

Clinical Geropsychology News

Society of Clinical Geropsychology

APA Division 12, Section II

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Please contact Christine Gould at Christine.Gould@va.gov or Joseph Dzierzewski, at Joseph.Dzierzewski@va.gov if you wish to comment on the contents of this Newsletter.

*Published articles do not necessarily represent the official views of Society for Clinical Geropsychology (Section II), Division 12, or APA

President's Column

Brian Yochim, PhD, ABPP



Greetings members of the APA Society of Clinical Geropsychology! I am grateful for the opportunity to have served as your President, and I am especially grateful for the Board of Directors, who have been the best group of colleagues one could have. I highly recommend taking leadership roles in our group; for one reason, it's a lot of fun!

A President performs lots of activities behind the scenes, as well as activities more visible to the membership. One goal of my Presidency was to inform more people about

our field and about our Society in particular. I am grateful to Annie Mueller and Elissa Kozlov, our student representatives who created Wikipedia pages for the terms "Clinical Geropsychology" and "Society of

Clinical Geropsychology". I have formed a Communications Committee to handle all our forthcoming outreach with available media. This committee consists of Annie Mueller, who will oversee our social media presence, Victoria Liou-Johnson, who will manage our website, and Christine Gould and Joseph Dzierzewski, who will continue to manage our newsletter. Dr. Gould will also serve as committee chair, assisting all members with their duties. Dr. Mueller has already revamped our Facebook page; if you have not seen it, please check it out! <https://www.facebook.com/?ref=logo#!/ClinicalGeropsychology>. The Communications Committee is charged with harnessing available technology to continue advancing our Society and increasing awareness of our contributions, both among professionals and to the general public. I want to thank the members of this committee for being willing to take on these roles, which will involve a great deal of initiative and creativity.

Another way to get the word out about our field and our Society is to respond to calls for feedback for various national plans or proposals. Shortly after the APA convention in August, the Substance Abuse and Mental Health Services Administration (SAMHSA) released their 2015-2018 Strategic Plan and solicited feedback. Unfortunately, there was little-to-no mention of older adults, even in the section on suicide, despite the well-known high numbers of older men who attempt or commit suicide (such as Robin Williams). There was also no mention of the shortage of mental health clinicians who specialize in aging. With much help from Debbie DiGilio, members such as I were able to submit detailed feedback on these glaring oversights. It is incumbent upon all of us to continue educating the public about the mental health needs of older adults.

One nice thing about serving in our Society is we have such great colleagues to help us along. I especially want to thank Past-President Amy Fiske, President-Elect Margie Norris, Secretary Sherry Beaudreau, Treasurer Norm O'Rourke, and Division 12 Representative Michele Karel for their insightful consultations. You have always been quick to respond to calls for help and helped me move the SCG in a positive direction. In addition to his Treasurer duties, Norm took it upon himself to revamp our website (www.geropsychology.org) which our new webmaster will continue to improve. I also want to thank Deborah DiGilio, Director of the APA Office on Aging, for all her accomplishments and dedication she has shown over the years.

Autumn is a time of transitions, and I am undergoing a major life transition in addition to winding down as President. For important family reasons, I am taking a new position at National Jewish Health in Denver, Colorado, where I can purchase a house and be closer to my family who are starting to have significant health problems. I will truly miss my colleagues at VA Palo Alto Health Care System.

I am sad to step down as President, but grateful that Margie Norris, PhD, will take over this role. I am excited to watch all that she will accomplish during her Presidency!

Brian Yochim, PhD, ABPP
President
Clinical Neuropsychologist
National Jewish Health
Denver, Colorado

Society for Clinical Geropsychology
Barry Edelstein's Scholarship Fund

Please be sure to read the article on page 3 describing final efforts to collect funds to establish a scholarship fund in the name of Barry Edelstein.

Fundraising for the Barry Edelstein Psychology Graduate Research Award

Submitted by Amy Fiske, Ph.D., SCG Past President and Norm O'Rourke, Ph.D, SCG Treasurer

In Washington, DC, at 2014 American Psychological Association Convention, SCG President Brian Yochim receives a check from Past President Amy Fiske for the **Barry Edelstein Psychology Graduate Research Award**. Thank you to all members who have generously contributed thus far; we continue to accept donations via PayPal at: <http://goo.gl/H3DvB2>



Barry Edelstein joined the faculty of the Department of Psychology at West Virginia University (WVU) in 1974 and is today the Eberly Family Distinguished Professor of Clinical Psychology. He has pursued a successful clinical geropsychology research program at WVU focused on decision-making in later life, competence, anxiety, and the development of assessment instruments. Barry has authored well over 100 publications and co-edited *The Practical Handbook of Clinical Geropsychology* with Laura Carstensen in 1987. In 2002, he was awarded the Society of Clinical Geropsychology Distinguished Clinical Mentorship award and is an APA Fellow of the Society of Clinical Psychology (Division 12), Adult Development and Aging (Division 20), Behavior Analysis (Division 25), and the Gerontological Society of America.

Along with colleagues, Barry co-founded the Society for Clinical Geropsychology in 1993 (then APA Division 12, Section II). He co-chaired the founding steering committee and served as the Section's representative to Division 12 from 1994 through 1997. He was elected as Secretary, serving 2000-2003, and as President in 2005. He has also served as chair of key committees within the Society, including the Education and Training Committee (2005-2007), the Convention Program Committee (1994-present), and the Awards and Recognition Committee. He also served on the APA Committee on Aging, participated in task forces to define competencies and standards for working with older adults and the APA Interdivisional Task Force for Revising Guidelines for Working with Older Adults (2012-2013).

In addition to his many roles, Barry also managed the Society's listserv from 1998 until the launch of the new SCG website. Beforehand, this was a fully manual process. It would be difficult to overstate the importance of the listserv in the building stages of the SCG and as membership has grown over the past 20 years. The listserv is commonly described by members as the most important of the many to which they subscribe. Now that the website has 'unemployed' Barry, it would seem to be an ideal time to acknowledge his many contributions to clinical geropsychology and the SCG.

At West Virginia University, alumni and friends have created the Barry Edelstein Psychology Graduate Research Award to help WVU graduate students undertake promising thesis or dissertation research. And as you know, the SCG is contributing to the establishment of this award. Even if you have already done so, please consider contributing via PayPal at: <http://goo.gl/H3DvB2>

Thanks!

Comments from the Editors: Christine and Joe



Welcome to the Fall edition of the Clinical Geropsychology News! There are a few pieces in the current issue that we would like to highlight:

- Be sure to review the information in the current issue pertaining to members' presentation the upcoming GSA convention. Similarly, make sure to see all the wonderful accomplishments of our members. Information is located in the Announcements and Members News section.
- Two members are highlighted in the Member Spotlight. If you see either of the highlighted members at the upcoming GSA conference, make sure to stop them and say hi!
- Congratulations to everyone on their recent publications, awards, and positions.

Member Spotlight

Full Member Spotlight: Allison L. Jahn, Ph.D.
Staff Psychologist, Milwaukee VA Medical Center
Assistant Professor, Psychiatry and Behavioral Medicine
Medical College of Wisconsin

Year joined Society of Clinical Geropsychology: 2011
Hometown: Mequon, Wisconsin

Q: Why did you join the Society for Clinical Geropsychology (Division 12 Section II)?

I was initially hesitant. My training background at University of Wisconsin – Madison was not originally in geropsychology, and I was feeling “imposter syndrome.” A colleague encouraged me to join 12/II as a student member and assured me that the community was a good way to connect, would enhance my training, and keep me up-to-date on changes in the geropsychology world. They were right!

Q: How has membership in the Society for Clinical Geropsychology assisted you with your professional activities?

I have continued my membership with 12/II because of the active community, the focus on geropsychology training, and the work that is being done to promote mental health care and research among older adults. I



have been able to participate in meetings and social events at conferences, have attended division sponsored online trainings, have met other clinicians and researchers, and follow the division email list and newsletter for updates in the field.

Q: How did you get interested in the field of aging?

My first clinical rotation was a memory disorders neuropsychology clinic. I enjoyed the work immensely, but was surprised at the paucity of geriatric providers available for follow-up treatment. I decided to try out “geropsychology” and found a geriatric psychiatrist who was willing to collaboratively supervise a small case load. I was hooked. I was fortunate to find geropsychologists at the Milwaukee VAMC who solidified my desire to stay in this field.

Q: What was your most memorable experience during your graduate studies?

I’m not sure that I can narrow it down to one experience, but my psychology cohort stands out in all my memorable experiences. They are an amazing and talented group of people. We traveled to conferences, collaborated on research, heard the Dalai Lama speak, shared clinical struggles, played volleyball, ran races, and traveled together. I am fortunate to be able to continue to turn to them for career, research, and clinical advice on a regular basis.

Q: Have you had an important mentor in your career? If so, how did he or she make a difference?

I was privileged to work with Dr. Jenny Moye, during my Fellowship at VA Boston. She is energetic, driven, thoughtful, and has a deep passion for working with older adults. She is a true mentor and demonstrates the importance of being a well-rounded clinical psychologist. During fellowship and now in my early career, she has facilitated opportunities including expanding my research into cancer survivorship, thinking creatively in my practice, and shaping the way that I train students.

Q: What is your current position and what are your key responsibilities?

I am a staff psychologist at the Milwaukee VAMC. I share my time between the Centralized Assessment Unit and the Geropsychology Clinic in Outpatient Mental Health. We recently began an outpatient geropsychology fellowship where I serve as a lead supervisor.

Q: Tell us about your most recent activities.

Our geropsychology clinic is new so we are working to create treatment options, raise awareness of resources, and offer training opportunities. In addition to my clinical activities, I was recently accepted as an Assistant Professor at the Medical College of Wisconsin. I have active research interests including cancer survivorship, the impact of dialysis on mental health and cognition, the impact of utilizing outcome measures in therapy to improving clinical training, and the interaction between physiology and emotion on response to stress. As an early career geropsychologist, I am working to build opportunities for advocacy including membership on the local Cancer Survivorship Committee, serving on subcommittees of Association of VA Psychology Leaders, and serving on the membership committee for Division 20.

Q: What has been your most memorable experience in gerontology and aging clinical practice and/or research?

I enjoy interdisciplinary work and feel that it is one of the best ways to promote geriatric patient care. The providers I have worked with have taught other perspectives to approach problems, have helped me to value my unique role as a psychologist, and have been able to support and at times laugh with me when things don't go as expected.

Q: Do you have any tips for emerging geropsychologists?

Be an active member in your community, however you define it. Strive to make connections, ask questions, and remain open minded. Maintain a balance between your work and home life and find activities at home and work that uplift you.

Q: What keeps you busy when you are not working with older adults? What are your non-professional aspirations and hobbies?

I keep busy at home with my husband, cat, family, and friends. In the last two weeks, my sister was married, and I ran the Chicago marathon with a PR. I love to travel, and we recently visited my husband's family in the Czech Republic.

Student Member Spotlight: Kristy Shoji, M.A.

Doctoral Candidate, Department of Psychology, University of Alabama

Year joined: 2011

Hometown: Julian, North Carolina.

Q: Why did you join the Society for Clinical Geropsychology (Division 12 Section II)?

I originally joined Division 12-II at the suggestion of the faculty in the geropsychology concentration at the University of Alabama as a way to connect with others with similar interests in working with older adults.

Q: How has membership in the Society for Clinical Geropsychology assisted you with your professional development?

It has provided networking opportunities and an easy way to collaborate with others in the field of Geropsychology.

Q: How did you get interested in the field of aging?

My interest in aging started in high school. I worked at a restaurant frequented by older adults in the community and loved my interactions with them! This initial interest led to several research experiences working with older adult participants as an undergraduate. I went on to obtain a Master's in Psychology at Wake Forest and am now working on my Ph.D. in Geropsychology at the University of Alabama. I absolutely LOVE the work I do each day and feel so fortunate that my initial interest in working with older adults ended up being something I could turn into a career!

Q: Have you had an important mentor in your career? If so, how did he or she make a difference?



I have had so many I don't know that it would be fair to spotlight just one. My thesis was conducted under the supervision of Dr. Dale Dagenbach, a cognitive psychologist who taught me the value of research and an inquisitive mind. At the University of Alabama, my primary research mentor, Dr. Natalie Dautovich provides a consistent, calm, supportive, presence that has allowed me to grow as a researcher and taught me the kind of mentor I would like to be. The other members of the Geropsychology faculty at UA (Dr. Martha Crowther, Dr. Patricia Parmelee, Dr. Forrest Scogin, Dr. Rebecca Allen, Dr. Giyeon Kim, Dr. Lynn Snow) have each contributed invaluable advice and support over the past four years and foster a truly collaborative environment.

Q: What has been your most memorable experience in gerontology and aging clinical practice and/or research?

My most memorable experience thus far has been at an inpatient geriatric unit for individuals with severe mental illness (SMI). There is not a single experience I can point out, but rather a feeling that despite the occasional resistant behavior from patients, the majority of the time I feel the most appreciated and valued when working on the inpatient unit. In addition to facing the stressors that accompany normal aging, these individuals have struggled with SMI for most of their lives and genuinely appreciate someone who takes an interest in making their lives better.

Q: Tell us about your most recent activities.

Most recently I have been trying (somewhat successfully) to balance class, clinical work, collecting dissertation data, teaching, and volunteer work. Oh, yeah...and applying for internship!!

Q: Looking forward, what are your plans post-graduation?

I would like to work in a VA or medical center. I really enjoy interdisciplinary work and feel such treatment teams both serve the needs of our clients/patients more effectively and also foster collaborative, educational experiences among colleagues that are not necessarily available in other settings.

Q: What keeps you busy when you are not working with older adults? What are your non-professional aspirations and hobbies?

I am a wife and mother to a beautiful 8-month-old baby girl! Those roles pretty much take up all my free time and then some, but add to the amazing joy that my career provides!

The Student Voice

*Submitted by Brenna Renn
Incoming Student Representative*

Greetings from sunny (but cold) Colorado! My name is Brenna Renn, and I am your new student representative for Division 12/II. I am a 5th year Clinical Psychology PhD candidate at the University of Colorado, Colorado Springs. My clinical and research interests center on behavioral medicine interventions as applied to aging adults, particularly around chronic disease management, health promotion, and comorbid psychological and physical disorders.

As I write this I am in the midst of applying for internship. Like so many other hurdles in graduate school, the stress of internship applications brings with it the challenge of engaging in regular self-care in the face of pressing deadlines. Whether your stress is currently coming from applying to internship or postdoc, managing a dissertation or thesis, or navigating the first year of your program, graduate school is difficult. One of your biggest priorities through it all should be to take care of yourself.

Think about the last flight you've taken—during the passenger safety briefing, the flight attendants instructed you to put on your own oxygen mask (in the event of a change in cabin pressure) before assisting other passengers. Put another way, we are only able to work and care effectively when we have first cared for ourselves. As much as we devote time to helping others, be it our clients, our peers, or our family members, we need to practice what we preach and take time to recharge our own batteries!

Given my interests in the intersection of psychological and physical health, I am particularly cognizant of the role of basic health behaviors in maintaining balance in otherwise hectic times. Habits we take for granted, like good sleep, regular physical activity, and a healthy diet, often are the first to go when deadlines loom. However, these behaviors create a solid foundation that can keep us mentally and physically balanced. I encourage you to find ways to engage in these and other stress-reducing behaviors, such as meditation or relaxation, time with friends, and hobbies. Scheduling time for exercise, fun, or relaxation may be what you need to protect that time. The key is finding what works now, and setting good habits, so that you're best equipped to handle the ups and down as they occur.

Speaking of taking a break every now and then—if you will be at GSA in Washington DC, take a breather from the conference and join us at the 12/II student social! Details below:

Who: All are welcome to attend!

When: Thursday, November 6th from 4:30pm-5:30pm

Where: District of Pi (910 F St NW, Washington, DC 20004)

What: Free food, cash bar, networking, & great conversation!!!

Why: This event is a great opportunity to meet other geropsychologists-in-training

RSVP: Please send RSVP to Elissa.Kozlov@wustl.edu

I look forward to joining Elissa Kozlov as your 12/II student representatives. If you have any ideas or suggestions about how to continue to improve the student experience for 12/II members, please email us, and we will make sure your voice is heard.

Happy training!

Brenna Renn, MA BRenn@uccs.edu

Elissa Kozlov, MA Elissa.Kozlov@wustl.edu

Announcements and Member News

This section of the newsletter highlights announcements relevant to the membership and the accomplishments of the Section's members. If you have received any local or national awards, or want to let the Section know about recently accepted publications, or recently published books, please email updates to Christine Gould (Christine.Gould@va.gov) or Joseph Dzierzewski (Joseph.Dzierzewski@va.gov).

Member News

Brian Yochim has accepted a position as a clinical neuropsychologist at National Jewish Health in Denver, Colorado.

Student member Caroline Merz, from Washington University in St. Louis, was awarded the Lichtenberg Scholarship in Geropsychology.

Nancy A. Pachana was recently elected a Fellow of the Academy of the Social Sciences in Australia (ASSA). ASSA promotes excellence in the social sciences in Australia and in their contribution to public policy. Fellows are elected by their peers for their distinguished achievements and exceptional contributions made to the social sciences across 18 disciplines.

Student member Caitie Tighe's poster (listed below) at the upcoming GSA meeting was selected as a winner for an Emerging Scholar and Professional Organization Poster Award. Caitie is a doctoral student at the University of Alabama.

Christine Gould, from VA Palo Alto Health Care System and Stanford University, received a Brain & Behavior Foundation NARSAD Young Investigator Award to test a system for reducing late-life anxiety and improving their psychological and physical functioning with self-directed relaxation. Using the program, called BREATHE (Breathing, Relaxation, and Education for Anxiety Treatment in the Home Environment), participants will learn diaphragmatic breathing and progressive muscle relaxation.

Recent Member Publications

Bush, S. S. (Ed.) (2014). *Psychological assessment of veterans*. New York: Oxford University Press.

Bush, S. S., Heilbronner, R. L., Ruff, R. M., & Young, G. (2014). Psychological assessment of symptom and performance validity, response bias, and malingering: Official position of the Association for Psychological Advancement in Psychological Injury and Law. *Psychological Injury and Law*, 7, 197-205.

Foley, J., & Heck, A. L. (2014). Neurocognitive disorders in aging: A primer on DSM-5 changes and framework for application to practice. *Clinical Gerontologist*, 37, 317-346.

Torrence, N. D., Mueller, A. E., Ilem, A. A., Renn, B. N., DeSantis, B., & Segal, D. L. (in press). Medical provider attitudes about behavioral health consultants in integrated primary care: A preliminary study. *Families, Systems, and Health*.

Richmond, A. S., Boysen, G. A., Gurung, R. A. R., Tazeau, Y. N., Meyers, & S. A., Sciutto, M.J. (2014). Aspirational model teaching criteria for psychology. *Teaching of Psychology*, 41, 281-295.

Dzierzewski, J. M., Mitchell, M., Rodriguez, J. C., Fung, C. H., Jouldjian, S., Alessi, C. A., & Martin, J. L. (in press). Patterns And Predictors Of Sleep Quality Before, During And After Hospitalization In Older Adults. *Journal of Clinical Sleep Medicine*.

Bower, E. S., Wetherell, J. L., Merz, C. C., Petkus, A. J., Malcarne, V. L., & Lenze, E. J. (in press). A new measure of fear of falling: Psychometric properties of the Fear of Falling Questionnaire Revised (FFQ-R). *International Psychogeriatrics*, doi :10.1017/S1041610214001434

Aiken-Morgan, A. T., Gamaldo, A. A., Sims, R. C., Allaire, J. C., & Whitfield, K. E. (in press). Education desegregation and cognitive change in African American older adults. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.

Whitfield, K. E., Neupert, S. D., Bruce, M., Sims, M., Aiken Morgan, A., & Thorpe, R. (in press). The relationship between stress and longevity among African American families. *Ethnicity & Disease*.

Parmelee, P. A., Tighe, C. A., & Dautovich, N. D. (in press). Sleep disturbances in osteoarthritis: Linkages with pain, disability and depressive symptoms. *Arthritis Care & Research*. doi: 10.1002/acr.22459

Sims, R.C., Thorpe, R.J., Gamaldo, A.A., Aiken-Morgan, A., Hill, L.K., Allaire, J.C., & Whitfield, K.E. (2014). Cognition and health in African American men. *Journal of Aging and Health*. doi: 10.1177/0898264314543474

Aiken-Morgan, A. T., Whitfield, K. E., & Paige, M. A. (2013). Correlates of cognitive aging in racial/ethnic minorities. In K. E. Whitfield & T. A. Baker (Eds.), *Handbook on Minority Aging* (pp. 85-102). New York: Springer Publishing Company, LLC.

Gould, C. E., Segal, D. L., Yochim, B. P., Pachana, N. A., Byrne, G. J., & Beaudreau, S. A. (2014). Measuring anxiety in late life: A psychometric examination of the Geriatric Anxiety Inventory and Geriatric Anxiety Scale. *Journal of Anxiety Disorders*, 28(8), 804-811. doi: 10.1016/j.janxdis.2014.08.001

Gould, C. E., Rideaux, T., Spira, A., & Beaudreau, S. A. (2014). Anxiety and depression symptoms in male veterans and non-veterans: The Health and Retirement Study. *International Journal of Geriatric Psychiatry*. Epub ahead of print. doi: 10.1002/gps.4193

GSA Conference Presentations

Smith, R.W., & Meeks, S. (2014). Characteristics of late-life depression in nursing home patients related to time of onset and recurrence. Paper presented at the Annual Meeting of the Gerontological Society of America, Washington, DC, November.

Hess, L.S., Williams, J.C., & Meeks, S. (2014). Structural Representation of Depression, Anxiety, and Agitation in Long-term Care Residents with Dementia. Paper presented at the Annual Meeting of the Gerontological Society of America, Washington, DC, November.

Shah, S., Imel, J., & Meeks, S. (2014). Resilience in late-life bereavement: examining the relationship between resilience and cumulative lifetime loss. Paper presented at the Annual Meeting of the Gerontological Society of America, Washington, DC, November.

- Gooblar, J. (2014). Learning individual Alzheimer's disease research results. Paper presented at the Annual Meeting of the Gerontological Society of America, Washington, DC, November.
- Merz, C. C. (2014). Psychological Effects of On-Line Screening for Dementia. Paper presented at the Annual Meeting of the Gerontological Society of America, Washington, DC, November.
- Aiken-Morgan, A. T., Gamaldo, A., Sims, R. C., Allaire, J. C., & Whitfield, K. E. (2014). Education Desegregation and Cognitive Decline in African American Older Adults. Poster to be presented at the Annual Meeting of the Gerontological Society of America in Washington, DC, November.
- Gamaldo, A. A., Allaire, J. C., Thorpe, Jr., R. J., Aiken-Morgan, A., Salas, R., Gamaldo, C. E., & Whitfield, K. E. (2014). The Relationship between Cognitive Decline and Sleep Quality in Older Blacks. Paper to be presented at the Annual Meeting of the Gerontological Society of America in Washington, DC, November.
- Hill, L. K., Gamaldo, A., Aiken-Morgan, A., Allaire, J. C., Thorpe, R., Edwards, C. L., & Whitfield, K. E. (2014). The 3-year Change in Depression Symptoms and Perceived Stress Predicts Sleep Quality in older African Americans: The Baltimore Study of Black Aging. Paper to be presented at the Annual Meeting of the Gerontological Society of America in Washington, DC, November.
- Hill, L. K., Jamerson, B., Aiken-Morgan, A., Edwards, C. L., & Whitfield, K. E. (2014). Does Stress Impact The Relationship between Risk Factors and Vascular Function? Poster to be presented at the Annual Meeting of the Gerontological Society of America in Washington, DC, November.
- Tighe, C. A., Shoji, K. D., & Dautovich, N. D. (2014). Self-Rated Health Moderates the Association of Daily Regularity and Affect in Older Adults. Poster to be presented at the Annual Meeting of the Gerontological Society of America in Washington, DC, November.

APA Meeting: Photos and Awards Ceremony

SCG Presidents 2013-2016

(Left to Right) Margie Norris (President Elect, 2015), Amy Fiske (Past President, 2013), Brian Yochim (President, 2014), Sherry Beaudreau (President Elect, 2016)



Greg Hinrichsen, PhD, Chair of Awards Committee presents 2014 SCG Awards



Distinguished Clinical Mentorship Award
Dr. Rebecca Allen, University of Alabama *(left photo)*
Dr. Heather Smith, Milwaukee Zablocki VA
Medical Center *(not pictured)*

M. Powell Lawton Award for Distinguished Contributions to Clinical Geropsychology
Dr. Forrest Scogin, University of Alabama
(below photo)

Student Paper Award
Jon Gooblar, Washington University in St. Louis
(below photo)



ABGERO Board Report

Submitted by Victor Molinari, PhD, ABPP

The ABGERO process is moving along. We examined 11 candidates during the APA convention at the APA building (thanks Debbie Digilio!), and have four more to go to become a full-fledged specialty and allow us to place those letters after our names. Given the number of people who have shown interest in being examined at GSA in DC (Nov 4&5), we are optimistic of meeting our goal by the end of the year. The ABPP Central Office has given us a vote of confidence regarding our oral examination protocol, and are now monitoring us less heavily than the early days of examinations. We have been working out the minor kinks in the overall procedure and thank the early candidates for bearing with us.

I want to apprise the Newsletter readers of some exciting developments on the ABPP front. The ABPP Central Office has been inundated with applications from the 14 specialty areas over the last few years and they are building up a nice cash reserve. Along with the newly formed ABPP Foundation, there is an invigorated ABPP that has moved beyond the early days of being considered an ‘elitist’ group. ABPP has been transformed into an organization that is allied with APA, and has the finances necessary to assure competent specialty practice for individuals in a thoughtful, collegial manner.

Last year, approximately 1000 candidates from 14 specialties were examined. Half of these were nurtured through the ‘early entry’ program. For those pre-licensure individuals interested in the ABGERO process, you will be demonstrating “a lifelong commitment to professional development in geropsychology”. Here's how it works (direct from the ABPP website - <http://www.abpp.org/i4a/pages/index.cfm?pageid=3558>):

- 1) Complete an Application and submit the \$25 fee (This is a \$100 discount off the standard application fee-no further application fee will be due).
- 2) No need to identify a particular specialty at the early entry level, although you may.
- 3) Access mentoring early on to facilitate your progress.
- 4) Submit your credentials (e.g., official transcript, internship completion certificate, etc.) as you complete each phase of your training.

Diversity Column

GeroDiversity Interviews

Submitted by Yvette N. Tazeau, Ph.D. and Tiffany Rideaux, Psy.D.

We are pleased to introduce a new feature of this column, *GeroDiversity Interviews*! From time to time, the column will feature interviews of professionals-in-training (students) and seasoned professionals (academicians, researchers, clinicians) who represent diversity and/or are interested in diversity in geropsychology and its related fields.

We aim to periodically include these interview profiles in this regular diversity column of the newsletter. We invite anyone who would like to be interviewed to contact us. Also, if you know someone you would like to

recommend to be interviewed, please let us know (ytazeau@ix.netcom.com and tiffany.rideaux@gmail.com).

We kick off our *GeroDiversity Interviews* with Dr. Rideaux's interview of Iulia Ivan, M.S. who is currently a graduate student at Palo Alto University.

An "Up and Comer" in GeroDiversity
Submitted by
Tiffany Rideaux, Psy.D., Foothill Community College

Our first *GeroDiversity Interviews* feature highlights a psychology doctoral candidate who is passionate about gerodiversity. I had the distinguished honor of supervising Iulia Ivan during her clinical training at the Institute on Aging. She is a bright, skilled, and passionate woman who moved me with her dedication to the aging Latino community.

Iulia was born in Romania and learned Spanish in her youth. She conducted psychotherapy sessions and administered psychodiagnostic measures in Spanish while under my supervision. Currently, she is training at a county hospital and rotates through an inpatient unit, a geriatric clinic, and a clinic serving homeless clients. In the geriatric clinic, she once again has the opportunity to help meet the high demand for bilingual psychologists providing neuropsychological assessment. I recently met with Iulia to ask her a few questions about her interest in gerodiversity and her career goals.

TR: *What made you interested in geropsychology in general and diversity issues in particular?*

II: I was a research assistant at Rush University and Dr. Erin Emery was the principal investigator on a SAMHSA grant. I learned about the complexities of the aging process and how mental health and physical symptoms intertwine. Part of the grant funded outreach to the local Latino and African American communities and I was able to work with an interdisciplinary team to provide psychoeducation. The assistantship also exposed me to issues related to immigration, acculturation stress, and socioeconomic status. It was a positive experience working with older adults and I wanted to further my training in graduate school.

TR: *What do you enjoy about working with diverse older adults?*

II: You really have to integrate more information. You have to think about medical issues, socioeconomic status, psychological functioning, and cultural background. I think there is a big loss when we don't integrate culture into our case conceptualization.

TR: *Describe a typical day you might have that involves issues of gerodiversity?*

II: At the county hospital, I am doing cognitive screens and neuropsychological assessments for older adults. Conducting assessments with older adults often raises issues related to diversity. I recently administered an assessment in Spanish and the client's caregiver was present, which was helpful for collateral information. There was a question about the client's cognitive functioning and his ability to complete the test for citizenship. I also wonder about determining premorbid functioning when a client has very few years of education and their schooling was completed in another country. Many times I notice that older adults have a hard time navigating the health care system, especially when they have cognitive impairment and don't speak English. Often they are not willing to speak up to medical providers when they are confused.

TR: *If you had a large grant or other source of funds, how would you spend the money for issues of gerodiversity?*

II: I would focus on providing psychoeducation to the Latino community about the aging process. I think there is a need for education about what is healthy or normal aging. I would include education about diet and healthy lifestyles. It would also be nice to provide more support to caregivers and to address caregiver stress.

TR: *What do you think will be an important issue for the field of gerodiversity in the next five to ten years?*

II: I think it will be important to focus on providing assessment, treatment, and education that is tailored to ethnic sub-groups. We often group all Latino and Asian cultures together and I think there are distinct differences between sub-groups. For example, someone who immigrates from Spain versus from Mexico is likely to experience the immigration process very differently. The different Latino sub-groups may have differences in education and socioeconomic status, which can impact access to care. I also think we need language training programs that teach specialized terminology for the profession. I would definitely advocate for more funding to meet the needs of the growing diverse geriatric population.

TR: *What do you think the field of gerodiversity is doing well?*

II: So far, all of my clinical training and research experiences in gerodiversity have been really positive, which inspires me to stay in the field. I also think that integrating mental health care into the primary care setting and using an interdisciplinary approach is really helpful.

TR: *What is your dream goal for your gerodiversity career? What do you hope to accomplish?*

II: I want to increase my confidence and skill in therapy and neuropsychological assessment with Latino older adults. I hope to have great mentors along the way to help me. I definitely want to be an advocate for older adults, and it would be cool to be a keynote speaker at a geriatric conference one day.

Committee Updates

Continuing Education Committee Update

Submitted by Michelle Hilgeman PhD, CE Chair

The Continuing Education Committee continues to meet quarterly by conference call and is exploring opportunities to make more CE Opportunities available to members as well as ongoing efforts to publicize existing CE opportunities more widely (e.g., GeroCentral Website).

Gerontological Society of America Meeting in Washington, D.C. (November 5-9)

The annual scientific meeting is a rich opportunity to earn up to 26.5 APA-approved CE credit hours. The process is even easier than some conferences (i.e., APA) because “all scientific sessions will be available for credit” (based on our communications with GSA leadership September 2014). Processing of CEs for Psychologists is available at a single rate of \$55 paid at the time of registration. See

<https://www.geron.org/meetings-events/gsa-annual-scientific-meeting/meeting-program/continuing-education> for details.

Society of Clinical Psychology (Division 12) CE Webinars:

Our colleagues in Division 12 are planning a new series of webinars that will feature speakers from each of its sections and beyond. Clinical Geropsychology is actively engaged in fostering a partnership on these webinars and anticipates developing several offerings on aging-related content (i.e., Cancer Survivorship, Integrated Care). Look for more information later this year as details unfold.

APA Convention in Toronto, Canada August 2015

The 2014 APA Convention in Washington, D.C. had excellent Clinical Geropsychology representation and content, and we are looking forward to another great meeting for aging topics in 2015. Submission deadlines are fast approaching (November 10th for CE Workshops and December 1st for individual or symposium proposals). See the Call for proposals at: <http://www.apa.org/convention/convention-proposals.pdf>. We particularly encourage members of the Society for Clinical Geropsychology to continue submitting CE Workshops at future meetings to provide aging content to broad audiences <http://www.apa.org/ed/ce/resources/proposals.aspx>.

If you are interested in joining the CE Committee or for more information contact Michelle Hilgeman, CE Chair: Michelle.Hilgeman@va.gov.

Public Policy Committee Update

Submitted by Margie Norris, PhD

LCD Updates: Coming Soon.

The Public Policy Committee will soon be updating several of the LCD links on the SCG website that have been either changed or been deleted by various MACs. In the meantime, if you find any links that are not current, please notify Mary Lewis (marylewisphd@gmail.com), Cecilia Poon (ceci.poon@gmail.com), or Margie Norris (margienorris@hotmail.com). Thank you for your patience and assistance!

Membership Committee Update

Submitted by Alisa O'Riley Hannum, PhD (chair) and Nicole Torrence, MA (graduate assistant)

Membership Update

- Total Paid Members: 252
 - Total Paid Regular Members (including Emeritus members): 215
 - Total Paid Student Members: 37

Since our last newsletter report, regular members have increased by 2 and student members have decreased by 5.

In terms of activities, the membership committee will be beginning a new email membership drive this fall.

Communication Committee Update

Submitted by Christine Gould, PhD

The Communication Committee met on October 27th by phone and discussed how to meet the charge set forth by SCG President Brian Yochim. We began by crafting a mission statement to guide our initiatives, efforts, and the goals we set each year. Our mission is as follows: “The Society for Clinical Geropsychology Communication Committee aims to increase psychologists' awareness of the function, activity, and mission of the Society and promote public knowledge of Clinical Geropsychology.”

Prior to the inception of this committee, several steps were taken to promote public knowledge of Clinical Geropsychology. Annie Mueller and Elissa Kozlov wrote a Wikipedia entry on Clinical Geropsychology. We invite you to read the Wikipedia entry, send feedback to Annie, and link to it from your own websites, blogs, etc. Annie also is managing the SCG Facebook page. You can access up-to-date information about upcoming events, such as the Social Hour at GSA, as well as links to new articles about clinical Geropsychology and issues geropsychologists face all through the SCG Facebook page. Also, if you are a Facebook user, please take a moment to “Like” the Facebook page and invite a friend to do the same!

Clinical Geropsychology Wikipedia Entry: http://en.wikipedia.org/wiki/Clinical_Geropsychology

Society of Clinical Geropsychology Facebook Page: <https://www.facebook.com/ClinicalGeropsychology>

Interdivisional Healthcare Committee (IHC) Update

Submitted by Cheryl L. Shigaki, Ph.D., ABPP

The IHC met on August 6, 2014, during the APA convention in Washington DC. Cheryl Shigaki represented the SCG and also holds the position of Secretary for the IHC.

APA Center for Psychology and Health

The IHC has a long history of working collaboratively with the APA's Practice Directorate and more recently, has developed a close association with the new APA Center for Psychology and Health (CPH). This year, several members of the CPH were present at the IHC annual meeting, including Randy Phelps, who serves as the Center's Senior Advisor. CPH members shared their roles and vision. Here are some highlights:

The Center was established January 2013 with the objective of coordinating and strengthening the many efforts within the APA focused on health care. The CPH has launched its website and has begun to distribute healthcare briefing sheets authored by psychologists in divisions represented within the IHC. CPH has established an Office of Health Care Finance with a heavy emphasis on developing strategic partnerships with a wide range of relevant organizations (e.g. SBM, Geisinger, and private sector organizations). Areas of clinical focus, to date, have included obesity and integrated health care.

Other areas of focus include:

- exploring the educational needs of psychologists in healthcare settings and of those planning to move into healthcare settings
- the most effective ways to advocate for members who are in healthcare settings
- identifying the most effective organizational partnerships for advancing psychology in healthcare

- novel practice models that may increase the stature of psychologists in healthcare
- improving the ability for psychologists to be reimbursed in the evolving healthcare system
- ability of current training practices to prepare psychologists to work in healthcare settings

H&B Codes

APA anticipates petitioning CMS to review the relative value of the H&B codes; specifically, the practice expense should better reflect the complexity of this work. This task should take approximately a year to complete.

APA Clinical Practice Guidelines

Three panels are currently focusing on depression in adolescents and older adults (due out 2015), adult PTSD, and childhood obesity (due out 2016). APA is using the IOM-sanctioned processes to develop the guidelines. That is, APA selects the questions of interest, but independent research groups do the work of reviewing and rating studies for inclusion, collecting data.

Other IHC Activities

- The IHC and CPH will look at strengths, solutions and problems faced by psychologists who are “on the ground” in integrated healthcare settings. As some SCG members actively practice in integrated care settings, it is my hope that we can gather success stories and concerns from our members that will help us with this work.
- A survey of clinicians querying use of the H&B codes and concerns was completed this year. Analyses are underway and results from the survey will be distributed in the next few months.

The Social Security Administration (SSA) is under significant pressure to reduce costs of SSDI. A medical society devoted to disability prevention is encouraging the SSA to adopt an integrated care model. Members of the IHC have been supporting these efforts as the medical society strongly promotes a biopsychosocial model and envisions a significant role for psychologists.

Society of Clinical Psychology (Division 12) Update

*Submitted by Michele J. Karel, PhD
Section 2 Representative*

Here are several programming updates from the Society of Clinical Psychology (SCP).

Continuing Education Webinar Series

SCP has initiated a monthly webinar series, for continuing education credit. SCP members may receive one hour of CE credit for \$15, while the non-member fee is \$50. The next two webinars are:

Tuesday, November 18th, from 2:00-3:00 Eastern:

Integrated Primary Care across the Life Span: Drs. Barbara Cubic and Catherine Schuman

Tuesday, December 9th, from 1:00-2:00 Eastern:

Treatment of Obsessive-Compulsive and Related Disorders: Dr. David Tolin

For more information and to register, see <http://www.div12.org/wteebinar-series/>

We can look forward to presentations from at least two SCG members in 2015: Drs. Toni Zeiss and Jenny Moye! Stay tuned for more information.

Please let me (Michele.Karel@va.gov) or our Section CE Chair, Michelle Hilgeman (Michelle.Hilgeman@va.gov), know if you have suggestions for other leading geropsychologists to participate in this series (and, certainly, if you would be interested yourself).

Special Interest Groups

SCP surveyed its membership regarding potential Special Interest Group (SIG) topics. SIGs would not be quite as formal as the SCP sections, but would allow for networking and resource-sharing among those with similar professional interests. The membership survey found the top three areas of interest to be:

- Application of evidence based treatments in practice
- Teaching of clinical psychology
- Being a clinical supervisor

We have been seeking psychologist and graduate student co-leaders for each of these interest groups, and have volunteers for the EBP and Teaching groups, but not for the Clinical Supervision groups. If you're interested in a forum in which to share resources and experiences regarding clinical supervision, please consider volunteering to lead that interest group! Let me know if you are interested.

Stay tuned for further information about forming and joining these new SIGs.

Section Updates/Blogs on SCP website (<http://www.div12.org/>)

In an effort to highlight the activities and accomplishments of the SCP Sections and its members, SCP is seeking "Section News" blogs to be featured on the website, to rotate every few weeks. Therefore, it would be ideal if each section could contribute an update every few months. Blogs are to be between 300 and 1000 words.

We need SCG contributions to these blogs! PLEASE let me know, at email above, if you have any initiatives, programs, or updates you would like to share with the large Division 12 community of clinical psychologists. It is a great opportunity for us to "get the word out" about important issues in geropsychology.

SCP resources: Do consider joining SCP if you are not a member

It is important for each Section to have a certain percentage of Section members belonging to the Division. SCP membership includes:

- Subscription to bimonthly journal, *Clinical Psychology: Science and Practice*
- Electronic distribution of quarterly SCP publication, *The Clinical Psychologist*
- SCP listserv (it is not a very busy list but has some very interesting discussions)
- Webinar: one-hour CE offerings for \$15
- Also, per above, check out the website, which has many resources: <http://www.div12.org/>

Did You Know...

- That the Society has two Facebook pages?
 - One is for all members: <https://www.facebook.com/#!/ClinicalGeropsychology>
 - The second is for student members: <https://www.facebook.com/groups/53793187809/>
- That you should encourage your colleagues and students to join the Society? Please distribute the membership form on the next page to encourage others to join!
- We publish announcements of recent members' achievements in research (publications, grants, awards), clinical work (awards, recognition), teaching, and public policy. Please send information concerning your own achievements or those of a colleague to either Joe or Christine.

2014 Officers of the Society of Clinical Geropsychology

President: Brian Yochim

President Elect: Margie Norris

Past President: Amy Fiske

Secretary: Sherry Beaudreau

Treasurer: Norm O'Rourke

Division 12 Representative: Michele Karel

Student Representatives: Elissa Kozlov and Brenna Renn

Nominations and Elections Committee: Amy Fiske

Mentoring Committee Chair: Julia Kasl-Godley

Membership Committee: Alisa O'Riley Hannum (Chair) and Nicole Torrence

Awards Committee Chair: Gregory Hinrichsen

Continuing Education Committee Chair: Michelle Hilgeman

Diversity Committee: Yvette Tazeau (chair) and Tiffany Rideaux

Evidence Based Practice Committee Chair: Forrest Scogin

Geropsychology Education Task Force: Erin Emery

Interdivisional Healthcare Committee Chairs: Margie Norris and Cheryl Shigaki

Public Policy Committee: Margie Norris and Mary Lewis

Training Committee Chair: Erin Emery

Communications Committee Chair: Christine Gould

Newsletter Editors: Christine Gould and Joseph Dzierzewski

Website Coordinator: Victoria Liou-Johnson

Social Media Coordinator: Annie Mueller

APA Division 12, Section II: The Society of Clinical Geropsychology
MEMBERSHIP DUES FORM

Name (Print)	Degree	Membership Status (Please check one) _____ New Member _____ Renewal
APA Member No. (Required) _____ <small>You must be a member of APA to join Section II</small>		
Street Address		
City	State	Zip Code
Phone () ()	Fax () ()	Cell () ()
Email: _____ <small>Note: Your email address is crucial for our records and, therefore, strongly encouraged</small> _____ Check here to OPT OUT of the LISTSERV _____ Check here to OPT OUT of the membership directory		
Are you a member of APA Division 12 (The Society of Clinical Psychology) ____ Yes _____ Yes—student member _____ No		
Please list other Divisions and Societies you are affiliated with:		
Please list your special interests within geropsychology:		
Please list your primary emphasis as a geropsychologist (defined as 51% or greater) _____ Clinical Practice _____ Research _____ Teaching _____ Administration		
Payment of Dues (USD) Please select one: ____ \$35—one year membership _____ \$10—one year student membership ____ \$100—three year membership _____ Emeritus members are dues exempt		\$ _____
Added contributions to Section II: <small>Donations are strictly voluntary but greatly appreciated</small>		\$ _____
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<p>Mail this form along with your check to “APA Division 12/II” to Norm O’Rourke, PhD, RPsych, IRMACS Centre, Simon Fraser University—8888 University Drive, Burnaby, BC, Canada, V5A 1S6</p> <p style="text-align: center; color: red;">Please note that \$1.15 in postage is required if mailing from the US</p>		