

# Indiana State Board of Psychology

November 2011 Edition



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## 2012 Meeting Dates/locations:

- ❖ January 13
- ❖ March 9
- ❖ May 11
- ❖ July 13
- ❖ September 14
- ❖ November 9

All meetings are held in Conference Room Wo64 of the Indiana Professional Licensing Agency.

## Member Profile:

In this section of the newsletter we will introduce you to your board one by one.

**Jere W. Leib, Ph.D.** (Duquesne University, B.A.; Ohio University, M.S. and Ph.D.; NIMH Fellowship at UCSF—Langley Porter). Dr. Leib is a clinical psychologist and the Director of Psychological Service Associates, Inc. in Fort Wayne. He maintains a general psychological practice with older adolescents and adults seen both individually and as couples. He has served in a variety of positions for the Indiana Psychological Association (IPA), and previously was a board member of the Indiana Hypnotist Committee for the state certification of hypnotists through the Indiana Professional Licensing Agency.

## **Association of State & Provincial Psychology Boards (ASPPB)**

### ***“Celebrating the Past, Creating the Future”: 123 Years of Regulation***

- 1888:** Government regulation transferred regulation of psychology to states and jurisdictions
- 1892:** American Psychological Association (APA) was founded
- 1945:** 1<sup>st</sup> psychology licensing law was passed in Connecticut
- 1947:** Kentucky passed licensing law
- 1949:** Canadian Psychological Association (CPA) was founded
- 1952:** APA adopted the first “Ethics Code”
- 1960:** Ontario passed the 1<sup>st</sup> licensing act in Canada
- 1964:** Form 1 of the Examination for Professional Practice in Psychology (EPPP) was created and released
- 1969:** 1<sup>st</sup> psychology license was issued in Indiana
- 1970:** PES created the score transfer service
- 1977:** All states had licensing laws
- 1990:** Prince Edward Island was the last province to adopt licensing act
- 1990:** AASPB changed its name to ASPPB
- 1992:** First adopted “pass point” for all states
- 2001:** EPPP went to computerized delivery

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## Helpful Links:

Indiana Psychological Association:

[www.indianapsychology.org](http://www.indianapsychology.org)

ASPPB: [www.asppb.org](http://www.asppb.org)

National Register:

[www.nationalregister.org](http://www.nationalregister.org)

## *Notes from the Director,*

*Thank you to all who have submitted comments regarding the first edition of the newsletter; we value your input we welcome you to email us at [pla6@pla.in.gov](mailto:pla6@pla.in.gov) to ask questions, voice concerns or make suggestions on future topics. Simply indicate in the subject line "Newsletter: Psych" and you may see your questions, comments, and concerns addressed in a future publication.*

*Tasha Coleman*

## Disciplinary Action:

A list of board disciplinary actions may be found on our license litigation system at <http://www.in.gov/ai/appfiles/pla-litigation/>

Free online licensure look-ups may be obtained at

<https://extranet.in.gov/WebLookup/Search.aspx>. This is a real time database and is the best resource for accurate data.

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## What's Happening in your Profession?

- The next renewal for psychologists is **August 31, 2012**.
- The 2011 edition of the Compilation is now available online. To download the 2011 Compilation, go to: [http://www.in.gov/pla/files/ISPB.2011\\_EDITION.pdf](http://www.in.gov/pla/files/ISPB.2011_EDITION.pdf)
- HSPP endorsed psychologists may retire their HSPP upon written notification to the board. Retirement of the HSPP eliminates the CE requirement. Licensed psychologists who do not hold the HSPP may only practice under the supervision of a HSPP psychologist.
- The new HSPP application is available online. To download the HSPP application, go to: <https://forms.in.gov/Download.aspx?id=4807>

## *IPA Corner:*

By Kathleen Vogler, Ph.D, HSPP  
Self Care: Part 2

Self-care should be a concern of all practicing psychologists and the organizations that support them. Self-care is an ethical, as well as, a practical concern. Principle A, Beneficence and Nonmaleficence, of the APA ethics code states, "Psychologists strive to be aware of the possible effects of their own physical and mental health on their ability to help those with whom they work" (APA, 2002, p. 1062). Additionally, Standard 2.06 (Personal Problems and Conflicts) of the APA ethics code states:

- (a) Psychologists refrain from initiating an activity when they know or should know that there is a substantial likelihood that their personal problems will prevent them from performing their work-related activities in a competent manner.
- (b) When psychologists become aware of personal problems that may interfere with their performing work-related duties adequately,

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they take appropriate measures, such as obtaining professional consultation or assistance, and determine whether they should limit, suspend, or terminate their work-related activities (APA, 2002, p. 1063).

Stebnicki (2007) suggests that most self-care strategies involve components of individual self-awareness, wellness and lifestyle approaches to monitor a balanced mind, body and spirit, and connections through support groups and profession associations. Whether we are examining our own risk-factors, developing a support system or seeking professional consultation and guidance, it is imperative to network with colleagues. Below is an abbreviated list from Stout and Grand (2005, p. 270-271) of ten ways to stay connected to colleagues and business associates.

1. Resolve to have lunch or coffee with at least one therapist each week.
2. Join a case-conference group that meets regularly. If you can't find a group to join, form one yourself.
3. Attend at least one professional conference every year.
4. Write an article for a business or professional publication that requires you to interview other people.
5. Become a supervisor of interns.

If you would like to incorporate any of these practices in your self-care plan consider IPA as a go to resource for Indiana psychologists. The IPA member directory can help you link up with other psychologists in your area. The IPA mentor program is now up and running, linking early career psychologists with more experienced peers.

The annual IPA Fall Membership Conference is a great way to catch up with old friends, learn something new and earn those ethics CEUs required for licensure renewal. The CEU committee is busy year round planning regional events around the state so you shouldn't have to travel too far to find quality training. Consider becoming a member of one of the IPA committees or running for a board position. The volunteers on these committees assist your board of directors (also volunteers) with much of the work to keep IPA running successfully. The Practice Committee is one of the groups working to improve the services and resources IPA provides our members.

Please let me know if you have any ideas on how IPA can be a better resource for self-care for Indiana psychologists. You can contact me at [Practice.IPA@gmail.com](mailto:Practice.IPA@gmail.com).

Respectfully submitted by Kathleen Vogler, Ph.D., Indiana Psychological Association At-Large Board Member for Practice

## **Resources and References:**

American Psychological Association. (202). Ethical principles of psychologists and code of conduct. *American Psychologist*, 57, 1060 - 1073.

Stebnicki, M. A. (2007). Empathy fatigue: healing the mind, body, and spirit of professional counselors. *American Journal of Psychiatric Rehabilitation*, 10, 317-338.

Stout C. E. & Grand, L. C. *Getting started in private practice: the complete guide to building your mental health practice.* Hoboken, New Jersey. John Wiley & Sons.

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