

**The LPA Newsletter is the voice of the Louisiana Psychological Association.**

## President's Column By Lacey Seymour Ph.D.



Fall is finally here! Your Executive Council is currently working hard on the fall workshop. This year, we will be holding our annual fall conference at Ralph and Kacoo's Seafood Restaurant in Baton Rouge on Saturday, November 7. I'm very excited about this year's programming. In addition to speakers presenting on bipolar disorder and private practice development, we will be devoting the afternoon session to examining the current "state of Psychology" in Louisiana, which will include an advocacy training component. We sincerely hope that you will be able to join us.

The Executive Council met on September 12 at the home of Dr. Carolyn Weyand. In addition to planning for the fall workshop, details of next year's Annual Convention were discussed. If you have a topic that you would like to see presented at next year's convention, please let us know.

The Continuing Education Committee, chaired by Dr. Gail Gillespie, plans to partner with local non-profits to host presentations for families across the state to educate them on their rights within the school system. If you would like to participate in these presentations in your area of the state, please contact Dr. Gillespie.

***"If you have a topic that you would like to see presented at next year's (Annual) convention, please let us know."***

Our Legislative Committee, chaired by Dr. Lucinda DeGrange, is currently working to amend the definition of the *Other Health Impairment* in Bulletin 1508 so that reports by licensed psychologists will be accepted by school districts without a report by a physician. This will have a significant effect on the impact of ADHD diagnostic

evaluations conducted by licensed psychologists. The amended definition will be presented to the BESE board for approval.

Dr. Michele Larzelere, the Federal Advocacy Coordinator for LPA, reported that the American Psychological Association is looking for a key con-

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tact with each of the Louisiana Senators. If you have a relationship with Senator Cassidy, Senator Scalise or Senator Boustany, and would like to serve in this capacity please contact Dr. Larzelere.

Several other key issues addressed during the meeting included the current reimbursement rates of the new Bayou Health Plans, as well as the formation of Special Interest Groups within LPA. A conference call to discuss concerns about the proposed reimbursement rates



## President's Column...Continued from p. 1.

will be conducted with representatives from each plan. More information on how to participate will be forthcoming. Additionally, if you would like to assist in the formation of a Special Interest Group, please contact Cindy Bishop.

Lastly, I would like to thank our members for their involvement in the Association. If there is anything that LPA can do for you, please do not hesitate to contact me at [dr.lacey@liveoakchildrens.net](mailto:dr.lacey@liveoakchildrens.net).  $\Psi$



**EC members discuss the Fall Conference and Annual Convention during their September 12 meeting.**

## The Louisiana Psychological Association welcomes the following new members:

### Full Members

**Dr. Constance Patterson Dr. Urmi Jani Dr. Jennifer Volz  
Dr. Robert Kizer Dr. Deborah Palmer-Seal Dr. Leila Miller  
Dr. Dawn Sharpless Dr. Suzanne Klenck Dr. Elliot Beaton  
Dr. Paul Varnado-Sullivan Dr. Paul Frick Dr. Lore Dickey  
Dr. Michael Cunningham Dr. Megan Papesch Dr. Mitzi Desselles**

### Associate Members

**Ms. Randi-Lynn LaBorde Ms. Judy McLeese**



Louisiana Psychological Association

**FALL 2015 WORKSHOP**

**Saturday, November 7, 2015**

**9:00 AM to 4:30 PM**

**Ralph and Kacoo's Restaurant - Mardi Gras Room**

**6110 Bluebonnet Boulevard**

**Baton Rouge, Louisiana**

**8:00 – 9:00 AM** Registration and Continental Breakfast and Visit Sponsors

**9:00 AM – 12:00 PM** Morning Breakout Sessions – Bipolar Disorder or Private Practice

**12:00 – 1:00 PM** Lunch Provided by LPA at Ralph and Kacoo's Seafood Restaurant

**1:00 – 1:30 PM** Advocacy 101: The Basics of Communicating Effectively with Public Policy Makers - Cindy Bishop, Executive Director

**1:30 – 4:30 PM** General Session on Psychology and Ethics

**BREAKOUT SESSION 1: Bipolar Disorder in the Age of Over-Diagnosis and Treatment**

**9:00 AM – 12 PM** Amy Henke, Psy.D. and Arwen Podesta, M.D., Psychiatrist

**BREAKOUT SESSION 2: Private Practice: Essentials and Updates**

**9:00 AM – 12 PM** Lacey Seymour, Ph.D. and Gail Gillespie, Ph.D.

**GENERAL SESSION**

**Ethics, Politics, and Psychology: Where Are We and Where Do We Go from Here?**

**1:30 – 4:30** William "Gig" Costelloe, Ph.D. and Julie Nelson, Ph.D.

**REGISTER ONLINE:** [www.louisianapsychologist.org](http://www.louisianapsychologist.org)



# In the News...

On August 14, 2015, Dr. Kim VanGeffen was featured in a story on National Public Radio about the long-term psychological impacts of hurricane Katrina. <http://www.npr.org/sections/health-shots/2015/08/14/431413537/katrinas-emotional-legacy-includes-pain-grief-and-resilience>. She was also interviewed by Meg Farris on WWL-TV to commemorate the storm on August 27, 2015.

**Dr. Carolyn Weyand addresses the EC during the September meeting .**



**LPA welcomes Jaime Monic, who has returned as Executive Director of the Louisiana State Board of Examiners of Psychologists.**



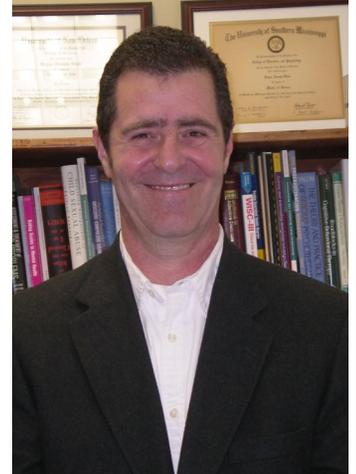
**President-elect, Dr. Lucinda DeGrange, and immediate past-President, Dr. Joe Tramontana, participate in discussion during the September meeting .**

**On July 25, 2015, Dr. Lucinda DeGrange, LPA's Public Education Chair, was interviewed in response to the Lafayette movie theater shooting by Latonya Norton on the WDSU-TV NBC New Orleans morning show.**



## From the Membership Committee: Fall Membership Drive Kicks Off! by Bryan Gros, Ph.D.

Great news on the membership front! Our numbers are up about 10%. But we need to continue to grow. LPA will soon begin our annual Fall Membership Drive, inviting psychologists, affiliates, students, and others to join LPA. The membership committee will continue to send recruitment letters and brochures touting the benefits of membership, including CEU's for participating in any of our many committees: legislative advocacy, networking, ethical and legal consultation, and more. We are especially excited about our new Committee for the Protection of Psychology in Louisiana. So please do your part by encouraging colleagues and friends to join now. Those who join now will receive the rest of 2014 and all of 2015 for the price of one year.



## Report of the Legislative Affairs Committee by Lucinda DeGrange, PhD

An Attentive Deficit/Hyperactivity Disorder (ADHD) diagnosis by a licensed psychologist is currently not accepted for Special Education classification for public school children in Louisiana. LPA is working with the Department of Education (DOE) to have licensed psychologists diagnoses of ADHD included for special education classification. Other Health Impairment (OHI) is the special education category that includes ADHD and many other medical conditions such as leukemia, diabetes, and epilepsy. Currently, to qualify for any condition listed under the classification of OHI, a student must be diagnosed by a medical doctor. This is the current language for qualification that appears in Bulletin 1508 Pupil Appraisal Handbook:

*“A report of a medical examination, conducted within the previous 12 months from a physician qualified by training or experience to assess the student's health problems, giving not only a description of the impairment but also any implications for instruction and physical education. When the medical report indicates the student has a health condition requiring health technology, management*

*or treatments including a special diet or medication or that the student needs assistance with activities of daily living, the school nurse or other qualified personnel will conduct a health assessment.”*



LPA is hopeful that the language including licensed psychologists for the diagnosis of ADHD under Other Health Impairment will be ready for the BESE board meeting in October 2015.

The Louisiana Medicaid transition to the Bayou Health Plans is quickly approaching (December 1, 2015). LPA is in conversation with all five of the health plans: Aetna Better Health, Amerigroup Real Solutions, AmeriHealth Caritas, Louisiana Healthcare Connections, and United Healthcare. LPA has requested rate sheets for psychological services from all providers. We will be passing this information on to our members as soon as we receive it, to allow members to make informed decisions on whether to participate in the plans.



## Report of the Legislative Affairs Committee... Continued from p. 5.

Additionally, DHH will be hosting Provider Calls. The following is from the DHH website:

Beginning Dec. 1, 2015, Louisiana Medicaid is changing the way members get behavioral health services (mental illness and substance use treatment). All Medicaid members will get their behavioral health services through a Bayou Health Plan. If they are not already enrolled in Bayou Health, they will be enrolled in a Plan before Dec. 1, 2015 to get medical behavioral health services. DHH's current contract with Magellan will end on Nov. 30, 2015.

To prepare providers for this change, Louisiana Medicaid and the Office of Behavioral Health will host a series of weekly calls for providers, to listen to comments and concerns that you may have and answer any questions. Beginning Monday, Sept. 21, 2015 and until further notice, the following call schedule will be in place:

**Monday** - Local Governing Entities, Federally Qualified Health Centers, Rural Health Centers and Intensive Outpatient Substance Use Providers

**Tuesday** - Rehabilitation Providers, Multi-Systemic Therapy Providers, Functional Family Therapy Providers, Homebuilders Providers, Assertive Community Treatment Providers, Psychiatrists and Licensed Mental Health Practitioners

**Wednesday** - Inpatient Hospitals, Psychiatric Residential Treatment Facilities, Therapeutic Group Homes and Residential Substance Use Treatment Facilities

All calls will take place from noon to 1pm. The call-in information is as follows:

Call-in #: 1-888-636-3807

Access Code: 1133472

Please note that this call is being hosted by the Department, so specific questions, pertaining to a specific Health Plan may not be answered. Although there will be representatives from the

managed care organizations on the line, we ask that you keep all questions Department related.

We welcome all provider types to participate on any of the days, but DHH's staff will give priority to questions from the designated provider type for that call, and will have staff who work in that provider area on the line to assist.

If any provider is unable to ask a question during the call, we encourage them to submit their questions to [integratedhealthcare@la.gov](mailto:integratedhealthcare@la.gov) or [bayouhealth@la.gov](mailto:bayouhealth@la.gov). The Bayou Health Provider Relations unit has released some "Talking Points" for behavioral health providers. That document can be accessed by clicking [here](#). [Informational Bulletins](#), [Frequently Asked Questions](#) and other pertinent information can be accessed at any time by visiting [www.makingmedicaidbetter.com](http://www.makingmedicaidbetter.com).

For news specifically pertaining to the integration, you can click on the "Behavioral Health" tab on [www.makingmedicaidbetter.com](http://www.makingmedicaidbetter.com). To automatically receive updates and releases from the Department regarding the integration, click [here](#) and subscribe to the "Integrated Health Care" newsletter. 



**Dr. Bryan Gros discusses regulatory matters during the September meeting.**



## LPA Membership Levels:

### New Full Member (1st Year) Dues: \$110

New Full Members must meet the same membership requirements as Full Members. Individuals applying for first time full membership are eligible for a reduction in dues. This member type is NOT available for renewing members. All Full Members are eligible to vote and hold office.

### Full Member (2nd Year) Dues: \$180

Full 2nd Year Members must meet the same membership requirements as Full Members.

### Full Member Dues: \$255:

Full Members are: (1) persons holding an earned doctoral degree in psychology conferred by a regionally accredited college, university or professional school of psychology, or program of equivalent standing outside the United States; or (2) persons holding a Louisiana license as a psychologist.

### Life Member 50 Dues: \$127.50

Reduced dues (50%) are available for psychologists who are 65 or older, who have been LPA members for at least 10 consecutive years, and who have reduced their workload/income by 50% or more. Members must request and apply to the Treasurer for Life Member 50% status.

### Life Member Dues: \$0

(1) Psychologists who are 65 or older, who have been LPA members for at least 10 consecutive years and who have officially discontinued their psychological workload/income, or (2) Psychologists who are 70 or older, who have been LPA members for at least 10 consecutive years, and who have reduced their psychological workload/income by 75% or more. Members must request and apply to the Treasurer for Life Member status.

### Associate Member Dues: \$75

Associate Members are: Persons who have earned a Master's degree in psychology or a related area from a regionally accredited graduate school. Associate members are not eligible to vote or hold office.

### Affiliate Member Dues: \$20

Affiliate Members are: Persons currently enrolled in a graduate or undergraduate psychology program or related field at a regionally accredited school. Affiliate members are not eligible to vote or hold office.

### Century Member Dues: Voluntary Contribution

- Platinum Level (\$500 up)
- Gold Level (\$250 - \$499)
- Silver Level (\$100 - \$249)



## Your LPA membership supports the profession of psychology by:

- Representing and advocating for the profession of psychology at the state and national levels.
- Safeguarding and protecting our profession
- Working with state agencies and regulatory boards, including the State Board of Examiners of Psychologists, the Office of Behavioral Health, and the Department of Insurance.
- Representing psychologists' interest with third-party payers.
- Representing psychology in the State Capitol and being a unified voice on issues affecting psychology.

- Representing Louisiana and APA member psychologists on governance and policy decisions with the American Psychological Association.
- Safeguarding the freedom of scientific inquiry, teaching and professional practice.
- Working with an Academic Advisory Committee; a Diversity Committee; and a Medical Psychology Committee



## Benefits of Membership

- Legislative Advocacy
- Annual Convention and Fall Conference
- Discount Continuing Education Rates
- Early career psychologist assistance
- Free consultation with our Committee on Legal and Ethical Issues
- Networking Opportunities with colleagues and others
- Online Referral Service
- Online Membership Directory
- Member Listserv for networking, referrals, and issues of special interests
- Special Interest Groups



## Katrina 10th Anniversary Workshops

By Darlyne Nemeth, PhD, MP

Of the many events that marked the 10th Anniversary of Hurricane Katrina, only one focused on Mental Health and Wellness Issues. This public Workshop sponsored by the Louisiana Psychological Association (LPA), was conducted at the First Evangelist Baptist Church Community Center at 1801 Willow Street in New Orleans. This part of New Orleans has seen little recovery since Katrina. Most residents in this underserved area have benefited greatly from the work of Reverend Reginald Landry and Councilwoman LaToya Cantrell and their respective staffs, who have served those in need despite the paucity of resources.

Both Reverend Landry and Mr. Julius Feltus, representing Councilwoman Cantrell, readily embraced the importance of the Wellness Workshop scheduled for 8/29/15, and made it happen.

Many Professional Organizations joined in to co-sponsor this special event. They included the American Psychological Association (APA) via Susan McDaniel, Ph.D., President-Elect, the Louisiana Group Psychotherapy Society (LGPS), The Recovery Center of Baton Rouge, and the Baton Rouge Area Society of Psychologists (BRASP), who all gave donations to underwrite this event. Other contributors included The Neuropsychology Center of Louisiana, LLC (Baton Rouge & Gretna Offices), Dr. & Mrs. Ramon Beluche, The Charles Lamar Family, The APA Caucus of States, Territories, Provinces, and Regions (CSTPR), The APA Division 56 – Trauma Psychology, and The Jambalaya & Company via Burt Kemp, owner.

This program, which was created and produced by Darlyne G. Nemeth, Ph.D., M.P., M.P.A.P., C.G.P., Judy Kuriansky, Ph.D., Tommy Davis, Ph.D., Fernando Pastrana, Ph.D., Gail Gillespie, Ph.D., and Kerritt Sainal, B.S., was endorsed by The Psychology Coalition at the United Nations (PCUN), the International Association of Applied

Psychology (IAAP), and the World Council for Psychotherapy (WCP), represented by Kelly Ray, Ph.D., M.P.,

Vice President. The Wellness Workshop featured three well known trauma specialists—Dr. Judy Kuriansky, Chair, Psychology Coalition of NGOs, accredited at the United Nations; Father Wismick Jean-Charles, Ph.D., Vice Chancellor, University of Notre Dame, Haiti; and Dr. Tommy Davis, Philadelphia Community Psychologist and Gospel Singer—who were very instrumental in the effectiveness of the interventions used in their program.

Several corporations provided complimentary snacks etc., including Aquafina from PepsiCo, Hershey's bars & Kisses from The Hershey Company, Potato Chips from Zapp's Chips, lunch items from Jambalaya & Company, and coupon books from River Walk Outlets.

The workshop events began around 11:00 a.m. and concluded around 4:00 p.m. Participants were asked to complete pre- and post- assessment measures and were then inspired by Dr. Tommy Davis' performance of the song, "You Are Still Loved" which he recorded especially for this event. All who attended were given a copy of this CD, which also included a copy of the RILEE Bear Relaxation Exercise. To include an ecumenical note in the Workshop, Fr. Wismick Jean-Charles, Ph.D., and Reverend Reginald Landry began with blessings.

Most participants had never interacted with a psychologist or social worker before and had not understood the power of healing music and psychological exercises. They were introduced to some basic facts regarding the origins of emotional trauma, including their biological, historical, and environmental roots.





## Katrina 10th Anniversary Workshops...Continued from p. 8.

Physical exercises representing balance, imbalance, and empowerment then followed. Dr. Kuriansky's empowerment exercises, which were conducted after lunch, were invigorating and brought new energy to the program. Before lunch, which was provided to all, participants were taught Emotional Freedom Techniques to reduce emotional and physical pain by Dr. Gail Gillespie.

In the morning, participants were asked to recognize, label, and share their myriad of feelings and actions that had occurred as a result of Hurricane Katrina. Later that afternoon, they were introduced to the concept of developmental regression that tends to occur post-trauma.

Via a variety of experiential exercises, participants were invited to regress and rebuild via a journey through Dr. Harville Hendrix's developmental stages of attachment, exploration, identity, competence, concern, and intimacy. Grief work, affective coping strategies, and drawing exercises were used to help participants to go back in time in order to move forward. New action banners were developed to express the emotional movement of participants throughout the day (see above).

The emotional growth experienced by so many during the Workshop cannot be fully quantified. Findings from a training workshop on 8/15/15 are currently being analyzed. The 19 Psychologists and Social Workers who participated in the Wellness Workshop are as follows: Joe Carr, L.C.S.W., Lucinda DeGrange, Ph.D., Gail Gillespie, Ph.D., Chin-Chin Ho, Ph.D., Jenny Hughes, Ph.D., Darlyne G. Nemeth, Ph.D., M.P., C.G.P., Danielle Newman, M.S., Fernando

Pastrana, Ph.D., Jessica Pavlich, M.Psy., Lindsey Poe, Psy.D., Kelly Ray, Ph.D., M.P., Melanie Richardson, L.M.S.W., Lauren Robinson, Psy.D., Mark Skellie, Psy.D., Beverly A. Stubblefield, Ph.D., Joseph Tramontana, Ph.D., and Kim VanGeffen, Ph.D. All volunteered to be group facilitators during the actual Workshop, with Kathleen Randall serving as the volunteer coordinator. Individual groups, using Billow's Contain the Container Model and Group-As-A-Whole concepts were used to facilitate this Workshop.

After all groups shared their drawings and members engaged in a group-as-a-whole experience, Dr. Davis, Father Wismick, & Reverend Landry closed with songs and prayers

of thanks, forgiveness, and gratitude. Then all participants said goodbye in their own unique ways. In general, this anniversary experience, which symbolically represented the infamy of 8/29/05, was marked by resilience, hope, and growth.  $\Psi$



**EC members chat during a break.**



## Report of the Professional Affairs Committee by Kim VanGeffen, PhD

The American Psychological Association is seeking nominations for three positions on its Advisory Steering Committee (ASC) for the development of clinical practice guidelines. The deadline for nominations is November 4, 2015. APA currently has three such guidelines in the development phase and which should be released for public comment within the next year. These include depression, obesity and post traumatic stress disorder. The Steering Committee does not write the guidelines. Rather, this Committee is charged with selecting new topics for practice guidelines and recommending to the APA Board of Directors those individuals who will serve on the panels which actually develop the guidelines. Anyone interested in nomination to this committee can obtain further information at <http://www.apa.org/science/about/psa/2015/09/clinical-practice-guideline.aspx>.

Those psychologists who are currently contracted with Magellan Behavioral Health should be aware that as of December 31, 2015, Magellan will no longer be the mental health carrier for Blue Cross HMO and Blue Cross Federal insurance plans. Blue Cross will be managing the mental health services for these plans as it currently does with the Blue Cross PPO plans. The contract rates for the HMO plans are different according to the area of the state in which the psychologist prac-

than the Magellan HMO plan whereas the psychological testing code is slightly lower.

As a reminder, as of October 1, 2015, the new ICD-10 system will be implemented and required for reimbursement from insurance companies. The ICD system does not include diagnostic criteria as can be found in the DSM system. While psychologists can use the DSM system to help in determining diagnoses, the ICD-10 numerical codes will be required when submit-

***“...as of October 1, 2015, the new ICD-10 system will be implemented and required for reimbursement from insurance companies.”***

es. I have received contract rates for the New Orleans area. Rates for other areas can be obtained from the contracting department at Blue Cross. The rates for the diagnostic interview and psychotherapy codes appear to be higher

ting diagnoses to third party carriers. There are a number of sources for obtaining an ICD-9 to ICD-10 Crosswalk. I have prepared a Crosswalk for DSM to ICD-10 for some of the more common mental health diagnoses. If



anyone would like a copy of this, please email me at [kimvangeffen@cs.com](mailto:kimvangeffen@cs.com). The following link contains a list of the ICD-10 mental health diagnoses <http://www.icd10data.com/ICD10CM/Codes/F01-F99>. Those psychologists wishing to read more about the development of the ICD-10 system can read the following article which also has a list of ICD-10 mental health diagnoses: <http://www.who.int/classifications/icd/en/bluebook.pdf>. Ψ



## Meet Your EC Member: Michelle B. Moore, PsyD

### By Michele Larzelere, PhD

Dr. Michelle Moore is an Assistant Professor at LSUHSC in New Orleans, where she serves as Associate Director of the pre-doctoral internship. She earned her Bachelor's degree, with dual majors in psychology and theater at Marymount Manhattan College in New York, before completing her Master's degree and PsyD at Pace University (also in New York). Dr. Moore completed fellowships in child psychology and psychoanalytic psychology prior to accepting her position with LSUHSC, where she has practiced since 2011. In her role as a member of the LPA Executive Council since July 2014, Dr. Moore serves as Chair of the Early Career Psychologists (ECP) Committee and is on the Membership Committee.

Dr. Moore loves being a psychologist and has devoted herself to easing the transition of others into the profession by writing regularly about the challenges faced by ECPs, and by establishing an LPA mentorship program. She organized a well-received student poster competition at this year's LPA Annual Convention and hosted the first LPA book sale to highlight the works of local authors. In discussing her activities on the EC, she stated, "...I did not understand the role LPA plays in government relations, until I joined the Executive Council. I never thought that I could be a part of changing laws and making our state more psychologically minded. The ECPs who are on the EC put a lot of time, effort and careful planning into making decisions and fighting to be heard by government officials." In recognition of her efforts, Dr. Moore was awarded LPA's ECP of the Year award at the 2015 Annual Convention.

When asked to describe reasons she advocates involvement in professional organizations such as LPA, Dr. Moore stated, "Building a network of professionals and colleagues where you can learn and grow both professionally and personally has been one of the greatest benefits of my involvement thus far. I am constantly seeking opportunities where I can build on my strengths and understand my weaknesses. Being involved with LPA, I have been able to do just that, and I am grateful to the people who I have met along the way who have opened my eyes to new perspectives."

When not working to advance psychology in Louisiana, Dr. Moore enjoys spending time with her family, and recently published her first children's book.





Louisiana Psychological Association

# Louisiana Psychological Association

Advancing psychology as a science, profession, and as a means of promoting health, education, and human welfare

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## LPA At Work For You:



Your LPA membership supports the profession of psychology by:

- Establishing and maintaining high standards of competence, training and ethical conduct.
- Safeguarding the interest of the profession and the public.
- Working with the many state agencies and regulatory boards, including the State Board of Examiners of Psychologists, the Department of Mental Health and the Department of Insurance.
- Representing psychologists' interest with managed care and insurance companies, and health plans about the importance of employee mental health benefits.
- Representing psychology in the State Capitol and being the unified voice on issues affecting psychology.
- Representing you on governance and policy decisions with in the American Psychological Association.
- Safeguarding the freedom of scientific inquiry, teaching and professional practice.

### Benefits of Membership

- Annual Convention
- Discount Continuing Education Rate
- Developing Academic Committee
- Developing Diversity Committee
- Early Career Psychologist Program
- Fall Conference
- Forensic Consultation
- Networking Opportunities
- Legislative Advocacy
- Online Referral Service
- Online Membership Directory
- Member Listserv
- Special Interest Groups
- Website