

## Congratulations:

### TO THE 2021-2022 NEWLY ELECTED OFFICERS OF THE ILLINOIS PSYCHOLOGICAL ASSOCIATION

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## A Message from the IPA President

*Abby Damsky Brown, PsyD, IPA President*

I want to begin by expressing my deepest gratitude to the IPA for allowing me to serve as your President this year. I am honored and humbled by the opportunity and I look forward to working with all of you. I also want to congratulate the newly elected members of Council. We have early and mid-career psychologists joining us for the very first time. We have members of the inaugural Leadership Development Program (LDP), who have also made their way to Council, following a year of mentorship from our APA Rep and Past President Dr. Laura Faynor-Ciha. There is a vibrancy and excitement among the leadership that is certain to take IPA to new heights.

I also must take a moment to recognize two of my distinguished colleagues and leaders in the IPA. I am thrilled to welcome my friend and colleague Dr. Derek Phillips as he begins his new role as President-Elect. I am eager to collaborate with Dr. Phillips on a number of projects, including

working together on convention planning. My transition to the role as President would not have been possible without the guidance of immediate Past President, Dr. Daniel Brewer. Dr. Brewer navigated this past year with a sense of ease, grace, and calm. I am grateful to Dr. Brewer for his unmatched leadership and I firmly believe IPA is in the best shape it has ever been because of his leadership.



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## President's Message... *Continued from page 1*

I thought it might be helpful to get to know a little bit about me. In addition to my volunteer work with the IPA, I work full time at an outpatient private practice called Cityscape Counseling in Evanston and Chicago serving as the Director of Clinical Training. In addition to overseeing our student training and continuing education programs, I provide both group and individual psychotherapy services. I specialize in working with eating disorders, obsessive compulsive personality disorders, disorders of emotional overcontrol, and mood and anxiety disorders. To put it simply, I love what I do.

I feel lucky that I get to do clinical work as my main job *and* participate in advocacy and leadership through my work in the IPA. Right now, I am most excited about the upcoming annual IPA Convention, which is titled **Looking Ahead: A Focus on Transformation**. Remembering back to proposal deadline day, I felt such joy and was overwhelmed as I read over submissions highlighting such important subject matters including telehealth beyond the pandemic, supporting LGBTQ+ patients and clients, COVID-19 effects, and graduate student concerns related to the pandemic. It seems that our members are eager to reconnect and share their expertise on critical issues impacting all of us as we transition to a new professional norm. I am especially proud to highlight our keynote for convention, Dr. Kumea Shorter-Gooden, who will be speaking to us about why psychologists are compelled to address and confront racism and better understand the contributing factors of racism. This is bound to be a powerful starting point for many of us as we explore what it means to be anti-racist as members of the profession of psychology. Make sure to plan to attend Dr. Shorter-Gooden's keynote on Friday, November 12<sup>th</sup> at 9am.

I am excited about where IPA is headed. In a whirlwind of a year, the IPA has moved our profession forward leaps and bounds. Whether it be through the successful passage of the telehealth bill (which will be highlighted at convention!) or offering robust continuing education programs through virtual platforms, the IPA has made it possible for us to continue to serve our clients and meet the continuing education requirements for licensure.

As we look ahead, I want to thank you for your membership, advocacy and contributions to the profession. Please make sure to renew your membership if you haven't already. As always, please feel free to reach out to me directly at [abbybrownpsyd@gmail.com](mailto:abbybrownpsyd@gmail.com) should you have any questions or feedback. ■

## 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

**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).**

## 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).

Publication of an article, an ad, or an announcement does not imply that it represents the policy or position of the Illinois Psychological Association and does not constitute endorsement of the articles or products advertised. IPA reserves the right to edit all materials selected for publication. Classified and display advertisements are accepted subject to editorial approval.

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

312/372-7610 x201

or [mkarey@illinoispsychology.org](mailto: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 9, 2021**

EDITOR  
Terrence J. Koller, PhD, ABPP

ASSOCIATE EDITOR  
Mary Kay Pribyl, PhD

# A Message from Your New President-Elect

*Derek Phillips, PsyD*

Thanks to all for the continued support since I joined IPA in 2008 as a student affiliate to present as I transition to the role of President-Elect of the Association. First, a brief introduction. For the past four years, I have been a clinical neuropsychologist and medical staff member in the Department of Neurology at Sarah Bush Lincoln Health Center (SBLHC) in Mattoon (in the South Central Region). SBLHC is a 145-bed, acute-care, non-profit, health system serving 10 rural counties in east central Illinois. I am also Director and Clinical Assistant Professor of Psychology in the APA-designated M.S. in Clinical Psychopharmacology (MSCP) Program in the School of Psychology and Counseling at Fairleigh Dickinson University. On a personal note, I am the very proud uncle of two nieces (six years and three years) and one nephew (one year), and daddy to one tortoiseshell cat (Kamala, age six). For fun, I enjoy watching films and television, spending time with my family, and travelling!

Now, back to our regularly-schedule programming. Our profession, and the world at-large, have been navigating turbulent waters over the past 15 months amid a global pandemic and various elements of unrest, be they political, social, occupational, or personal. Nevertheless, IPA has worked tirelessly to advocate for psychologists and our patients during this time to ensure access to mental health care is a top priority as demand for our services continues to expand. Fortunately, regarding the pandemic, there is light streaming through the "tunnel" now, as cases, hospitalizations, and fatalities reach their lowest point since March 2020. It is truly my honor to have this opportunity to serve Illinois psychologists as we all continue to recover and offer our services to those who have been devastated by this pandemic. Psychology is more important than ever!

As I ponder my term as President-Elect, I am struck by the importance of what IPA does for

psychologists and by the enormity of what yet needs to be done to ensure that psychologists have the tools and resources to care for their patients to the best of their ability and to sustain their livelihoods. To be successful in accomplishing these objectives, we must work diligently and collaboratively as both leaders and members of IPA. Lucky for us, our new IPA President, Dr. Abby Brown, has demonstrated her commitment to these ideals and will lead us well over the next year. I will work closely with Dr. Brown this year on the Executive Committee and Council, as well as serving on her 2021 Convention Committee. I hope to learn a lot from this year's IPA Convention to ensure that future conventions continue to be relevant and cutting-edge as I begin to think about the 2022 Convention.

Thanks to my mentor and former IPA President, Dr. Lisa Grossman, for her guidance and friendship over the past 10 years. You are the best! I also want to take a moment to thank the Sexual Orientation and Gender Diversity (SOGD) Section for allowing me to serve as Chair for the past two years. I am very grateful to Dr. Hayleybeth Van Serke, former Associate Chair of SOGD, who has now taken over as Chair. The SOGD section is in excellent hands under Dr. Van Serke's leadership. Again, many thanks for the privilege of serving you and our profession as President-Elect of the Illinois Psychological Association. ■



## Message from the IPA Immediate Past-President

*Daniel Brewer, PsyD, Immediate Past President*

Congratulations to our newly elected IPA council, especially our new President-Elect Dr. Derek Phillips. I am also happy to pass the gavel to Dr. Abby Brown as she assumes the helm as the 2021-2022 IPA President. I am excited to work with them both in the year ahead. As of July 1<sup>st</sup>, I have officially moved into the IPA Immediate Past President position. I can say honestly this term was not the presidential year I anticipated. I could not have imagined or anticipated leading our Association through a world-wide pandemic, with the immediate need to transition to 100% remote operation. I am likely the only president in IPA history to not lead a single in-person committee or council meeting in my year as president. Nevertheless, I am proud of how our organization was able to adapt to the changing landscape with skill and dexterity. I especially commend our IPA Staff, Marsha Karey and Dr. Terry Koller for their work in shepherding us through these truly unprecedented times. As the world begins to move beyond COVID-19 I have full faith and trust IPA will continue to evolve and adapt to the

demands facing the Association and the field of psychology. This year is sure to be an exciting one for the IPA as we continue to forge ahead.

When I first assumed my new role as IPA President-Elect in July of 2019, I expressed

an intentional desire to focus on healing throughout my three-year term as President-Elect, President, and Past President. I am especially proud of the work the IPA council has done to unify and heal our Association through organizational work. While certainly the work is ongoing, I feel we have made tremendous strides in recent years to address difficult and hurtful aspects of our past, to learn, and to move forward with intentionality and integrity. I plan to continue my focus on this initiative throughout my time as Immediate Past President.

We have had a busy year, completing countless hours of Zoom Executive Committee and IPA Council meetings. In August of last year, we had a special meeting of the IPA Council to learn about Conflicts of Interest (COI), to examine our own practices, and to update our COI policy. In September, the IPA Council voted to update our own IPA Election Rules, making it easier than ever for members to seek nominations for IPA leadership positions. We updated and adopted an official Continuing Education Manual, standardizing how our workshops are developed and approved. We also piloted a formal Netiquette policy for the Council listserv, before implementing wider adoption on the full IPA Listserv. In November, we successfully facilitated IPA's first fully online virtual convention, which provided continuing education opportunities to our members and was one of the most financially



### 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.

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# IPA Executive Director Message

Marsha Karey

I would like to welcome and congratulate the newly elected IPA officers and those members who 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 Members and Committee Chair directory for 2021-2022. IPA is fortunate to have members to fill these roles, I appreciate the commitment and support of members who continue to give their time in these volunteer positions.

Thank you to all the members who have renewed their membership. The IPA fiscal year began on July 1<sup>st</sup>. 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, reimbursement inquiries and to receive reduced pricing at the annual convention and new webinars. I encourage members to renew online through the IPA website <https://new.civiconline.org/civic/IPA/PortalInfo.jsp>. Sign in with your email and password, then click on membership renewal, 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 difficulty, please call me and your membership can be renewed over the phone.

**Save the Date!** The 2021 Annual Convention, **Looking Ahead: A Focus on Transformation**, will be held virtually via live webinars again this year on November 11 to 13. Dr. Abby Brown and the Convention Planning Committee are finalizing the program content. A convention Keynote is planned for Friday 11/12, presented by Dr. Kumea Shorter-Gooden, information on this presentation is in this newsletter. Additional programing and registration information are forthcoming. [Click here for Sponsorship Opportunities](#). Perhaps you or someone you know would be interested in placing an ad in the convention brochure. You will find a full list of sponsor opportunities by clicking on the above link and downloading the form.

The Illinois Psychological Association is conducting a search for Director of Professional Affairs (DPA) position. Please send your letter of interest and resume directly to the IPA's Executive Director, Marsha Karey at [mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org), **no later than August 1, 2021**. A complete job description of the

DPA position is on page 16. Applicants will be reviewed by a search committee, which will recommend a candidate to the IPA Council. The IPA Council will give final approval of the nominee, as mandated by our By-Laws.



I would like to thank Dr. Erin Alexander for organizing and hosting an important Roundtable discussion on Telehealth & Clinical Practice that was held via zoom for IPA members on June 25<sup>th</sup>. Drs. Lynda Behrendt, Terry Koller and Kristina Pecora were on the panel and provided important information.

Lastly, I would like to give a big thank you to Dr. Patricia Farrell for her many years of service and dedication to IPA as an organization, our members and psychologists throughout the state. It has been such a pleasure to get to know Dr. Farrell and to work with her over the years. Dr. Farrell has been in IPA governance for many years and served in different capacities. I know I can speak for many of our members, past and present board members, when I say how much she will be missed and how appreciative we are for all she has done for IPA. Dr. Farrell is retiring, I wish her the very best in her next chapter. There is more information about Dr. Farrell and her well-deserved award in this newsletter.

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](mailto:mkarey@illinoispsychology.org). Have a fun summer! ■

## Legislative Liaison Report

Terrence Koller, PhD, ABPP, IPA Legislative Liaison

This has been an incredible year for the legislature and for the IPA's legislative agenda. Advocacy and hearings were all done remotely and the impact of COVID played a roll in the bills we supported. We reviewed 7,011 bills that were introduced and ended up following 155 bills that we thought were important for psychologists and the people we serve.

Here is a summary of bills that passed thanks to our advocacy efforts. They are waiting to be sent to the Governor for his signature.

**HB3308/SCA1: Telehealth.** This was a bill, which was amended when it became clear that the bill that our coalition (The Coalition to Protect Telehealth) supported (HB3498) was not going to pass. The following important protections were included in HB3308.

- Bars insurers from requiring patients to prove a hardship or access barrier in order to receive healthcare services through telehealth.
- Prohibits geographic or facility restrictions on telehealth services, allowing patients to be treated via telehealth in their home.
- Protects patient preference by establishing that a patient cannot be required to use telehealth services.
- Ensures patients will not be required to use a separate panel of providers or professionals to receive telehealth services.
- Aligns telehealth practice with privacy laws for in-person practice, while giving healthcare professionals the latitude to determine the appropriateness of specific sites and technology platforms for telehealth services.
- Aligns telehealth coverage and payment with in-person care, making appropriate patient access to care the priority and removing harmful barriers that shift costs to the patient and healthcare professional.

While each principle we sought has been achieved there are some modifications:

- Reimbursement parity: *There is no limitation on the ability of private health plans, health care professionals or facilities from voluntarily negotiating alternate reimbursement. (This is standard language in a number of other states with strict payment parity)*

*Medicaid requires telehealth services to be reimbursed at the same rate as face to face.*

- The commercial mandate has a sunset clause of five years, during which time DOI and the Department of Public Health are to commission an in-state medical college to carry out a study on the efficacy of the coverage and reimbursement parity mandates. Mental health and substance use disorder telehealth services are excluded from this sunset clause.
- Medicaid coverage and payment parity will continue to be provided and reimbursed through the permanent Medicaid rule. The Director of Medicaid is committed to the continuation of existing coverage and reimbursement and will work with the Coalition over the coming months to discuss what can be codified in statute.

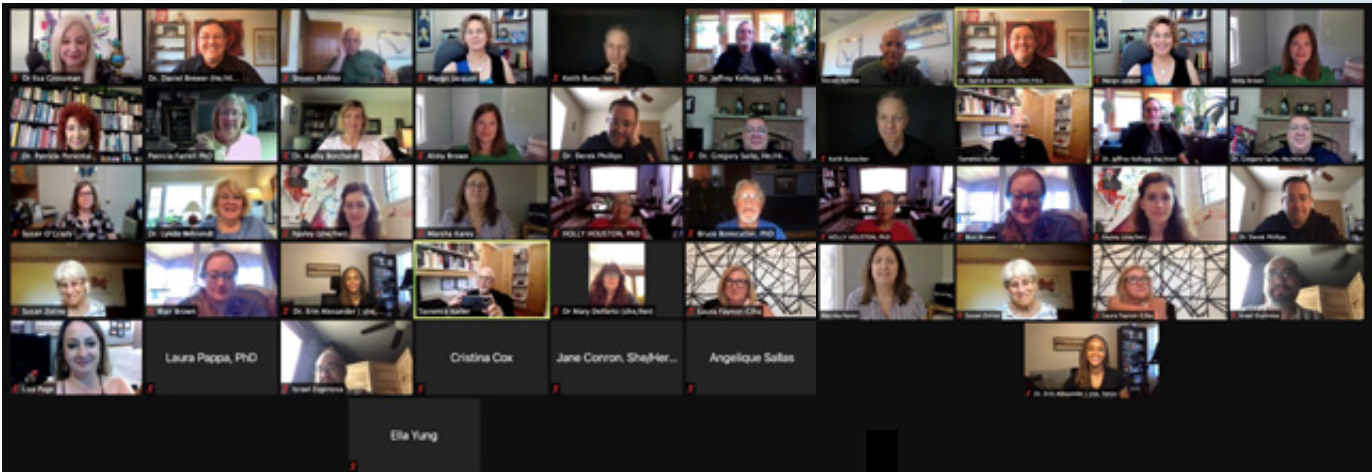
This bill was fiercely opposed by the insurance industry but thanks to our coalition (<https://protectillinoistelehealth.org>) a telehealth bill was passed with some compromises. We will now watch how the bill, once it becomes law is interpreted by insurance companies and will come back next session and attempt to amend it if changes are needed.

The deadline for passage of bills was midnight on May 31. The bill passed shortly after 11pm on May 31. The House has 30 days to send it to the Governor for his signature and he has 60 days to sign it. However, on June 24, 2021, when the Governor re-issued an Executive Order to extend Telehealth reimbursement he amended it to read that the Telehealth order is extended through July 24, 2021 or until HB 3308 is enacted and takes effect, whichever comes first. This ensures that there will be no gaps in coverage. Thanks to all the IPA members who contacted their legislators to encourage the passage of this bill.

**SB1974: Insurance Recoupment.** Before passage of this bill, insurance companies, HMOs, independent practice associations and physician hospital organizations could recoup those payments to providers that were reviewed as incorrectly paid for up to 18 months after the initial payment. SB1974 shortens the time to 12 months. This bill too will be sent to the Governor for his signature.

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## June 2021 Council Meeting



INCOMING PRESIDENT,  
DR. ABIGAIL DAMSKY BROWN  
RECEIVES THE GAVEL FROM  
OUTGOING PRESIDENT,  
DR. DANIEL BREWER

### Message from the IPA Immediate Past-President *Continued from page 4*

successful conventions in recent memory. Our IPA Committees have been hard at work as well, from providing quality CE workshops, tireless legislative advocacy, valuable clinical and ethical consultations, and important information about billing and reimbursement. Already this year we negotiated new office space, completed an office buildout, and moved the IPA office into a new suite. We have also had a very successful year of lobbying and political advocacy. We have done all this while maintaining and growing our membership numbers and solidifying our financial security. We are currently in the process of rehiring a Director of Professional Affairs (DPA) to support the vital work of our association. These are only a few of the numerous accomplishments from this jam-packed year to be sure, as COVID-19 surely has not slowed us down.

Before ending I would like to draw your attention to two important matters. One, if you have not yet renewed your IPA membership, now is the time to do so. Be sure to renew ASAP in order to support the important work of the IPA on behalf of psychologists across the state. Second, be sure to mark your calendars now for the next IPA convention, **Looking Ahead: A Focus on Transformation**, scheduled for **November 11-13, 2021**. As always, thank you for your membership and support of IPA. The work we do would not be possible without the valued membership and support of all of you. I welcome and encourage your ongoing feedback, to me directly, through members of IPA Council or governance, or by contacting our Executive Director Marsha Karey. ■

## Why Not Get Paid Promptly?

WHAT WOULD IT TAKE TO MOTIVATE YOU TO SWITCH TO ELECTRONIC CLAIMS?

*Health Care Reimbursement Committee (HCRC)*

*Patricia Farrell, PhD, [Chair] Lynda Behrendt, RN., PsyD, Neil Pliskin PhD, ABPP-Cn, & Theresa M. Schultz, PhD, MBA*

Recently the HCRC received back-channel complaints from member-psychologists alleging significant claims delays which appeared to occur, perhaps, as an unfortunate byproduct of the COVID-19 pandemic. As of this writing, most of the Illinois top five payer groups, including BCBSIL, have yet to authorize front-line staff to go back to their physical offices. Thus, most payers' staff continue to work remotely, even as Illinois is entering Phase 5. This fact alone exacerbates payer challenges of prompt payment of claims.

As a result of our IPA ListServ survey, the HCRC noted that those who continue to submit **paper** claims via the USPS have suffered excruciating delays. We surveyed members on the turn-around time for all of the top Illinois payers [based on *Crain's Chicago Business*]. We think you deserve to be paid promptly for the care you extend to every patient.

We advised BCBSIL middle and upper behavioral health management of our survey responses (particularly the delays in claims processing) although we did NOT identify any psychologist by their exact name. We are in the process of advising the other four top payers about these delays.

To illustrate, here is what we understand happens (in this case with BCBSIL) when the payer receives a **paper claim**. The Health Care Financing Administration (HCFA) form gets forwarded for processing, meaning it does NOT *automatically get entered into their electronic processing system*. When the envelope with the paper claim/HCFA form is physically opened, it then is scanned. However, in order to begin the payment process, all of the different fields on the form must be keyed into the system by hand (i.e., manually entered) by a human [and reading in between the lines, this increases the probability for added, yet unintentional human error].

Based on the survey responses, here is what BCBSIL is asking of psychologists/providers,

in order to escalate your claims issues and get them resolved more quickly:

**Step ONE:** Please ensure that the psychologists are calling the *customer service number* on the back of the member ID card or are using Availity for claims status or issues. The provider will need to make sure that they are keeping track of their *call reference numbers*. Very important!

**Step TWO:** If/when the providers are not receiving a resolution to their issue(s), then they will need to work with the Provider Network Consultant (PNC) in the northern Illinois area at [NorthIL@bcbsil.com](mailto:NorthIL@bcbsil.com) and provide the *call reference numbers along with the specific issue(s) of concern* in the email. BCBSIL asks that these steps be taken *first* so that there is documentation for further research when assisting the providers.

When checking Availity and a provider finds nothing in Availity's system then customer service can look further than Availity. Remember that paper claims may be awaiting processing; as previously noted, with paper claims, someone must manually enter all data fields from each claim. When you email [NorthIL@bcbsil.com](mailto:NorthIL@bcbsil.com) (Step TWO above), your claims-based complaints may get STUCK without a reference # from your inquiry. ALWAYS ask for a reference # and keep a log of your communications.

The ultimate solution, in HCRC's opinion, is giving you resources to transition to electronic claims. This will be the best birthday present you can give to yourself.

As you may be aware, for the past three years IPA has a highly popular member benefit, giving you confidential access to the resources of a professional practice management company, HMS Midwest LLC. We encourage you to use them as a practice resource.

Here's how you can set up a consultation with them for all matters related to practice from A to Z. Click here : [IPA Members ~ Schedule a Consultation Call](#)

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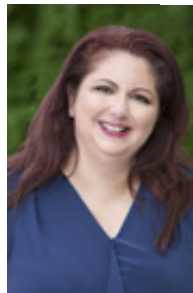




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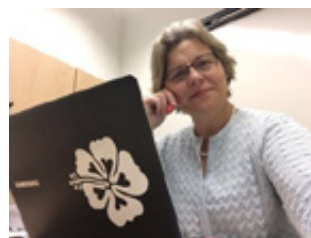
<https://www.ameripriseadvisors.com/L.Todd.Johnson>



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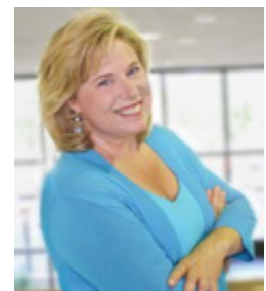
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## Bruce E Bennett, PhD Advocacy Award

AWARDED TO PATRICIA FARRELL, PHD ON JUNE 19<sup>TH</sup>, 2021

*Terrence Koller, PhD, ABPP*

*Advocacy is a critical mission of the Illinois Psychological Association (IPA). The Bruce E. Bennett, PhD Advocacy Award is given by the IPA President to honor individuals who have been in the forefront of advocacy. The award is named for Bruce E. Bennet, a former Executive Director of the IPA, who was responsible for ensuring that psychologists were included in Illinois law wherever mental health issues were defined. He led us to licensure and a constant redefinition of our practice in the licensing act so that it accurately defined what psychologists are trained to do. This award identifies psychologists in Illinois who should be recognized for their work in advocacy.*

*The Bruce E. Bennett, Ph.D. Award honors those psychologists who have given voluntarily of their time to define the discipline of psychology statutorily by state and federal laws and regulations through legislative advocacy or have advocated in other ways to support and improve the field of psychology. Such laws and regulations include, but are not limited to, licensure, freedom of choice, Medicare, Medicaid, workers compensation, disability determination, mandatory mental health/substance abuse coverage, civil commitment, hospital practice, prescriptive authority, child protection, and elder protection, etc. Advocacy efforts that have stopped the passage of laws inimical to psychology may also be recognized. Advocacy also includes influencing administrative officials to make changes without the need for legislation.*

I met Pat Farrell when we started graduate school together in 1975 as part of an in-coming class of eight students. Pat showed her strength the first day of class. She took strong stands and stood up for her beliefs, signaling to me that she would be a strong advocate for organized psychology in the future. She was the perfect candidate to be nominated as the Federal Advocacy Coordinator for Illinois, a position she took on January 19, 2008.

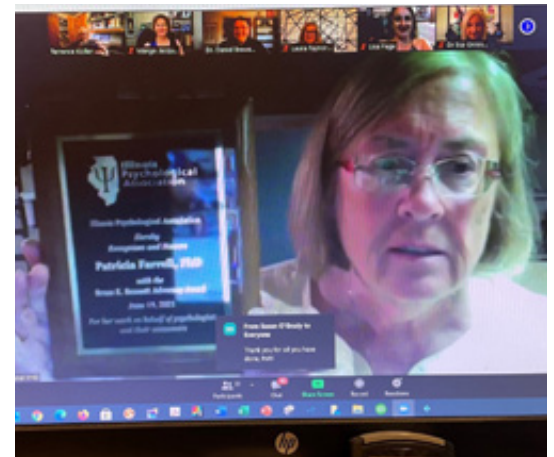
After completing her PhD, Pat decided to take the opportunity to travel and she spent the next six months in the South Pacific. After living six weeks in Australia and another six in New

Zealand she headed for other spots like Tahiti, Moorea, Papeete, and Atu Taki. She managed to do this six-month trip for a total cost of \$6,000 often staying in plac-es without walls and only a mosquito net for protection.

As mentioned before, Pat is tenacious but very engaging and likeable. These qualities did not begin when she became Federal Advocacy Coordinator. An early example of these traits could be seen when she was visiting one of the Cook Islands. While riding her Vespa, which she had recently wrecked and was therefore full of scrapes and bruises, she saw a motorcade approaching with motorcycles and a Mercedes. The motorcade went to the local yacht club, a virtual hole in the wall. She went to the yacht club where a reception with music and dancing was held for Prince Edward. Pat, not one to be shy, went to the yacht club and asked the Prince to dance and he agreed. She said that she was not going home without a dance and was not going to let her scraped and bruised appearance deter her from the opportunity.

Although a long-term member of the IPA, Pat had not become active in a leadership position. She worked hard to develop her private practice and became an expert in reim-bursement issues. As she found herself having more time she voiced her need to give something back to the IPA... and that she has. When asked to serve as Federal Advocacy Coordinator, she quickly jumped into the position, used her own money

*Continued on page 11*



## Bruce E Bennett, PhD Advocacy Award... *Continued from page 10*

to make political contributions to targeted legislators and to attend fundraisers. She often traveled great distances to attend these events.

After attending State Leadership Conferences, Pat made follow-up visits in Illinois with legislators to offer the IPA's services and to reinforce the issues that were discussed in DC. During a visit with Congressman Danny Davis, she was asked to join a mental health task force he was forming. She quickly agreed and cleared her schedule to attend the first scheduled meeting. When she arrived at the office it was clear that the meeting was not going to happen, so she continued to pursue the organizers of the task force to let them know that she was indeed willing to help. Her tenaciousness this time resulted in the IPA executive director getting a call from the executive director of the state psychiatric society who asked, "who is this person." He told her that she worked for psychology at the federal level and that she was someone who, when asked to do a job, follows through until it is done. The psychiatry executive director responded, "I wish I had members like that!" Her outstanding work as a Federal Advocacy Coordinator was nationally recognized when she was awarded the APA's Federal Advocacy Coordinator of the Year Award in 2011.

Pat's dedication to the IPA led to her eventual nomination and election as President, a position she held from 2012 to 2013. Still focused on advocacy she quickly realized that advocacy would only be attained best with a strong IPA membership. She worked hard to contact every non-renewing member of the IPA to encourage them to rejoin and has made this her mission since.

Finally, Pat also volunteered to be on the IPA's Healthcare Reimbursement Committee. As a member and then Chair of the Committee she has been extremely helpful in answering members' questions about insurance reimbursement problems and was one of the individuals who worked to stop Blue Cross Blue Shield of Illinois from implementing a policy where they were requiring all providers of behavioral healthcare to precertify outpatient psychotherapy visits.

Pat developed close relationships with key administrators of insurance companies. This

made it possible for her to not only get questions answered for members but to influence policies that had a potential to be egregious. Her influence made it possible to change policies such as the inclusion of reimbursement for prescribing psychologists whose license has a 074 prefix without requiring the IPA to take a legislative approach and pass a bill requiring Blue Cross and Blue Shield to recognize the prescribing license. The number of issues Pat and her committee addressed and solved during her tenure are too many to list.

It is with great pleasure that the IPA presented Pat with the Bruce Bennett award for advocacy. Thank you Pat! ■



### Legal Professionals Helping Mental Health Professionals

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## Leaders Featured in Video: Leadership Development Program Update

*Laura Faynor-Ciha, PhD*

It is hard to believe that the first year of the Leadership Development Program (LDP) with the inaugural cohort is winding down. The six participants quickly coalesced as a supportive unit who trusted each other on their journey in discovering who they are as leaders, and how they intersect with others. They also were eager to learn about the function of IPA and its governance. The group was tasked with a project for IPA: exploring and presenting their vision for the future of IPA. The task was accomplished in outstanding fashion via video, and the video was presented to IPA governance at the June Council Meeting. They asked IPA leaders past and present, "Why IPA?" A video montage of clips from full videos was included, and a link to the video will be on the IPA website and is also on YouTube. Stay tuned for additional postings from the full video collection! It is quite exciting and moving to hear leaders' stories of their IPA membership and leadership paths. It is the hope that these videos will serve as an inspiration for current members to become involved, as well as exciting nonmembers to join IPA. This first LDP cohort is a bright, creative, thoughtful group of leaders, all of whom IPA is fortunate to have as contributors. It was an absolute pleasure to get to know them and see them grow as leaders, and

now to see leadership development in action as they all have Council positions! Congratulations to each of them on the completion of the program as well as their IPA leadership roles!

*Sue Bae, PhD, Clinical Section Chair*

*Abby Brown, PsyD, IPA President*

*Blair Brown, PsyD, North Central Regional Representative*

*Fahad Khan, PsyD, Communication Committee Co-Chair*

*Kristina Pecora, PsyD, Federal Advocacy Coordinator and Military Section Chair*

*Andrea Seefeldt, PsyD, Membership Chair*

Many thanks to Dr. Danny Brewer and the IPA Council for their ongoing support of this leadership initiative!

If you are interested in becoming more involved in IPA and are interested in growing your skills as a leader, or if you know someone who is, please apply to the Leadership Development Program. The future of IPA depends on it! The application is included in this newsletter. Contact Laura Faynor-Ciha at [LLFC@wowway.com](mailto:LLFC@wowway.com) for more information. ■

## IPA Meeting Schedule

**IPA Executive Committee Meeting** will be held at 3 PM on Friday July 23<sup>rd</sup>, August 20<sup>th</sup>, September 24<sup>th</sup>, October 15<sup>th</sup>, December 10<sup>th</sup>, 2021 and January 21<sup>st</sup>, February 25<sup>th</sup>, March 18<sup>th</sup>, April 29<sup>th</sup>, May 20<sup>th</sup>, and June 17<sup>th</sup>, 2022.

**IPA Council Meetings** will be held

at 9 AM on Saturday September 25<sup>th</sup>, 2021, January 22<sup>nd</sup>, 2022, April 30<sup>th</sup>, 2022 and June 18<sup>th</sup>, 2022.

**IPA Legislative Committee Meetings** will be held at 2 PM on Friday July 23<sup>rd</sup>, August 20<sup>th</sup>, September 24<sup>th</sup>, October 15<sup>th</sup>, December 10<sup>th</sup>, 2021, and January 21<sup>st</sup>, February 25<sup>th</sup>, March 18<sup>th</sup>, April 29<sup>th</sup>, May 20<sup>th</sup>, and June 17<sup>th</sup>, 2022.

**IPA All Association Annual Meeting** will be held on November 12, 2021 at the 2021 Convention of the Illinois Psychological Association.



# Report from the Elections Committee

*Rachael Sytsma, PsyD, Elections Committee Chair*

Congratulations to the following newly elected officers of the Illinois Psychological Association

## Position

President Elect  
IPAGS Chair Elect  
Academic Section Chair  
ECP Section Chair  
Clinical Practice Section Chair  
O&B Consulting Psych Section  
Section on Ethnic Minority Affairs Chair  
SOGI Section Chair  
Social Responsibility Section Chair  
Metropolitan Region Rep  
South Central Region Rep  
North Central Region Rep

## Nominee

Derek Phillips, PsyD  
Daniel Polonsky  
Susan Zoline, PhD  
Laura Pappa, PhD  
Sue Bae, PhD  
Lisa Page, PsyD  
Erin Alexander, PsyD  
Haleybeth VanSerke, PsyD  
Holly Houston, PhD  
Patricia Pimental, PsyD  
Keith Buescher, PhD  
Blair Brown, PsyD

## Looking Ahead to 2022 Nomination/Election:

Nominations will begin in February of 2022 for the following positions:

## Position

President Elect  
IPA Treasurer  
IPAGS Chair Elect  
Behavioral Med & Neuropsych Chair  
Military Psychology Section Chair  
Women's Issues Section Chair  
North Region Representative  
South Region Representative  
Metropolitan Region Representative

## # of positions

One  
One  
One  
One  
One  
One  
One  
One  
Two

## Term

One year  
Three years  
One year  
Two years  
Two years  
Two years  
Two years  
Two years  
Two years



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[familyfinancialplanning@protonmail.com](mailto:familyfinancialplanning@protonmail.com)

I will help you with your financial plan.

I do not sell any products.

# Save the Date

---

LOOKING AHEAD:

# A FOCUS ON TRANSFORMATION

**NOVEMBER 11-13, 2021**

IPA ANNUAL CONVENTION (VIRTUAL)

# November 11-13



## KEYNOTE PRESENTATION:

**FRIDAY 11/12 9AM-10:30AM | 1.5 CE's**

# How to Show Up as an Anti-racist Psychologist & Why We're Compelled To

Presented by: **Kumea Shorter-Gooden, PhD**

This presentation will focus on why psychologists are compelled — by our discipline and profession — to develop our awareness, knowledge and skills to confront racism. As practitioners, educators and researchers, we have an opportunity to study and understand the causes, dynamics and impact of racism and to support individuals, communities, institutions and the next generation of psychologists, in becoming anti-racist. Dr. Shorter-Gooden will draw on her own experience as a clinical/community psychologist, who has worked as a therapist, clinical administrator, faculty member, higher education leader and organizational consultant. She will explore the history of psychology's anti-racism and social justice efforts and how we have gotten stuck. And she will offer approaches and strategies for psychologists to lean in and engage in this work that is vital for the health and well-being of all of us and that is critical for our time.



## Kumea Shorter-Gooden, PhD

From 2012 to 2016, Dr. Kumea Shorter-Gooden served as the first Chief Diversity Officer and Associate Vice President at the University of Maryland, College Park. Formerly, she served as Associate Provost for International-Multicultural Initiatives at Alliant International University, as Professor at the California School of Professional Psychology, as Director of the student counseling center at The Claremont Colleges, and as an administrator in two Chicago community mental health centers. She is a Licensed Psychologist and the co-author of *Shifting: The Double Lives of Black Women in America*, a winner of the 2004 American Book Awards.

A Fellow of Divisions 35 (Society for the Psychology of Women) and 45 (Society for the Psychological Study of Culture, Ethnicity and Race) of the American Psychological Association, Kumea is a thought leader with respect to equity, diversity, inclusion and justice, and she has provided consultation, training and coaching to educational institutions, professional associations and non-profit organizations.

A native of Washington, DC, Kumea was one of two Black girls to integrate The Madeira School in Northern Virginia. She earned a bachelor's degree magna cum laude from Princeton University with its first class of women and a Ph.D. in Clinical/Community Psychology from the University of Maryland, College Park. Kumea is the Principal at Shorter-Gooden Consulting, based in Washington, DC ([www.shorter-goodenconsulting.com](http://www.shorter-goodenconsulting.com)).

# 2021

## POSITION OPENING

### Director of Professional Affairs

#### Job Description:

Position Title: Director of Professional Affairs

Status: Part-time (12-18 hours/week)

Salary: \$32,000 annually

#### Position Summary:

Become a member of the leadership team of the largest professional association representing psychologists in the state of Illinois and one of the largest state psychological associations in the country. This is a very rewarding work experience where you will become an expert on psychological practice and the first to know about emerging issues that affect all of psychology, both at the state and national level. As the Director of Professional Affairs, you will become a member of a small, collegial, and supportive staff.

The Illinois Psychological Association Director of Professional Affairs (DPA) is a critical, part-time position. This is a 12- to 18-hour per week position with the opportunity to expand in the future. Although there is an expectation that the individual will work in the IPA office, some of the work can be done remotely.

This position focuses primarily on clinical practice issues. While a certain knowledge base and specific professional and interpersonal skills are important, what is even more salient is a vision for our evolving Association that is expansive, creative, inclusive, and protective. The DPA is an advocate for IPA members. Your knowledge base will grow with experience in the position. You can expect to be mentored on your path to becoming an expert.

#### Reporting Relationship:

The position reports directly to the Executive Director (ED).

#### Specific Responsibilities:

- The DPA communicates regularly with DPAs from other states, the American Psychological Association Services, Inc. (APASI) staff, and Government Relations Department to learn and share information with IPA members about national clinical practice trends regarding insurance, practice, government, and legal developments. The DPA attends the annual APASI Practice Leadership Conference (PLC).
- The DPA answers IPA member questions about clinical practice, licensure, continuing

education, and routes ethical questions to the IPA Ethics Committee and legislative inquiries to the IPA Legislative Liaison.

- The DPA provides the Executive Director and IPA President with monthly updates regarding recent health care trends, IPA membership concerns, and problematic clinical patterns reported by members.
- The DPA participates on the Health Care Reimbursement Committee (HCRC) to answer members' questions regarding billing, Medicare, Medicaid, practice issues, and alternative practice models.
- The DPA communicates relevant clinical information to IPA membership through the IPA newsletter (*Illinois Psychologist*), the IPA listserv, and Constant Contact email announcements.
- The DPA is a member of IPA Continuing Education Committee and will assist with organizing continuing education workshops and webinars. The DPA will collaborate with the CE Committee and IPA staff to schedule workshops and webinars, as well as provide IPA staff support with pre- and post-workshop tasks. The DPA will work with the CE committee on home study programming offered on the IPA website. The DPA will work with the IPA office on posting home study programs to the IPA website. In addition, the DPA will assist as needed in participating in webinar practice sessions, moderating webinars, and attending in-person workshops.
- Other responsibilities as determined by the Executive Director and the IPA President.

#### Position Requirements:

- An Illinois licensed clinical psychologist.
- A minimum of 5 years of clinical experience in the field.
- Culturally sensitive and competent. Ability to work sensitively and professionally with a variety of individuals.
- Knowledge of or willingness to learn about IPA's organizational structure and processes.
- Knowledge of or willingness to learn about the APA Services, Inc. (APASI) structure and processes.
- A working knowledge of policy issues in the field of psychology.
- Good writing and presentation skills.
- Comfortable with technology; willingness to learn is a plus.



**Travel:**

The position requires an annual 5-day trip to Washington, DC for the APASI Practice Leadership Conference in early March. The expense of this conference is covered by the APASI and IPA.

**Required meetings:****The DPA:**

- Attends Legislative Committee and Executive Committee meetings one Friday per month, currently being held remotely, but will need to attend in-person when in-person meetings resume. The DPA will also be required to attend quarterly IPA Council of Representative meetings that are held on Saturdays.
- Meets with the IPA Legislative Liaison to eventually engage in our legislative work.
- Attends Healthcare Reimbursement Committee (HCRC) meetings. These are held via Zoom or by conference call, at least once a month or as needed.
- Attends meetings with the Continuing Education Committee as needed.

- Attends and assists with the annual IPA Convention each fall, which is usually a three-day event.

**Benefits:**

Parking benefit when working at the IPA office.

*The Illinois Psychological Association is committed to creating a diverse environment and is proud to be an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability status, protected veteran status, or any other characteristic protected by law.*

**TO APPLY:**

Please send letter of interest and CV to:

Marsha Karey  
Executive Director  
Illinois Psychological Association  
[mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)  
67 E. Madison Street, Suite 1904  
Chicago, Illinois 60603

## Clients Considering Divorce in 2021?

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

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Thank you!

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

#### **Bruno Law Office**

233 East Wacker Drive  
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Website: [BrunoLawOffice.Com](http://BrunoLawOffice.Com)

EDWARD F. BRUNO, J.D., LL.M., formerly counsel to  
Department of Professional Regulation  
Illinois Medical Disciplinary Board

JOSEPH E. BRUNO, J.D.

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Defense of Licensure Actions  
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Impairment and Rehabilitation  
Tax Audits and Appeals  
Third Party Reimbursement

### **Why Not Get Paid Promptly?...**

*Continued from page 8*

If you plan on continuing to do your own billing, please write to the HCRC address and we can suggest electronic software programs and try to support you in the transition. The first time you get paid by BCBSIL in 3-5 days after you see a patient will be **exactly what you deserve**.

If you're still hesitant to switch to electronic claims, tell us what it would take to convince you to do so. Just back channel, please, to **[HCRC@illinoispsychology.org](mailto:HCRC@illinoispsychology.org)**.

Thank you. ■



Pathlight  
**Mood &  
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Center**



**Eating  
Recovery  
Center**



# WE CHANGED OUR NAME

## To Better Reflect Who We Are

### **Insight Behavioral Health Centers is now Pathlight Mood & Anxiety Center**

Prior to partnering with Eating Recovery Center (ERC) in 2013, Insight Behavioral Health Centers provided treatment for both eating disorders and mood and anxiety disorders. To better reflect who we are now and our unique treatment approach, we've changed our name to Pathlight Mood & Anxiety Center (Pathlight).

Pathlight treats patients struggling with a primary mood, anxiety and trauma-related disorders, and ERC treats patients struggling with an eating disorder. Treating even the most complex cases, our industry-leading approach breaks the endless cycle of crisis care by leading patients on a path toward sustainable mental wellness.

Together, we compassionately lead and light the way forward for our patients.

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## Legislative Liaison Report... *Continued from page 6*

**HB2595: Insurance for mental health care, medical necessity.** This bill sets standards of care and clinical practice that are generally recognized by health care providers practicing in relevant clinical specialties such as psychiatry, psychology, clinical sociology, social work, addiction medicine and counseling. This is a dense bill that will take time to digest but like all the bills listed in this report it can be reviewed in its entirety at ([www.ilga.gov](http://www.ilga.gov)). This bill is also being sent to the Governor for his signature.

**SB1079: Harassment training required for licensure.** A number of years ago a law was enacted that read that all licensed providers have to take a continuing education course in sexual harassment prevention. A year later the state passed another law that said that every employer has to provide sexual harassment training to every employee every year. Therefore, if your employer is not a licensed provider of continuing education for psychologists, you could be taking a sexual harassment class every year and then also paying someone else for a continuing education course in sexual harassment. This bill clears that up so if your employer gives you that course you can use it to fulfill your sexual harassment prevention training licensure renewal requirement. This then frees up one of your CE hours to take another course of your choosing. This bill will be sent to the Governor for his signature.

**HB55 Probate.** This bill changes the definition of "developmental disability" to mean a

disability that is attributable to an intellectual disability or a related condition. It defines "intellectual disability". It reads that, in the case of an intellectual disability, the required report for a petition for adjudication of disability and for appointment of a guardian shall include a psychological evaluation of the respondent that has been performed by a clinical psychologist within one year of the date of the filing of the petition. This is not the probate bill that the IPA introduced that would eliminate the second signature by a physician (SB1568) but we did support HB55 and will continue to work to pass our bill. This bill has will also be sent to the Governor for his signature.

An amendment to the psychologist prescribing authority license was introduced by the Illinois Association of Prescribing Psychologists (SB2272). This bill removes the exception that read that prescribing psychologists could not treat patients under the age of 17 or over 65 and also expands the formulary of drugs that can be prescribed. This bill was met with opposition by the Illinois Psychiatric Society so was held. There will be further discussions with the Psychiatric Society to see if an agreement can be reached.

On another note, none of the bills the IPA would have opposed have so far been passed but we will stay vigilant. To read the full text of any bill go to [www.ilga.gov](http://www.ilga.gov). Stay tuned. ■

### HELP THE IPA LEGISLATIVE EFFORT BY BECOMING A LEGISLATIVE ADVOCATE\*

TIRED OF TRYING TO FIGURE OUT YOUR LEGISLATIVE DISTRICT  
FROM YOUR VOTER REGISTRATION CARD?

We'll make it easy.

Email your Voter Registration Card. We'll put you on the list.

You'll be the first to know what's  
happening so you can Make the Future.

IPA email: [tkoller@illinoispsychology.org](mailto: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.

## 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, Ph.D and Ellen Stone, Psy.D.

### 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 &amp; 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](mailto: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.	I am happy.		
_____	2.	I am preoccupied with more than one person I <i>[help]</i> .		
_____	3.	I get satisfaction from being able to <i>[help]</i> people.		
_____	4.	I feel connected to others.		
_____	5.	I jump or am startled by unexpected sounds.		
_____	6.	I feel invigorated after working with those I <i>[help]</i> .		
_____	7.	I find it difficult to separate my personal life from my life as a <i>[helper]</i> .		
_____	8.	I am not as productive at work because I am losing sleep over traumatic experiences of a person I <i>[help]</i> .		
_____	9.	I think that I might have been affected by the traumatic stress of those I <i>[help]</i> .		
_____	10.	I feel trapped by my job as a <i>[helper]</i> .		
_____	11.	Because of my <i>[helping]</i> , I have felt "on edge" about various things.		
_____	12.	I like my work as a <i>[helper]</i> .		
_____	13.	I feel depressed because of the traumatic experiences of the people I <i>[help]</i> .		
_____	14.	I feel as though I am experiencing the trauma of someone I have <i>[helped]</i> .		
_____	15.	I have beliefs that sustain me.		
_____	16.	I am pleased with how I am able to keep up with <i>[helping]</i> techniques and protocols.		
_____	17.	I am the person I always wanted to be.		
_____	18.	My work makes me feel satisfied.		
_____	19.	I feel worn out because of my work as a <i>[helper]</i> .		
_____	20.	I have happy thoughts and feelings about those I <i>[help]</i> and how I could help them.		
_____	21.	I feel overwhelmed because my case <i>[work]</i> load seems endless.		
_____	22.	I believe I can make a difference through my work.		
_____	23.	I avoid certain activities or situations because they remind me of frightening experiences of the people I <i>[help]</i> .		
_____	24.	I am proud of what I can do to <i>[help]</i> .		
_____	25.	As a result of my <i>[helping]</i> , I have intrusive, frightening thoughts.		
_____	26.	I feel "bogged down" by the system.		
_____	27.	I have thoughts that I am a "success" as a <i>[helper]</i> .		
_____	28.	I can't recall important parts of my work with trauma victims.		
_____	29.	I am a very caring person.		
_____	30.	I am happy that I chose to do this work.		



## 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 them 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	
	5	the effects of helping when you are <i>not</i> happy so you reverse the score
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 them 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

## FOR S/HE'S A JOLLY GOOD 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. 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 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.

## 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](mailto:mkarey@illinoispsychology.org)

IPA Web Site  
[www.illinoispsychology.org](http://www.illinoispsychology.org)

**Illinois Department of  
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Licensure Requirements  
 or Pending Applications: 217/785-0800

New Applications and Changes to  
Current Licenses: 217/785-0800 ask  
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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](http://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](http://www.ngsmedicare.com)

**American Psychological Association**

800/374-2721

Web Page  
[www.apa.org](http://www.apa.org)

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

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 Psychology (ABPP)**

[www.abpp.org](http://www.abpp.org)  
[office@abpp.org](mailto:office@abpp.org)  
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## Welcome New IPA Members

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# Classified Advertisements

**Classified Advertisements  
(Positions and Services)  
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[www.illinoispsychology.org](http://www.illinoispsychology.org)

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**Office Space Near Millennium Park, Michigan and Randolph:** Full-time or part-time space available in beautifully furnished suite. Ideal for hybrid in-office/teletherapy practice. Full-time security with 24/7 access, and reception area in building lobby with notification of client arrival. Offices are furnished (optional), waiting area

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## Miscellaneous

**WAIS 4 and WISC 4,** each in good shape and each in hard plastic brief case with test forms. Buyer and user must be a licensed clinical psychologist. If students use the tests they must be supervised by a licensed clinical psychologist. Total cost is \$125.00 in the form of a money order. Questions can be email to me at [jbgoebel48@yahoo.com](mailto:jbgoebel48@yahoo.com). No phone calls, please.

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### *Looking Ahead: A Focus on Transformation, November 11<sup>th</sup>-13<sup>th</sup>*

The Illinois Psychological Association is offering you the opportunity to showcase your company to colleagues and potential customers at our **2021 Annual Virtual Convention**, which is being held online in response to the current Covid-19 pandemic.

We expect this year's Convention to be highly successful using the live webinar format. We will have the potential to reach mental health professionals across the State as well as neighboring States. The convention will contain program topics that will be attractive to a wide range of psychologists.

#### **Please check Sponsorship Level**

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\*emails blast is sent to over 5,000 recipients

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The 2021 Annual IPA Convention Program Brochure will be emailed in mid September to over 5,000 psychologists and mental health professionals in Illinois. This is a terrific way to advertise your company's services. Your ad can have an active link bringing the reader right to your website!

- |   |       |
|---|-------|
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**CONFERENCE DATES: Thursday, November 11- Saturday, November 13, 2021**

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Please review this form in full as presented above.

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