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President Column



Donna LaPaglia, PsyD, ABPP

The Things I Have Learned about Leadership from my Career in Addictions:

When I was fresh out of postdoc and working in the field of addictions, a senior colleague recommended that I attend an AA meeting to see what it was all about. Not being a member of the recovery community but being tasked with the job to help those struggling with addiction, I entered the room in a church basement filled with anxiety about being a stranger and not knowing what to do. To my surprise, I was greeted with an unconditional warmth and kindness that left a lasting impression, and which overtime has become a professional and organizational north star of sorts; an orientation towards community that supports communal wellbeing and, in the process, makes each member healthier and stronger. Without knowing a thing about me, the members of this group shared their wisdom, their vulnerability, their sadness and joy, their suffering, and their What if we could facilitate this type of welcome in our professional organizations. This type of environment is always available to us if we support each and every person who joins our division and aspires to take a seat at the table.

I witnessed this type of unconditional welcome at this year's 1st Society of Clinical Psychology (SCP) conference in Atlanta. Without knowing one another, senior psychologists and staff welcomed students, and early and mid-career psychologists to share thoughts, ideas, and experiences, and in the process friendships and connections were fostered. Feedback from participants echoed how impactful the conference felt: "rejuvenating," "extremely collegial," "meaningful".

Since conferences occur outside the day-to-day grind, they represent short, concentrated opportunities to learn new information and network. SCP has striven to build long-lasting pathways to membership and

leadership which provide opportunities for deeper engagement, and which draw in diverse, uniquely talented individuals. With this in mind, SCP's Education and Training Committee co-led by Drs LoPilato and Bogomaz have thoughtfully designed a leadership experience LEAD (Leadership Education Advancement & Development) that is open and welcoming. Senior leaders will share wisdom, provide support, and facilitate deeper engagement with our division.

Keeping with the spirit of facilitating a sense of community, and to introduce you to some of the members of our community you may not yet have had the pleasure to meet, here are the psychologists that over the last years walked into the SCP community, took a seat at the table, and committed to lead a section within our division. It is my pleasure to introduce our section leaders (3,4,8,9,10) with more to introductions to come in our summer newsletter:

Section 3 Science and Practice President: Dr. Hershenberg

Rachel Hershenberg, PhD, ABPP is a boardcertified licensed clinical psychologist, Assistant Professor of Psychiatry and Behavioral Sciences at Emory University, and Director of Psychotherapy in Emory University's Treatment Resistant Depression (TRD) Program. After obtaining her bachelor's from Emory University, she graduated from Stony Brook University with a PhD in clinical psychology and completed her clinical internship at the Charleston Consortium. Prior to returning to Emory University faculty. she completed an Advanced Fellowship in Mental Health Research at the VISN 4 Michael J. Crescenz Philadelphia VA Medical Center and the University of Pennsylvania School of Medicine. Dr. Hershenberg specializes in depression, with an emphasis on measuring antidepressant moments in everyday life and addressing patient needs across the severity continuum, including treatment resistant depression (TRD).

Methodologically she is interested in ecologically valid research designs and bridging the efficacyeffectiveness gap. She has worked to disseminate the principles of behavioral activation to the public, including with the publication of a self-help book, Activating Happiness, and clinically she conducts specialized psychotherapy in Emory's TRD Program as the Fugua Center for Late well as Depression. At the national level, Dr. Hershenberg has been involved in the American Psychological Association's Society of Clinical Psychology (APA Division 12) since graduate school and served as co-chair of the Committee on Science and Practice from 2016-2023. She is currently President of the Society for a Science of Clinical Psychology (APA Division 12, Section 3).



Section 4 Clinical Psychology of Women President: Dr. Eloiza Alcaraz

Dr. Eloiza M. Alcaraz is an alum and Assistant Professor of Clinical Psychology in the Clinical PsyD Program at Alliant International University, CSPP-LA Campus. Dr. Alcaraz earned her B.A. in psychology from California State University, Northridge, an M.S. in counseling psychology from Mount Saint Mary's University-Los Angeles, an M.A. and a Psy.D. in clinical psychology from the California School of Professional Psychology-Los Angeles at Alliant International University. Dr. Alcaraz grew up in a predominantly Latinx community where her parents worked as campesinos in the strawberry fields and her mother was a Curandera in the community. Dr. Alcaraz is an active member of the National Latinx Psychological Association and holds board member positions in different mental health agencies in Los Angeles County. Dr. Alcaraz is an active Latinx community advocate/activist, as well as a consultant for cultural and diversity enhancement. Dr. Alcaraz is currently working on a national/global initiative to provide mental health in clinical health settings rendering life-sustaining health care.



Section 8
The Association of Psychologists in Academic
Health Centers
President: Dr. Elizabeth Cash

Dr. Liz Cash is an Associate Professor and Vice Chair for Research in the Department of Otolaryngology-Head and Neck Surgery at the University of Louisville in Kentucky. She is responsible for developing the structure and interdisciplinary connections of a robust research program among our clinical faculty (ENT Surgeons, Audiologists, Speech-Language Pathologist), as well as residents, graduate students and medical students. Her clinical area of expertise is medical/health psychology with a focus in behavioral oncology.



Section 9
Assessment Section
President: Dr. Emily Gottfried

Dr. Gottfried completed her PhD in clinical psychology at Florida State University, internship at Patton State Hospital, and postdoctoral fellowship in forensic psychology at Augusta University/East Central Regional Hospital. She is currently an Associate Professor of Psychiatry and Behavioral Sciences at the Medical University of South Carolina (MUSC) in Charleston. She conducts forensic evaluations for the courts, with a specialty in the assessment of problematic sexual behavior. She serves as the Director of the MUSC Sexual Behaviors Clinic and Lab as well as the Co-Director

Student Education and Research within her division at MUSC. Dr. Gottfried regularly provides expert testimony related to assessment and provides education to medical students, psychology interns, psychiatry residents, and postdoctoral fellows. She has been affiliated with the Society of Clinical Psychology - Assessment Section since 2015 and has served on the Board since 2018. Dr. Gottfried was selected to serve as the President-Elect in 2021 and assumed the role of President in 2023.



Section 10
Early Career and Students Section
President: Dr. Kayla Thayer

Kayla K. Thayer, Ph.D., ABPP, is a board certified licensed clinical psychologist and authorized PSYPACT provider. She is an Associate Professor at Nova Southeastern University in Fort Lauderdale, Florida, and serves as Director of NSU's Anxiety Treatment Center. She completed internship at the Boston VA and postdoctoral residency at the Miami VA Medical Center. Dr. Thayer has dedicated her research and clinical work to improving mental health outcomes and course of illness in individuals with severe psychopathology. Her research has focused on identifying and subsequently targeting patient risk and protective factors in culturally-informed, evidencebased treatments. Additionally, as a bilingual (English, Spanish) clinician and researcher, Dr. Thayer is committed to continuing to research and provide evidence-based treatments to underserved populations. As President of Section 10 (ECPs and Graduate Students), Dr. Thayer proudly works to support the diverse members of the section and their wide variety of professional pursuits.

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Reflections on the Inaugural Society for Clinical Psychology Conference

Lily Brown, PhD

Department of Psychiatry University of Pennsylvania Philadelphia, PA, USA



A few months have passed since the conclusion of our inaugural SCP conference. In future issues, we will have the pleasure of hearing from some of our speakers about continuing their conversations that were initiated at the conference. For this issue, I want to take a moment to extend our sincere thanks to the many SCP members who supported the endeavor.

First and foremost, I would like to thank my conference co-chair, Dr. Richard LeBeau. Dr. LeBeau's tireless effort and attention to detail was invaluable throughout the planning and execution of the conference. Next, I would like to thank our past president Dr. Kim Penberthy and our current president Dr. Donna LaPaglia for spearheading and supporting this initiative. Our executive director, Tara Craighead, spent countless hours in preparing for and running the conference and deserves tremendous thanks.

Our planning committee was phenomenal. Dr. Lucas Zullo, Dr. Tori Knox-Rice, and Dr. Gabriela Gibson-Lopez planned and executed an outstanding Institutes Workshop on day 1 of the conference, which attracted early and mid-career scholars and clinicians as well as mentors who were on hand to provide words of wisdom. They coordinated excellent and thought-provoking lectures from Dr. Jennifer Wisdom and Dr. Kristina Hallett on leadership skills and the ethics of self-care. They wrapped up the event with an outstanding panel focused on promoting diversity in the future of clinical psychology. Overall, the institutes workshop was a major success and we are grateful for your leadership.

The conference as a whole was supported by several committees that contributed in myriad ways. The Diversity, Equity, Inclusion and Belonging committee was led by Dr. Isabelle Lanser and Dr. Carolyn Ponting.

They coordinated a huge effort to promote equity throughout the conference.

The digital media committee was led by Dr. Andrew Guzick, Dr. Elle Markman, and Dr. Ana Bullock. They coordinated a massive advertising initiative to spread the work widely about the conference.



We were fortunate to welcome four remarkable keynote speakers: Dr. Michael Otto, Dr. Vonetta Dotson, Dr. Barbara Rothbaum, and Dr. Lynn Bufka. These keynotes provided thoughtful insights about the history and future of clinical psychological science, and we owe a debt of gratitude to our keynotes for presenting.

The line-up of individual and group presentations in the form of symposia, clinical round tables, and poster presentations was phenomenal. Presenters discussed a wide-range of topics, including artificial intelligence, cultural adaptations of therapy, suicide prevention, assessment considerations, defining evidence-based practice, and many others. We were overjoyed to see representation from each of the SCP sections.

Special congratulations to the winners of our poster awards, Nicholas Bellamy, Luke Childers, Brooke Holsinger, Danae Papdea, Jack Rubacka, Doah Shin & William Turner. Special thanks to Dr. Johanna Yost and Dr. David FitzGerald who supported us in the poster session and in many tasks in the conference.

This event could not have happened without the generous support of our sponsors. We thank our premier sponsors: The National Register of Health Service Psychologists; Pearson; and the Child and Adolescent Mood Program (CAMP) at Emory University School of Medicine. Our champion sponsors include: the American Board of Clinical Psychology and the American Professional Agency. A special thanks to hogrefe, our collaborator sponsor, and to the Georgia Psychological Association. Coalition for the Advancement and Application of Psychological Science, WPS, and the Association for Board of Professional Psychology.

The success of the conference was a group effort that would not have been achieved without such an amazing community. I hope that you will consider coming for future conferences - we expect that our second conference will be in 2026 at Emory! Stay tuned for more details.

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 assessment and advances 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 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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Spring 2024 Membership Spotlight

Interviewee: Gordon C. Nagayama Hall, PhD

Interviewer: Esther Lapite, MA

Today's spotlight is centered on the legacy of Dr. Gordon C. Nagayama Hall, former Professor of Psychology at Kent State University and Pennsylvania State University, and psychologist at Western State Hospital in Washington state. Dr. Hall recently retired from the University of Oregon, leaving behind his esteemed position as a Professor of Psychology and Associate Director of Research in the Center on Diversity and Community. Dr. Hall received his B.S. in psychology at the University of Washington, Seattle in 1977, and his Ph.D. in clinical psychology from Fuller Theological Seminary in 1982. Since obtaining his degree, Dr. Hall has made remarkable contributions to the field of psychology through extensive leadership and scholarship.

Early in his career, Dr. Hall studied sexually aggressive behavior in offenders college populations. This led to multiple publications in the 1980s, 1990s, and early 2000s that further examined considerations associated cultural with aggression. Dr. Hall's later research focused on cultural factors associated with mental and physical health, particularly involving Asian Americans. Much of this work focused on cultural adaptations of psychotherapy to reduce mental health disparities. Dr. Hall's research in these areas was funded by the National Institute of Mental Health (NIMH) through the Asian American Center on Disparities Research.

Dr. Hall has served as a principal investigator or coinvestigator on other grants from the NIMH, receiving over one million dollars in research funding. He currently has NIMH funding to develop the Mind Boba problem-solving therapy app (mindboba.com) for Asian Americans. Through his research endeavors, he has had over 100 peer-reviewed papers published which were cited more than 13 thousand times. Dr. Hall also wrote the first textbook on Multicultural Psychology, which is now in its 4th edition. He formerly served as the Associate Editor of the Journal of Consulting and Clinical Psychology and as Editorin-Chief of Cultural Diversity and Ethnic Minority Psychology.

Dr. Hall's numerous service contributions to the field include serving on the APA Commission on Ethnic



Gordon C. Nagayama Hall, PhD

Minority Recruitment, Retention, and Training and as a member of APA's Council of Representatives. Dr. Hall previously served as the President of both the Asian American Psychological Association (AAPA) and the APA Society for the Psychological Study of Culture, Race, and Ethnicity (Division 45). His contributions to these associations earned him both the AAPA Lifetime Achievement Award and the Division 45 Distinguished Career Contributions to Research Award. Other honors include the Stanley Sue Award for Distinguished Contributions to Diversity from the APA Division of Clinical Psychology (Division 12) and an APA Presidential Citation for his extraordinary leadership in advancing multicultural psychology.

In sum, through Dr. Hall's extensive leadership and research contributions he has emerged as an influential figure promoting diversity. inclusivity, in multiculturalism in both academic and other professional settings. Considering these outstanding contributions, I have posed the following 5 questions to him, with his responses following in bold.

1) You have engaged in so much service to the field. How did you decide which committees or leadership roles would be meaningful to you? Furthermore, what advice would you give more junior colleagues who are contemplating how best to serve the field, while also balancing academic/practice-related professional demands, alongside trying to maintain a fulfilling life outside of work?

Service to the field has been a joy because of opportunities to work with many great people who have become my friends. My national network of friends and colleagues served as a buffer against many challenges I faced in my career. The committees and leadership roles I agreed to were ones that would have an impact and involved people I trusted. That said, I advise junior colleagues to do service sparingly until you have security in your job (e.g., tenure). Institutions typically do not reward what they view as time

away from work, even if it brings positive publicity to the institution. I also recommend doing one type of professional service at a time, so it does not detract from other areas of your work and life.

professional 2) Which of your many accomplishments do you feel most proud of or find most fulfilling?

Mental health disparities have persisted at least since the 1970s when Stanley Sue first documented them. I am most proud of the Personal Relevance of Psychotherapy research program I conducted at the end of my career with clinical psychology and social neuroscience colleagues and students to address these disparities. This work is the basis of the Mind Boba problem-solving therapy app (mindboba.com) I am developing for Asian Americans. This app promises to make personally relevant therapy widely accessible to Asian Americans, who are the least likely group to use mental health services.

3) Looking back on your career, is there anything that you wish you had done differently or more or less of)? From this, what advice would you give to a young professional just starting out in the field?

My career has been fulfilling because of the many outstanding colleagues and students I have been blessed to work with. I can't think of anything I would have done differently. Here are three pieces of advice for young professionals:

- Be a good person
- Work hard
- Get famous

First, being a good person means to respect others and form good relationships. Good relationships outlast any accomplishments. individual professional success requires hard work. But hard work can be accomplished efficiently by identifying and focusing on only the most important issues to allow time for a worklife balance. Work is not life. Finally, if you are a good person who works hard, you will become famous for being someone trustworthy who people want to know and work with.

4) What will retirement look like for you, Dr. Hall?

I retired in 2020 to allow opportunities for junior colleagues. It has taken me over three years, but I am finally extracting myself from most professional responsibilities. I still enjoy giving occasional talks in locations that allow me to visit my children. But like many food products, I think I have reached my "expiration date" in terms of what I have to offer. My day job in retirement is taking care of my almost 6-year-old granddaughter Emiko, which keeps me busy and happy. Retirement has

also provided opportunities to travel to interesting places with my wife and family.

5) Is there anything else you want to share about your illustrious career?

I am grateful for the privilege of mentoring outstanding graduate and undergraduate students throughout my career at every institution where I have worked. These students have immersed themselves in my work and have been instrumental in developing new ideas and directions. They helped create supportive communities where we worked hard and had fun.

Written by Esther Lapite, M.A.

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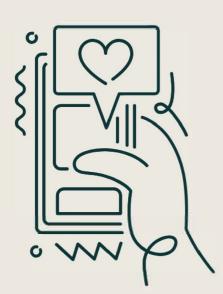


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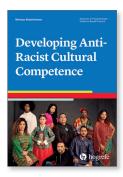
Developed and edited with the support of the Society of Clinical Psychology (APA Division 12), the series provides practical evidence-based guidance on the diagnosis and treatment of the most common disorders seen in clinical practice – and does so in a uniquely reader-friendly manner. A separate strand 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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Rehman Abdulrehman

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Vol. 53, 2024, xvi + 106 pp. ISBN 978-0-88937-515-4 Also available as eBook

In today's society, anti-racist cultural competence is an essential skill everyone needs to develop, and not something meant only to be addressed by some. Abdulrehman provides a direct, nononsense, and practical approach to this challenging and complex topic, using real-life examples to help the reader to approach sensitive cultural issues confidently and humbly. He looks in detail at how we can understand our biases and how they impact our engagement and trust with marginalized people of color.

"I am proud to endorse Dr. Abdulrehman's book. It not only provides essential knowledge but also serves as a testament to his own commitment to advancing our collective understanding and promoting equity."

Monnica Williams, PhD, ABPP, Canada Research Chair for Mental Health Disparities, University of Ottawa, ON, Canada



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.

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Jason Jent, PhD, Associate Professor of Clinical Pediatrics, University of Miami Miller School of Medicine, Miami, FL

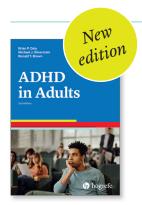


Brian P. Daly/Aimee K. Hildenbrand / Shannon G. Litke/Ronald T. Brown

ADHD in Children and Adolescents

Vol. 33, 2nd ed. 2024, x + 116 pp. ISBN 978-0-88937-600-7 Also available as eBook

The updated new edition of this popular text integrates the latest research and practices to give practitioners concise and readable guidance on the assessment and effective treatment of children and adolescents with attention-deficit/hyperactivity disorder (ADHD). Practitioners will particularly appreciate new information on the best approaches to the ideal sequencing of treatments in multimodal care, and the important diversity considerations.



Brian P. Daly/Michael J. Silverstein/Ronald T. Brown

ADHD in Adults

Vol. 35, 2nd ed. 2024, viii + 90 pp. ISBN 978-0-88937-599-4 Also available as eBook

The second edition of this popular text incorporates the latest research on assessment and treatment practices for adults with attention-deficit/hyperactivity disorder (ADHD). It is both a compact "how to" reference for use by professionals in their daily work and an ideal educational reference for students. This edition also explores how psychosocial adversity factors impact the development and functional impairments associated with ADHD and highlights strategies used in the multimodal treatment of ADHD in adults.

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- Opiate Use Problems
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- Vaping and E-Cigarette Use and Misuse in Teens
- Acute Pain

- Borderline Personality Disorder
- Palliative and End-of-Life Care
- · Childhood Irritability
- Supporting Children After Mass Violence

Methods and approaches strand

- Palliative and End-of-Life Care
- Pediatric Psychopharmacology

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1. Volumes on a Disorder or Group of Disorders

The contents of each volume are structured as follows:

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- Terminology
- Definition
- Epidemiology
- Course and Prognosis
- Differential Diagnosis
- Comorbidities
- Diagnostic Procedures and Documentation

Theories and Models of the Disorder

Diagnosis and Treatment Indications

Treatment:

- Methods of Treatment
- Mechanisms of Action
- Efficacy and Prognosis
- Variations and Combinations of Methods
- Problems in Carrying out the Treatment
- Multicultural Issues

Case Vignette Further Reading References

Appendix: Tools and Resources

2. Volumes on Methods and Approaches

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Description:

- Terminology
- Overview

Theories and Models

Assessment and Treatment Indications Treatment:

- Method of Treatment
- Efficacy and Prognosis
- Variations of the Method and Combinations with Other Approaches
- Problems in Carrying out the Treatments
- Multicultural Issues

Case Vignette Further Reading References

Appendix: Tools and Resources

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