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President Column



J. Kim Penberthy, PhD, ABPP



Dear Society of Clinical Psychology Members,

I hope this message finds you well as we enter the remaining months of 2023!

I am writing with exciting updates regarding two major priorities of my presidency - the successful development of a strategic plan for SCP for the next three years and the announcement of our inaugural SCP Conference - "The Future of Clinical Psychological Science" to be held in Atlanta, Georgia at the Emory Conference Center from February 1 - 3, 2024!

First, I will say thank you to the extensive number of people who helped with our strategic planning workgroups and committee! We had dozens of members from SCP and our sections, as well as other clinical and health psychologists work to help develop and refine goals for the next three years. These individuals worked extremely hard over multiple months and were incredibly successful in producing a solid document that can direct our future efforts. This is a plan that can help guide us through the next three years and build upon the strength of the work that the strategic planning workgroups and committee have produced. There will be more released soon regarding the big picture goals as well as the specifics of implementation - so be on the lookout!

Again, a huge thank you to the strategic planning workgroups and committee members!

Secondly, I am thrilled to invite you all to attend the Society of Clinical Psychology's Inaugural Conference, themed "The Future of Clinical Psychological Science." Our conference will explore the scientific foundations, novel approaches, innovative interventions, and pioneering research that will shape the field's trajectory in the coming years.

The central theme of our inaugural conference speaks directly to our vision of progress and transformation. Our conference goals include:

Exploring Emerging Trends: Exploring the scientific foundations, novel approaches, innovative interventions, and pioneering research that will shape the field's trajectory in the coming years.

Harnessing Technological Advancements: Examining the role of technology in clinical and health psychological science and explore how these innovations can enhance assessment, treatment, and research.

Ethics and Inclusivity: Engaging in thoughtful discussions about ethical considerations, cultural sensitivity, and inclusivity in clinical practice and research to ensure that our field remains ethical, equitable, and compassionate.

Professional Networking: Creating a vibrant environment for professionals, students, and enthusiasts to connect, collaborate, and build lasting relationships that will further propel the field's growth.

We will have a day of Institutes for Early and Mid-Career professionals with a focus on professional development and mentoring on February 1 followed by a CE presentation from Dr. Lynn Bufka, Associate Chief, Practice Transformation at American Psychological Association.

We will have a day and a half of CE programming on February 2 and 3, with keynotes from Dr. Barbara Rothbaum, Dr. Jennifer Tackett, Dr. Vonetta Dotson and Dr. Michael Otto along with programming from all of YOU!

We will have poster sessions and awards and encourage you to prompt your students and colleagues to respond to the call for proposals and posters! Please see the call for proposals and the registration at <https://div12.org/scp-conference/>

We will have a social networking social event on Friday, February 2 with music and fun and look forward to seeing everyone on the dance floor! We are excited to celebrate clinical and health psychology as well as all of our sections and look forward to getting to socialize and visit during the Friday evening party.

We encourage each of you to check out the conference page online – sign up for the institutes if appropriate, submit a proposal (we have a huge variety of options for presentations, from 15 min talks to 60 min presentations), and register to attend! Please support your division and spread the word to colleagues!

The goal of this inaugural conference is to convene our SCP colleagues and clinical and health psychology professionals and trainees who are passionate about this area for a weekend of learning and dialogues about the future of clinical psychological science and the opportunities and challenges that lie ahead.

We warmly encourage members to participate in this groundbreaking event and be a part of the conversations and collaborations that will sculpt the future landscape of clinical and health psychology. The Society of Clinical Psychology is dedicated to creating a future that is informed, innovative, ethical, and inclusive. Your insights, expertise, and contributions will be pivotal in advancing our collective understanding and in propelling the field of clinical psychological science forward.

Thank you for all you do,

Sincerely,

Kim

J. Kim Penberthy, Ph.D., ABPP

President, The Society of Clinical Psychology

October 2023

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The inaugural Div. 12 Conference

Lily Brown, PhD

Department of Psychiatry
University of Pennsylvania
Philadelphia, PA, USA



It has been a distinct pleasure to have the opportunity to co-chair the inaugural Div 12 Conference scheduled for Feb 1 – 3 at the Emory Conference Center in Atlanta, GA, alongside my dear friend and colleague, Dr. Richard LeBeau. As the editor of the *Clinical Psychologist*, I receive submissions from each of the Div 12 sections and can appreciate the broad spectrum of psychologists served by our division. This inaugural conference presents an exciting opportunity to come together as a community and discuss the future of clinical psychological science.

I first became interested in the division as an undergraduate student working under the advisement of Drs. James Herbert and Evan Forman. At that time, I was drawn to the astute work of Dr. Dianne Chambless and Dr. Steve Hollon in their attempts at defining empirically supported treatments in our field at a time when much was changing in psychotherapy research (through Section 3, The Society for a Science of Clinical Psychology; SSCP). For those of you who, like me, associate Division 12 with empirically supported treatments, our conference will allow for lively discussions about the future of this difficult work. We welcome your submissions on topics relevant to evaluating, improving, and implementing empirically supported treatments to improve access to patients who are in desperate need of these services. If this is a focus of your practice and research, please consider submitting – we want to hear from you!

Other members of Division 12 reflect the interests of older adults and the frontiers ahead of transforming care to our aging population (Section 2, Society of Geropsychology). We are interested in receiving submissions on the scientific study of mental health among older adults. In particular, we are eager to hear about perspectives on culturally humble practices for mental health providers working with older adults, advocating and educating ourselves about policy changes for a

changing landscape of insurance reimbursement (which can disproportionately affect older adults' access to services) and ethical challenges encountered when working with older adults in mental health. We welcome your innovative submissions on these and other topics related to geropsychology.

Members of Division 12, Section 4 reflect the interests of clinical psychology of

women. There is much to be learned from you through conference offerings, including how best to support women who have increased caregiving duties during the pandemic, supporting women in varied employment settings (academia, industry, and private practice) to ensure their professional success, as well as research on the topic of gender effects in psychotherapy outcomes broadly. We have much to learn from you – please consider submitting.

We hope to reflect the goals of Division 12, Section 6 (Clinical Psychology of Ethnic Minorities) in all facets of our conference. We have a Diversity, Equity, Inclusion and Belonging section of our planning committee that has provided us with feedback on our call for submissions, information to collect during registration, planning for our institutes, and tips to provide to invited speakers to ensure that health equity is considered in all presentations. We welcome submissions on topics related to social justice as psychologists, promoting health equity, and conducting anti-racist research, industry work, and practice. Please consider submitting.

With the state of the world during the time of this writing, Section 7 (Clinical Emergencies and Crises) represents a topic that is at the forefront of our minds. We have much to learn about how to support our international communities who are being exposed to unthinkable trauma and outrageous acts of violence. This section has much to offer our conference to inform how psychologists can serve the needs of our patients and our communities during disasters and crises. We welcome your input and submissions.

Section 8 (Association of Psychologists in Academic Health Centers) provided the inspiration for our conference in light of the amazing success of their meeting, which occurs every other year. We sincerely thank your leadership for your vision and support of our work together. Working in academic medicine continues



Lily Brown, PhD

to evolve with the rest of our healthcare system, and we invite submissions on topics related to providing mental health care in medical clinics, collaborating with healthcare providers across the healthcare setting, and evaluating the success of these collaborations using cost-effectiveness models. These are just some of the many topics that would be of interest to our community.

Section 9 (Assessment Psychology) is an active section that reflects the interests of one psychologist role that often sets us apart from other mental health providers – neuropsychological assessments. Our conference would benefit from submissions on topics related to ethics in assessment and advances in neuropsychological assessment among others, and we welcome such submissions.

Last but not least, Section 10 (Graduate Students and Early Career Psychologists) reflects the future of our division. We are eager for submissions across all content areas from graduate students and early career psychologists, as we want to hear about your vision for the future. We also invite Early and Mid-Career Psychologists to submit an application for our Institutes occurring on February 1, immediately prior to the conference.

Most of all, our desire is to ensure that the programming for our inaugural Division 12 conference reflects the vast interests of our amazing community of psychologists. Please check out our website to submit your ideas – we look forward to hearing from you.

To submit or register, please visit:

<https://div12.org/scp-conference/>

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Fall 2023 Diversity Spotlight

Interviewee: Jessica R. LoPresti, PhD

Interviewer: Esther Lapite, MA

 The current spotlight focuses on the specific contributions of Dr. Jessica R. LoPresti, licensed clinical psychologist and Assistant Professor at Suffolk University in Boston Massachusetts. Dr. LoPresti received her B.A. in Psychology and American Studies from Williams College and earned her M.A. and Ph.D. from the University of Massachusetts in Boston. Dr. LoPresti received training at the Women's Stress Disorders Treatment Team at VA Boston Healthcare Systems during her pre-doctoral internship and engaged in the Women's Health Fellowship as a part of the Women's Health Sciences Division at the National Center for PTSD.

Dr. LoPresti was born and raised in Wilkesburg, Pennsylvania, a majority Black community outside of Pittsburgh that was impoverished but nurturing. Growing up she saw firsthand pervasive racial trauma as well as the resilience and self-sufficiency needed to cope with the aftermath. She has spent her career working to understand and dismantle systems of power that create barriers to accessing the social determinants of health for people and communities of color.

Dr. LoPresti's research has three primary foci: The first area includes two components (1) to gain a deeper understanding of the mental health consequences of cultural, institutional and systemic, as well as individual, racism, (2) and to explore protective coping resources for people and communities of color facing the mental health consequences of racism. Secondly, she is passionate about elucidating and addressing barriers to quality and effective mental healthcare for people and communities of color. This is best highlighted in her work as an advocate.

As an advocate, Dr. LoPresti collaborates with her colleague, Dr. Tahirah Abdullah-Swain, as co-founders of Black Advocacy, Resistance, and Empowerment Mental Health and Wellness (BAREMHW). BAREMHW's provides workshops, consultations, and training to empower education, health, and community-based organizations and institutions to meet their goals related to culturally responsive and anti-racist care, recruitment, hiring and retention of a diverse workforce. BARE engaged in direct support to



Jessica R. LoPresti, PhD

people and communities of color facing oppression and systemic inequities.

Dr. LoPresti maintains great humility regarding her advocacy, research, and dedications to communities of color. It was a great honor and pleasure to interview her. I posed the following 4 questions in bold and her responses follow:

1) Many developing scholars and clinicians may have an interest in cultivating similar programs that you and Dr. Abdullah-Swain initiated with BAREMHW. How would you best advise graduate students and early career professionals with interests in advocating at this direct level?

Find someone who does this work and see if you can help! We have hired folx* to train with us and get this learning and experience. Additionally, push your graduate programs to provide this kind of training in the context of elective course work.

2) You have written about the toxic stress response amongst communities of color. As a Black woman, a mother, a clinician, a scholar, and an advocate, how do you work to cope or address your experience of toxic stress when navigating these higher-level roles?

I think centering your own wellness is the absolute key. As women of color, we are so often expected to do it all and do it all perfectly. We must remind ourselves that we are human, surround ourselves with folx who value our humanity, and set strong boundaries around our time, energy, and effort. This is something I'm still working on and not so great at doing quite yet. However, I'm working to teach all of my mentees and those who seek my advice around this to center their wellness above all. There is no career, job, research project, or administrative responsibility that is worth dying for. To some it might sound dramatic, but for women of color it's often the reality that we are working ourselves into physical and

mental health crises for systems and institutions that do not necessarily care about our well-being.

3) You wrote a strong and beautiful article during the pandemic titled “Fighting for our Lives” on the physical and psychological injuries of racism, and how Black parents such as yourself can introduce these conversations to their children. As we enter a post-pandemic era, and with our current socio-political climate, are there any additional words you would like to share regarding this topic?

As it relates to racism, we are not post-pandemic. The COVID-19 pandemic pulled away the veil and exposed racism that has long thrived in our society. As a mother of 2 kids of color it has been a challenge to raise kids in a world that has already injured them through racism and will continue to do so. A few important things I'd say: (1) Please teach your children about history. Real history. Don't water it down. There is a systematic campaign to erase any knowledge of the history of people of color in the US and when we don't know about this history, we are destined to repeat it. (2) I know it can be devastating, but we must allow our kids of color to have their full emotional responses to racism. This might mean we, as parents, have to face our emotional responses to racism. Our kids will experience racism in school, on the playing field, at playdates, and everywhere in between. Racism is pervasive and we must teach our kids that having an emotional response is natural and also support them in managing those emotional responses as they work towards building the life they value and deserve. (3) Parents must teach their children anti-racism. It is not enough to ignore race, not talk about race, and teach your kids that everyone is human. Racism is here, and ignoring it is tantamount supporting it. (4) For our children of color, it is so important they know and understand their beauty and value in this world. Lift them up, introduce them to their racial identity and help them cultivate it. Let's show them how to resist oppression and be the change they want to see.

4) Is there anything else you feel called to share with us about your important work?

I am so very heartened by the hard work our fields of mental health are doing to address oppression at all levels. But, we can't rest. There is so much work to do and we can't pull our feet off the gas pedal.

Written by Esther Lapite, M.A.

*Folx is used in place of “Folks” as part of an intentional practice to produce gender-neutral and comprehensive terminology that signals the inclusion of commonly marginalized groups (DeCarlo, 2021; Robertson, 2018).

DeCarlo, J. (2021). Understanding folx as a linguistic marker of progressive social personae.

Robertson, N. (2018). The power and subjection of liminality and borderlands of non-binary folx. In *Gender Forum* (Vol. 69, No. 69, pp. 45-76). Prof. Dr. Beate Neumeier.

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SCP Psychologists in Action



We would like to highlight some of the extraordinary work that our members are doing. Many members are using their expertise and experience to make huge differences in the world. Here are just two examples!

In December 2022, Ukrainian psychologist Dr. Alex Lupis initiated contact with the American Psychological Association (APA), Division 12, to explore avenues of support for Ukrainian psychologists, resulting in a collaboration that involved members of the Assessment Psychology Section. Dr. David McCord, a respected member of the Section's Leadership Board, played a pivotal role by offering Ukrainian psychologists access to the Multidimensional Behavioral Health Screen (MBHS), a groundbreaking mental health screening instrument he and his students had developed. Tailored for primary medical care settings, the MBHS, with its 29 concise items, assessed nine core dimensions of psychological dysfunction, including suicide risk. Dr. McCord worked closely with Oleg Burlachuk, General Secretary of the National Psychological Association of Ukraine (NPA), to make the MBHS digitally accessible to NPA members within just three months. Beyond providing the instrument, Dr. McCord delivered a 90-minute webinar and video introduction, making the MBHS the most frequently used depression screening tool among NPA members, exemplifying the positive impact of international collaboration in the field of psychology. Additionally, Dr. Marc Hillbrand has been instrumental in orchestrating a comprehensive support program for the National Psychological Association of Ukraine (NPA) amid Ukraine's ongoing mental health crisis. As the immediate past-president of APA Division 12's Section VII, specializing in Clinical Emergencies and Crises, he was enlisted by the NPA to facilitate training for their members in dealing with mental health crises. The NPA runs a vital hotline offering psychological aid and referrals, staffed by volunteer members. Specific areas for advanced training were identified, including suicidality, bereavement, aiding individuals with missing loved ones, moral injury, treating victims of sexual victimization, military-related concerns, and more. Dr. Hillbrand, with the support of Section VII and the broader Society of Clinical Psychology under the leadership of immediate past president Dr. Kalyani Gopal, reached out to U.S. psychology experts through various channels for webinar-based training sessions using Zoom with

Ukrainian interpretation for up to 100 participants. Notably, a dozen psychologists with expertise in crisis-related topics, including military veterans, have volunteered. To address the pressing need for advanced suicide risk assessment and management training, Section 6 sponsored a dozen Ukrainian psychologists in the Assessing and Managing Suicide Risk program offered by the American Association of Suicidology. This collaborative effort underscores the importance of international cooperation in addressing mental health crises. We are so proud of all of our members and want to highlight and acknowledge those who go above and beyond to provide excellent psychological assessment and treatment to all!

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Developed and edited with the support of the Society of Clinical Psychology (APA Division 12), the series provides practical evidence-based guidance on the diagnosis and treatment of the most common disorders seen in clinical practice – and does so in a uniquely reader-friendly manner. A separate strand in the series looking at methods and approaches rather than specific disorders started with the volume on mindfulness. Each book is both a compact how-to reference for use by professional clinicians in their daily work, as well as an ideal educational resource for students and for practice-oriented continuing education.

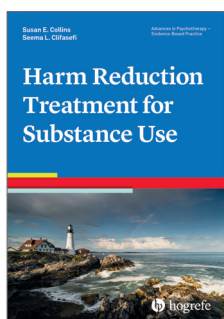
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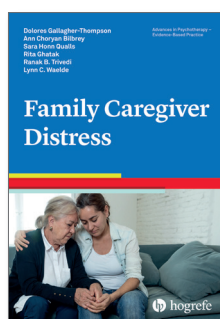


Susan E. Collins / Seema L. Clifasefi

Harm Reduction Treatment for Substance Use

Vol. 49, 2023, x + 116 pp.
ISBN 978-0-88937-507-9
Also available as eBook

This volume outlines the scientific basis and historical development of harm reduction approaches, and reviews why abstinence-based approaches often do not work. Readers learn in detail about harm reduction treatment (HaRT), an empirically based approach co-developed with community members impacted by substance-related harm – a first of its kind. All components of HaRT are outlined and illustrated with example scripts for use in daily practice and case studies.

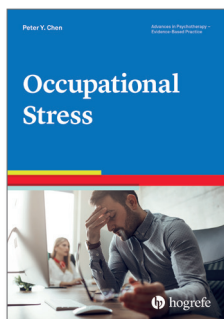


Dolores Gallagher-Thompson / Ann Choryan Bilbrey / Sara Honn Qualls / Rita Ghatak / Ranak B. Trivedi / Lynn C. Waelde

Family Caregiver Distress

Vol. 50, 2023, xii + 100 pp.
ISBN 978-0-88937-517-8
Also available as eBook

This volume focuses on examining the specific issues that caregivers of people with Alzheimer's disease or other forms of dementia face. Practitioners learn about the best tools for assessment and which evidence-based interventions help reduce caregiver distress – including cognitive behavioral therapy and acceptance and commitment therapy. Resources in the appendix include a caregiver intake interview.

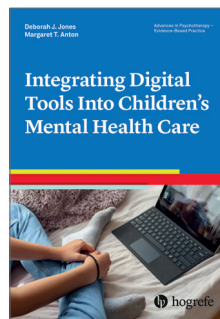


Peter Y. Chen

Occupational Stress

Vol. 51, 2024, viii + 98 pp.
ISBN 978-0-88937-508-6
Also available as eBook

This volume written by a leading occupational health psychologist, looks at how work conditions and organizational characteristics pose threats and harms to people's wellbeing through the lens of occupation stress theories and models. The author examines the potential adverse impacts of major job stressors nations and then explores evidence-based prevention strategies targeting individuals, management, and organizations, including recovery from work, job crafting, and supervisors as change agents.



Deborah J. Jones / Margaret T. Anton

Integrating Digital Tools Into Children's Mental Health Care

Vol. 52, 2024, xii + 82 pp.
ISBN 978-0-88937-601-4
Also available as eBook

This accessible book guides the reader through the rationale, options, and strategies for incorporating digital tools into children's mental health care. The authors outline the leading theoretical approaches and highlight mechanisms involved in how digital tools increase access to, engagement in, and outcomes of evidence-based mental health services. Clinical vignettes and hands-on exercises provide insight into how to select a digital tool and identify its various uses. Downloadable handouts and forms for clinical use are also provided.

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The National Register of Health Service Psychologists is approved by the American Psychological Association to sponsor continuing education for psychologists. The National Register maintains responsibility for this program and its content.

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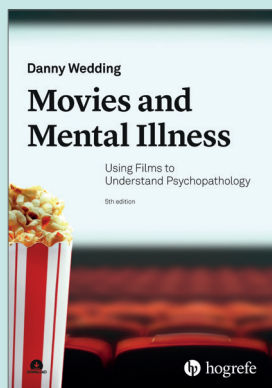
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