients to call and get a quote of benefits as well. If what you see on Availity is different from the information you receive from the insurance company, that is an indication to dig deeper with the insurance representative. Keep in mind that Availity is a private company contracted by insurers to provide data. Their data is not always up to date. Once you have those 3 data points (Availity, your call and your client's call), you and your client will have a better sense collectively of what to expect. Remind your clients that you will not know for SURE what coverage will be until the first claims are submitted and processed. To that end, bill at least weekly, if possible, and follow up immediately

2) How do we resolve issues with non-payment or denied claims?

We hear you. HCRC is working to connect with the right people in leadership within Blue Cross to hear, advise and resolve this issue. While there may be several reasons for non-payment or delayed payment, the Illinois Department of Insurance has the following to say:

"Many providers seek assistance from the Illinois Department of Insurance when health insurance claims are delayed, denied or unsatisfactorily settled by insurance companies and HMOs. The Department will assist providers with these problems to the extent of our authority under the law."

Prompt Pay

State law requires HMOs, insurance companies, IPAs and PHOs to pay health care claims

promptly. *Failure to pay the claims within the period required by the law entitles the health care provider to interest on the claim.*

The Department of Insurance does NOT have jurisdiction over the following plans:

Self-insured employers and health & welfare benefit plans:

Many large employers provide health benefits for their employees through self-insured plans. Although self-insured plans are frequently administered by an insurance company, it is the employer and not the insurance company that bears the risk for paying claims.

NOTE: State laws, including the Prompt Pay Law, do not apply to self-insured employers and health & welfare benefit plans. Your patients should follow the complaints and appeals procedures contained in their benefit booklets. Many times, these plans have deadlines for filing of complaints and appeals that the patient must meet.

PRO TIP: IF YOU FIND THAT THE PLAN NOT PAYING IN A TIMELY MANNER IS A SELF INSURED OR HEALTH AND WELFARE BENEFITS PLAN, CONSIDER CONTACTING OR HAVING YOUR CLIENT CONTACT THE EMPLOYER DIRECTLY, AS THEY ULTIMATELY HOLD THE RISK FOR PAYING CLAIMS. Follow HIPAA guidelines.

The HCRC will continue advocating for you to get claims paid. ■

IPA Graduate Student Section Report

Aya Haneda, Chair

With our academic year wrapping up, we wanted to provide a summary of all the exciting events that IPAGS has hosted throughout the 2021-2022 year!

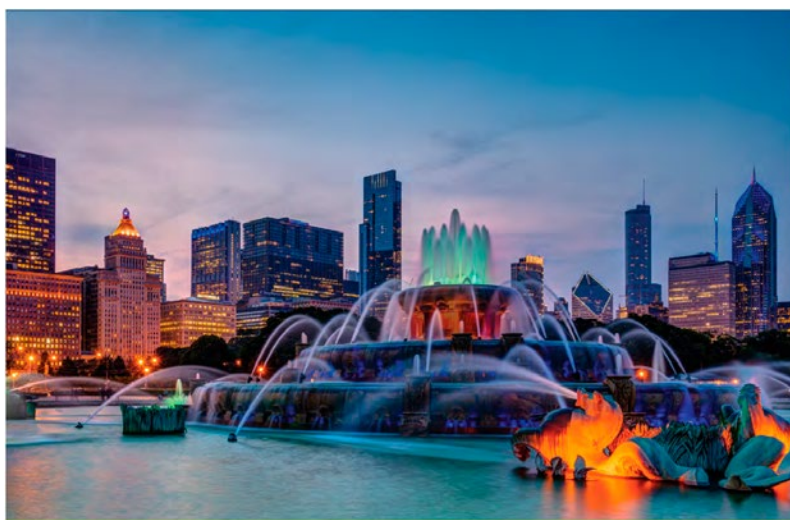
Throughout the month of July and August, IPAGS hosted several information sessions about internships, fellowship, and careers in military psychology, in the bureau of prisons, and in neuropsychology. This was followed by a three-part series of informative panels on navigating the ACEPT practicum process, practicum interview workshops, and self-care for graduate students. IPAGS also introduced

a new panel with the support of the IPA Past-Presidents Advisory Committee for students to discuss career-related questions with clinical psychologists from a variety of settings in Illinois.

IPAGS is also excited to announce that annual memberships have been reduced to \$15 for the upcoming year. We hope that you continue to become a member of IPAGS and support our work at promoting the education and training of graduate students in the state of Illinois! ■



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Message from the Early Career Section (ECP)

M. Laura Pappa, PhD, Chair

As part of Early Career Psychologist section's commitment to meet our members' needs, we continue to collaborate with IPAGS and Dr. Blaine Lesnik to deliver the Quarterly Mentoring Panels. The first panel focused on "Psychologists in Various Settings" and was successfully held virtually on February 19th. The second panel will be held on September 30th and will cover the nuts and bolts of building a private practice. The panel will discuss accounting-related information, marketing strategies, and business implications. If you are an ECP, please RSVP for this event by emailing laurapappaphd@gmail.com.

Additionally, the ECP section will be holding a virtual meet-and-greet social hour for section members all over the state. The purpose of this event is to familiarize ourselves with the work psychologists are doing all around the state and ultimately, promote networking opportunities. If you are an ECP section member and are interested in participating, please RSVP by emailing Dr. Pappa at laurapappaphd@gmail.com. If you are not yet a member but wish to participate in this event, please contact Marsha Karey at mkarey@illinoispsychology.org and join the section for \$10/year. ■



Friday, September 30th
1pm-3pm

BUILDING A PRIVATE PRACTICE

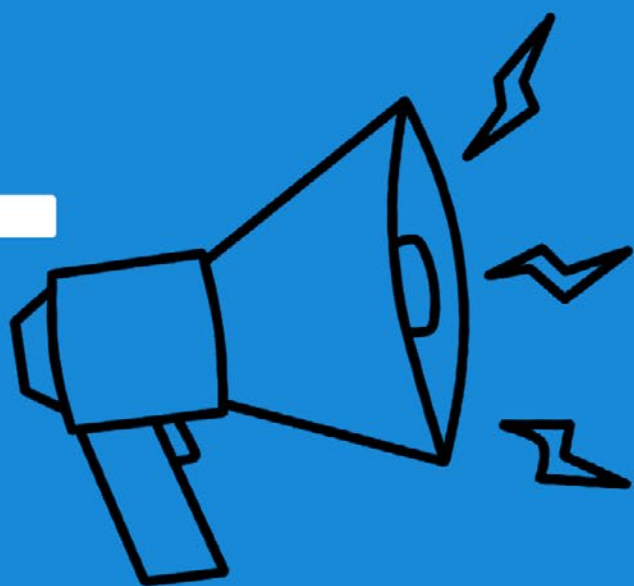
What will be covered?

The panel will provide a broad overview of how to build a private practice including accounting, marketing, and business implications.

This is a **FREE** and **VIRTUAL** event

ECP VIRTUAL SOCIAL HOUR

JOIN
US FOR FREE!



- Join us for this meet-and-greet event and connect with other ECPs all over the state.
- Event open to ECP section members ONLY.
- *Not yet a member?* email mkarey@illinoispsychology.org and join for only \$10/year.

Saturday
27TH
August 2022
10am-11am

EMAIL LAURAPAPPAPHD@GMAIL.COM TO RSVP

Social Responsibility Section Message

Holly Houston, PhD and Connie Natvig, PhD

The Social Responsibility Section (SRS) enthusiastically welcomes Connie Natvig, PhD who will be the Associate Chair for the 2022-2023 term. Dr. Natvig has served IPA in several positions in the past including Coordinator for Legislative Advocacy and member of the Health Care Reimbursement Committee. Dr. Natvig recently joined the faculty at Midwestern University as a part-time Assistant Professor of Clinical Psychology and will continue in private practice on a part-time basis. Congratulations to Dr. Natvig on her newly acquired faculty position—we look forward to having you work with SRS!

We also say goodbye to Bruce Bonecutter, PhD who will be retiring at the end of June after serving IPA since 1984! His commitment, contributions and advocacy have been invaluable. I want to thank Dr. Bonecutter for providing both opportunity and mentorship which have allowed me to increase my involvement in IPA in a most meaningful way.

The Social Responsibility Section (SRS) has been busy since the beginning of the calendar year with several projects. Assisted by the technical acumen of our graduate student mentee, we have updated the Social Responsibility Section on the IPA website. It is user friendly and full of information including reposts of relevant SRS listserv postings, resources for professional interest and development, book lists, resources for volunteerism, advocacy and more. We will continue to add to the website regularly to maintain its relevance and utility. We strongly encourage members to share resources, articles, names of organizations, etc. for consideration for inclusion on the website that fellow psychologists and graduate students will find informative and helpful. Please send such information to Holly Houston at hhouston@anxiety-stresscenter.com.

SRS's inaugural graduate student mentee, Monica Zabinski who is a doctoral student at National Louis University, will complete her one-year position to start her internship at Southwest Behavioral and Health Services in Arizona. Many thanks to Monica who has done a fantastic job helping to reconfigure the SRS section of the IPA website and populate it with resources from SRS postings. Her website building skills have caught the eyes of IPA administration and leadership who have

enlisted her assistance updating the entire IPA website. We are most grateful that Monica will continue to help update the IPA website in a consultative capacity while on internship. Dr. Houston, chair and Dr. Bonecutter, co-chair, are currently interviewing applicants for a new Social Responsibility Section graduate student mentee.

We recognize and thank Lauren Bridges Santana and Dr. Penny Assay for their contributions to SRS. Lauren Bridges Santana, a doctoral student at the Chicago School of Professional Psychology, has eagerly provided ideas, resources and considerable data-gathering skills helping SRS survey our membership and update our website. Penny Assay, PhD, ABPP, a faculty member at Adler University, has volunteered to be a member of SRS's steering committee. Dr. Assay's research and teaching interests include multicultural and diversity issues, social justice and advocacy, training and supervision, and career issues for women. Dr. Assay has been active and helpful with our alliance with the Academic Section.

In an effort to promote social justice activities, social justice advocacy and to build alliances both within and outside of IPA, the Social Responsibility Section has established an alliance with the Academic Section. The goal of our alliance is to share information about and promote social justice activities within our respective institutions including efforts to increase the involvement of graduate students and faculty members at other institutions. With the help of Dr. Assay, we have provided an additional self-paced, 30-day training in modular form, focused on equity, diversity and inclusion (EDI) by Rachel Elizabeth Cargyle, on the listserv that can be accessed by busy psychologists to continue their personal/professional EDI development.

Drs. Houston and Bonecutter are in the process of updating both the amount of the section dues and the section bylaws. A section dues increase will allow SRS to increase the pay of the graduate student mentee and provide more funding for presentations. Preliminary survey results indicate that 100% of SRS members who voted are in favor of the increase. The bylaws needed updating to make corrections,

Continued on page 15

Social Responsibility *Continued from page 14*


refinements and to include electronic and virtual technology applications.

Last, though not least in importance, SRS has responded to the tragic rise in hate crimes and mass shootings in Buffalo and Uvalde, symbols of societal divisiveness and ill-health. We have posted information on trainings, seminars, panel discussions, articles and virtual convenings on interfaith efforts to reduce racism and hate, anti-racism and EDI training, Right to Be bystander training to learn to be allies for targets of bullying and hate, Anti-Semitic teachings by the Institute for the Study of Contemporary Anti-Semitism, gun safety legislation and advocacy,

materials that address the trauma associated with school shootings and guidelines for talking with children and youth about these tragedies. We will continue to provide relevant information and resources guided by APA, member interest, and the sociopolitical environment.

"Let's not lose hope in humanity, instead live to help others. We can make a difference."

Anonymous ■



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Recap of the Spring Institute for Continuing Education

North Central and South Central Regional Representatives

Blair Brown, PsyD and Keith Buescher, PhD

Thank you to all who were able to attend our Spring Institute this year! After taking a few years off, we hope everyone found “Politics in the Treatment Room: How Clinicians Approach and Navigate the Taboo” to be useful in your practices. We thought that given the rising polarization in the world, as well as the unique political makeup of the central regions of our state, that this would be a much-needed continuing education opportunity. For those who were unable to attend on May 20th, here’s a brief overview of Dr. Milagros Saxon’s expertise on the subject.

Dr. Saxon began the presentation by asking us to approach this topic from a place of play, curiosity, exploration, imagination, and constructivism. Dr. Saxon then discussed how she envisioned the construction of our journey for the remainder of the day. She presented a circle with layers increasing in size. The innermost circle contained the word, “you,” expanding to “patient,” “biopsychology,” “analytic psychology,” and finally, the largest, outermost circle containing the word “Myth.”

Starting from the outside and moving in, Dr. Saxon explained that Myth is the only concept big enough to contain what we are all experiencing right now. Creation stories begin with life, followed by chaos/collapse/loss, then finally, renewal. As if our souls could not already feel the chaos, one only need look around at the war, injustices, climate change, refugee crises, COVID pandemic, and loss of meaning and truth to see the phase in which we currently tread. This phase is full of distress, loss, and disorientation. (Side note: this does not mean the apocalypse is here, calm down.) Per Dr. Saxon, our soul has an inner wisdom that will move us forward through these trying times.

As we traveled inward through the circles we learned about the psychoanalytic function of cultural complexes such as Racial, Domination, Purity, Gender, Environmental, and Nationalism. Dr. Saxon implored us to ask the following questions when pursuing these cultural complexes: What are the feelings we encounter as we interact with this complex? What are the images that come to mind? What are the

memories that resonate deep within? What are the associated behaviors with this complex? What stereotypical thoughts arise because of this complex?



Michael Mead, mythologist and storyteller, writes, “Conflict in the world is a symptom of a unity that is missing and trying to be found.” In order to find unity, we have to reconnect with the missing parts of each other and ourselves. Hermeneutics give psychotherapists a roadmap to approach charged topics safely. In order to get to the essence of a person’s experience, we need to: 1. Examine the narrative descriptions of their experience, 2. Identify common themes, and 3. Explore universal expressions of humanness.

We moved through the layers to explore some brief political neuroscience. Dr. Saxon shared findings from several interesting articles, including one study that found conservatives to have larger right-side amygdalas, translating to a greater sensitivity to threat stimuli and therefore a need to protect; the study also found liberals to have a larger anterior cingulate cortex, granting larger tolerance for uncertainty. Understanding underlying brain structures may help us understand one another on a deeper level.

Towards the end of the presentation, we discussed skills-based strategies for inviting politics into the treatment room. Analogies were made to how we talk about sex. Do not be shy about checking in with the patient about their current level of satisfaction/happiness in the political arena. If the patient endorses that they are happy as a result of their belief structure, leave it alone. We wouldn’t want to “yuck someone else’s yum” so to speak. If the patient is experiencing distress and it is impairing

Continued on page 22



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Report from the Women's Issues Section

Kim Baker, PsyD, Chair, and Christina Biedermann, PsyD, ABAP, Associate Chair

Drs. Kim Baker (Chair) and Christina Biedermann (Associate Chair) assumed their leadership of the Women's Issues Section in September 2021. They were recently re-elected to the position in June 2022. They revised the Section's mission and included it, along with an introduction of themselves and an invitation to the section, in IPA's Winter newsletter. They also collaborated with the Social Responsibility section to coordinate attendance at the March for Reproductive Justice in October 2021 and have disseminated relevant information about the science of mental health and abortion to the IPA listserv. Other posts have addressed self-care and the disproportionate effect of the pandemic on women.

In addition to these activities, they have held two Women's Issues Section meetings and plan to continue doing so quarterly. The first was attended by two other members, whereas the

second was attended by six. Both meetings evolved into spaces for participants to talk about their experiences as women and, for some, as women of color as psychologists and as citizens. There was some interest in creating programming for the fall IPA convention that would highlight feminist advocacy. During that discussion, Drs. Baker and Biedermann collaborated with the IPA Council to initiate and support their endorsement of APA's statement on reproductive rights.

The next meeting date is to be determined but will be in August 2022. ■

For more information, contact Dr. Baker or Dr. Biedermann:

Dr. Baker: drkim@kbpsychology.com

Dr. Biedermann: drbiedermann@northsidechicagopsychology.com



Kim Baker



Christina Biedermann



Dr. Gregory Sarlo
has been awarded the
**2022 Distinguished Contribution
to Education and Training Award**
by the Society for the
Psychology of Sexual
Orientation and Gender Diversity
(APA Division 44)!



**Are YOU interested
in IPA Leadership?**

**Are YOU interested
in Developing your
Leadership Skills?**

If you answered yes to these questions, please consider making application to the Leadership Development Program of the Illinois Psychological Association.

Overview

The Leadership Development Program (LDP) of the IPA is a program designed to engage and educate future leaders of IPA. Participants will be chosen via application and interview. Acceptance into the program is a one year commitment followed by participation in IPA committee work with the intention to eventually run for an IPA Council position. This is an excellent opportunity to develop leadership skills to be utilized in IPA, as well as in the future for personal and professional application in academic settings, administrative clinical settings or other board positions.

Application Process

- apply by email or paper
- interviews to follow
- participants to be selected by August 19, 2022

**APPLICATION
DEADLINE
AUG 1ST, 2022**

Schedule of Events

- first meeting of the LDP at the September IPA Council Meeting, 8:00am ~ Saturday, September 24, 2022 @ 9:00am to 1:00pm (approximately).
- monthly meetings to follow. Some in person, some virtual.
- other topics to be covered: leadership assessment with feedback of strengths and areas for development; review of IPA Bylaws, policies and procedures; association history; association finances and fiduciary responsibility; a mock council meeting; mentoring; an association project.
- an agenda and further schedule will be finalized in the first meeting.

**For additional information,
contact:**

Laura Faynor-Ciha, PhD,
Chair, IPA Leadership
Development Program and
IPA Past President;
laura.faynorcihaphd@gmail.com,
cell: 630/988-0489
Marsha Karey,
IPA Executive Director,
mkarey@illinoispsychology.org, IPA
Office phone:
312/372-7610, x201

Application Form

IPA LEADERSHIP DEVELOPMENT PROGRAM

CONTACT INFORMATION

Name: _____

Address: _____

Email Address: _____

Phone(s): _____

EDUCATION AND WORKPLACE INFORMATION

Graduate Program: _____

Degree: _____ Field of Study (Clinical, Counseling, I/O): _____

Year Licensed (if applicable): _____

Current Professional Position : _____

Workplace: _____

IPA MEMBER STATUS

Please note that you must be an IPA member to be considered for participation in the Leadership Development Program. If you are not yet an IPA member, you can learn more and apply to join at www.illinoispsychology.org

☐ Full Member: Licensed ☐ Non-Licensed (Circle Licensed or Non-Licensed) ☐ Student

As part of our commitment to ensuring that the Leadership Development Program reflects the diversity of our professional membership, we are asking applicants to provide some demographic information, to the extent that they are comfortable doing so. Please note that providing this information is voluntary and is not required in order to be considered for participation in the program.

Age: _____ Gender Identity: _____ Race/Ethnicity Identification: _____

Sexual/Affectional Orientation: _____ Military Status/History: _____

Other important characteristics of your identity: _____

Please answer the following questions regarding your interest in the IPA Leadership Development Program:

- 1) What interests you about IPA's LDP and what do you hope to gain from this experience?
- 2) What unique leadership attributes and perspectives might you offer to your cohort as well as to IPA and to the field of psychology?
- 3) Describe any previous leadership experience you may have had (in any setting).
- 4) What has been your involvement in IPA? How long have you been a member?
Have you had the opportunity to exercise your leadership skills in IPA? If so, in what way?

Thank you

for your interest
in applying to the Illinois
Psychological Association
Leadership Development
Program (LDP)!

Please complete the following information and answer the four questions below. In addition, please submit a current CV along with your application.

Please email the application as an attachment to laurafaynorchaphd@gmail.com

or you can mail it to the Illinois Psychological Association, Attn.: Chair, Leadership Development Program, 67 E. Madison Avenue, Suite 1904, Chicago, IL 60603



Spring Institute *Continued from page 17*

different areas of function such as work, family, friends, etc., follow it and do the work.

Dr. Saxon returned to the layer that encapsulates us all: Myth. She emphasized that those who witness the collapse are invited to contribute to the rebuilding and renewal of our world. As psychologists in an increasingly complex world, our voices of empathy, knowledge, science, healing, and bravery in entering the fray are essential. Let's be foundational in the rebuilding

of ourselves, our patients, our community, our culture, our world.

Once again, we thank you all for your support in re-launching the Spring Institute this year, and look forward to many more. Please feel welcome to reach out to Drs. Buescher and Brown if there is anything we can do to be of assistance to you in our regions! Be well and invite the taboo into your treatment room! ■

Happy New Year to all IPA Members!
We hope that 2022 is a great year for you and your practice.

To enjoy your member benefit of a Free 60 minute consultation, please contact us at:
admin@hmsmidwest.com or 219-926-8320

IPA Colleague Assistance Resource Program

Cliff Saper, PhD and Ellen Stone, PsyD

Earlier in the year we informed you that we would be compiling a virtual Resource Center that psychologists and their family members could go to for a list of providers of treatment services for professionals coping with mental health or addiction issues that impact their work or family life. If you are providing such services or know of a colleague or quality program/facility where such services are provided, please complete the survey below. From the data we receive, we will be developing a resource data base which could be utilized by psychologists seeking assistance, concerned colleagues, or family members.

We will also be posting this survey on the IPA web site and will have it available at the "Taking Care of Yourself..." presentation at the IPA Convention in November. Once we have our resource list it, too, will be posted on the web site and also shared with the APA Committee on Colleague Assistance. Thanks for your involvement in this project and your input.

Dear Colleague,

Please complete this brief survey to let us know your experience and expertise in working with psychologists and their family members. As you know, working with a professional or person in a high accountability or a safety sensitive position brings with it some unique challenges. When the individual is also a mental health professional, there are even more considerations in providing accessible, confidential and effective psychological and addiction services. Help us provide a comprehensive resource list for Illinois psychologists and their family members who may be experiencing some distress.

Please duplicate this form for other colleagues who might be interested in treating psychologists and other mental health professionals with personal issues, including those whose work is impacted. If you have been pleased with programs that treat professionals or work in one, please fill out a form for such facilities, as well.

Thank you,
IPA's Colleague Assistance Resource Program
Co-chairs: Cliff Saper, PhD and Ellen Stone, PsyD

Resource Provider/Program Profile

Date: _____ Name/Program: _____

Professional Credentials/certification: _____

Organization: _____

Primary Address: _____ Additional Locations: _____

City, State, Zip: _____ City, State, Zip: _____

Office Phone: _____ FAX: _____

Email: _____ Website: _____

Payment arrangements accepted: (Check all that apply).

Sliding Scale: ☐ Private Pay: ☐ Medicare: ☐ Medicaid: ☐ Tricare: ☐

Name all Health Insurances accepted: _____

Type of Service: (Check all that apply).**Solo or Group Practice:**

Psychiatry ___

Psychology ___

Social Work__

Counseling__

Coaching___

EAP___

Other_____

Hospital-based Program:

Inpatient___

Partial Hospital___

Intensive Outpatient___

Aftercare___

Impaired Professionals Program___

Self-Help Groups ___

Other ___

Agency:

Individual Outpatient___

Group Outpatient___

Halfway House___

EAP___

Peer Assistance Groups___

Extended Care___

Other ___

Specialties: (Check all that apply).

Adolescents __; Adults (18 & over) ___; (ACOA)___; Anger Management Issues___; Anxiety/OCD___

Attention Deficit Hyperactivity Disorder (ADHD) ___; Autism-Spectrum Disorders ___; Axis II Dx___;

Chemical/Substance Dependency and Alcoholism ___; Children ___; Codependency ___;

Compulsive Gambling/Spending ___; Divorce ___; Domestic Violence ___; Dual Diagnoses ___;

Employee Assistance Counseling/Consulting ___; Eating Disorders ___; Family Therapy ___;

Grief/Loss ___; Group Therapy ___; Internet Addiction ___; Intervention Services ___; Self-Injury___

LGBT Concerns ____; Medication Management ___; Men's Issues ___; Mood Disorders ___;

Pain Management ___; Psychological Assessment ___; Sexual Issues/Disorders ___;

Smoking Cessation ___; Trauma ___; Veteran's Issues ___; Women's Issues ___;

Others: _____

Please write a brief statement, one or two paragraphs in length, about the approaches you use in providing services to psychologists and their family members. You might wish to include information about your experience, background, and philosophy of treatment.

Email form to clifton.saper@alexian.net

Fax form to:

Dr. Saper at 847/755-8508

Mail form to:

Illinois Psychological Association,
67 East Madison St. Suite 1904, Chicago, IL 60603

See the following page for a Healthy Lifestyle Assessment.

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE

(PROQOL) VERSION 5 (2009)

When you *[help]* people you have direct contact with their lives. As you may have found, your compassion for those you *[help]* can affect you in positive and negative ways. Below are some-questions about your experiences, both positive and negative, as a *[helper]*. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

	1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
_____ 1.					
_____ 2.					
_____ 3.					
_____ 4.					
_____ 5.					
_____ 6.					
_____ 7.					
_____ 8.					
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_____ 30.					

Continued on page 26

Healthy Lifestyle Assessment *Continued from page 25*

YOUR SCORES ON THE PROQOL: PROFESSIONAL QUALITY OF LIFE SCREENING

Based on your responses, place your personal scores below. If you have any concerns, you should discuss them with a physical or mental health care professional.

Compassion Satisfaction _____

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job.

If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 23, you may either find problems with your job, or there may be some other reason—for example, you might derive your satisfaction from activities other than your job. (Alpha scale reliability 0.88)

Burnout _____

Most people have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout.

If your score is below 23, this probably reflects positive feelings about your ability to be effective in your work. If you score above 41, you may wish to think about what at work makes you feel like you are not effective in your position. Your score may reflect your mood; perhaps you were having a “bad day” or are in need of some time off. If the high score persists or if it is reflective of other worries, it may be a cause for concern. (Alpha scale reliability 0.75)

Secondary Traumatic Stress _____

The second component of Compassion Fatigue (CF) is secondary traumatic stress (STS). It is about your work related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other's trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events. For example, you may repeatedly hear stories about the traumatic things that happen to other people, commonly called Vicarious Traumatization. If your work puts you directly in the path of danger, for example, field work in a war or area of civil violence, this is not secondary exposure; your exposure is primary. However, if you are exposed to others' traumatic events as a result of your work, for example, as a therapist or an emergency worker, this is secondary exposure. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event.

If your score is above 41, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. While higher scores do not mean that you do have a problem, they are an indication that you may want to examine how you feel about your work and your work environment. You may wish to discuss this with your supervisor, a colleague, or a health care professional. (Alpha scale reliability 0.81)

Continued on page 26

Healthy Lifestyle Assessment *Continued from page 25*

WHAT IS MY SCORE AND WHAT DOES IT MEAN?

In this section, you will score your test so you understand the interpretation for you. To find your score on **each section**, total the questions listed on the left and then find your score in the table on the right of the section.

Compassion Satisfaction Scale

Copy your rating on each of these questions on to this table and add them up. When you have added then up you can find your score on the table to the right.

3. _____
6. _____
12. _____
16. _____
18. _____
20. _____
22. _____
24. _____
27. _____
30. _____

Total: _____

The sum of my Compassion Satisfaction questions is	And my Compassion Satisfaction level is
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Burnout Scale

On the burnout scale you will need to take an extra step. Starred items are "reverse scored." If you scored the item 1, write a 5 beside it. The reason we ask you to reverse the scores is because scientifically the measure works better when these questions are asked in a positive way though they can tell us more about their negative form. For example, question 1. "I am happy" tells us more about

- *1. _____ = _____
*4. _____ = _____
8. _____
10. _____
*15. _____ = _____
*17. _____ = _____
19. _____
21. _____
26. _____
*29. _____ = _____

Total: _____

The sum of my Burnout Questions is	And my Burnout level is
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

You Wrote	Change to	the effects of helping when you are <i>not</i> happy so you reverse the score
	5	
2	4	
3	3	
4	2	
5	1	

Secondary Traumatic Stress Scale

Just like you did on Compassion Satisfaction, copy your rating on each of these questions on to this table and add them up. When you have added then up you can find your score on the table to the right.

2. _____
5. _____
7. _____
9. _____
11. _____
13. _____
14. _____
23. _____
25. _____
28. _____

Total: _____

The sum of my Secondary Trauma questions is	And my Secondary Traumatic Stress level is
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Apply to be an IPA Fellow

Don't be shy. Be recognized for your outstanding contributions to the profession of psychology by applying for Fellow status with the Illinois Psychological Association.

Criteria for Fellow status are:

1. Full Voting Member of IPA for at least seven years
2. Made outstanding contributions in the field of psychology
3. Nominated for Fellow status by two members of IPA who have submitted written endorsements
4. Elected to Fellow status by a majority vote of the IPA Council of Representatives

Application for Nomination as a Fellow in the IPA Attach Additional Sheets for Supporting Information

Name: _____

Mailing Address: _____

Email Address: _____

Phone(s): _____

IPA Membership Status: _____

Number of Years as an IPA Full Voting Member: _____

Sections in which Membership is Held: _____

Educational History (include undergraduate, graduate and postdoctoral institutions):

A high level of competence or steady and continuing contributions are not sufficient to warrant Fellow status. Fellow status requires that a person's work have had impact in the field of psychology on the local, state, regional or national level. A detailed statement demonstrating this impact must accompany the Fellow application. **PLEASE NOTE THAT SUBMISSION OF A VITA ALONE WILL NOT BE CONSIDERED A SUFFICIENT RESPONSE.**

For your statement, please describe in detail your outstanding contributions in any of the following ways (this list is not intended to be exhaustive).

Public Service: Describe exact nature of services performed, dates, names of community organizations

Service to the Profession: List offices and/or committee memberships held, dates, names of professional organizations, explanation of specific services performed.

Scholarly Contributions to the Profession: List publications in accordance with APA editorial style for reference lists.

Each application should be accompanied by an application fee of \$100.

Checks should be made out to **Illinois Psychological Association** and mailed to:

Fellow Application
Illinois Psychological Association
67 East Madison Street, Suite 1904
Chicago, Illinois 60603

A certificate of recognition of Fellow status will be awarded to successful applicants.



TheChicagoSchool®
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Thank you!

IPA would like to thank Organizational Member,
The Chicago School of Professional Psychology.

Ethics Consultations Available for IPA Members

While the IPA Ethics Committee has discontinued any adjudication function, the Committee will continue to offer individual telephone consultation to IPA members on ethical issues. Members can access this service by contacting the IPA office at 312/372-7610 x201. Other educational functions provided by the Committee include ethics presentations, workshops, and seminars for psychologists, agencies, and academic programs. Contact the IPA if you are interested in arranging such programs.

Our accountants have informed us that 100% of what licensed members paid in legislative assessments is not deductible for tax purposes.

However 100% of everyone's membership dues is deductible for tax purposes. Keep in mind that legislative assessments are the additional fees that licensed members pay (\$60 plus an additional special assessment based on income).

Numbers You Should Have

Illinois Psychological Association
 67 East Madison Street, Suite 1904
 Chicago, Illinois 60603

Phone: 312/372-7610

Fax: 312/372-6787

Executive Director e-mail:
 Marsha Karey
mkarey@illinoispsychology.org

IPA Web Site
www.illinoispsychology.org

**Illinois Department of
 Professional Regulation**

Licensure Requirements
 or Pending Applications: 217/785-0800

New Applications and Changes to
Current Licenses: 217/785-0800 ask
 for *Licensure Maintenance Unit*

Complaints against licensed
 professionals: 312/814-6910

Mailing Labels of Licensed Professionals:
[https://www.idfpr.com/LicenseLookup/
 RosterRequest.asp](https://www.idfpr.com/LicenseLookup/RosterRequest.asp)

IDFPR Web Site
www.idfpr.com

Abuse Reporting Hotlines

Child Abuse
 800/252-2873

Senior Abuse
[https://www.illinois.gov/aging/
 ProtectionAdvocacy/Pages/abuse_reporting.aspx](https://www.illinois.gov/aging/ProtectionAdvocacy/Pages/abuse_reporting.aspx)

Chicago Office of Healthcare Access
Chicago Department of Public Health
 (formerly Office of Managed Care)

312/745-2273

Medicare
Applications

www.ngsmedicare.com

American Psychological Association

800/374-2721

Web Page
www.apa.org

Medicaid Number Application

[http://www.illinois.gov/hfs/
 impact/Pages/default.aspx](http://www.illinois.gov/hfs/impact/Pages/default.aspx)

**American Board of Professional
 Psychology (ABPP)**

www.abpp.org
office@abpp.org
 919/537-8031

Welcome New IPA Members

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Classified Advertisements

**Classified Advertisements
(Positions and Services)**
may be placed on the IPA Web Page.

www.illinoispsychology.org

Space Available

Oak Brook Office Sublet: Beautiful accessible building near major highways. Included: parking, fitness room, deli, Wi-Fi, microwave, refrigerator, printer, water, tea, coffee in suite. Nicely appointed furnished offices available most days, third office available. Please call/text for photos and details. Deidre Alexander 630/309-2989.

Office space with a stunning view of Millennium Park
Located at 111 N. Wabash (the historic Garland Building), this office is part of a two-office suite, with a shared waiting area, kitchenette and 24/7 lobby security. Rent by day/s per week or by month. Contact Caroline Steelberg, PsyD at 312/444-1133 or csteelberg.cs@gmail.com.

Clients Considering Divorce?

I like to work with therapists and their clients to achieve peaceful marital dissolution.
Prenuptial services are also available for people preparing to marry.

COLLABORATIVE | PRENUPTIAL | POSTNUPTIAL | MEDIATION



*Strategic support, creative guidance,
effective leadership: these are the qualities I offer
to clients as they work through their challenges.*

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