

# The Colorado Psychologist



Colorado  
Psychological  
Association

**August 2020**

**Colorado  
Psychological  
Association**

<http://www.coloradopsych.org>

American Psychological  
Association

<http://www.APA.org>

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Erin Baurle, PsyD  
CPA President

## Message from the President

Hello and welcome to a new year with the Colorado Psychological Association! I am honored and humbled to be writing to you as your 2020-2021 CPA Board President and would like to take a moment to introduce myself to those I have yet to meet.

Professionally, I work in health psychology, currently overseeing the delivery of behavioral services at a large Federally Qualified Health Center in the Denver metro area. I have also been in private practice since 2014 and love the flexibility we have as psychologists to wear many different professional hats. Personally, I am a working mom,

raising two young daughters (one is six months old!) with my husband in Denver.

I have served on the CPA board since 2016 in the roles of Secretary, Member at Large and President-Elect. Being a CPA member has provided me a professional home that had previously been missing. My hope as President is to guide the organization in a way that fosters this feeling in psychologists across the state of Colorado.

As we move into our new year, I would first like to thank Rick Ginsberg, PhD, for his exceptional leadership this past year as Board President. I would also like to thank the Board members who are rotating off for all their hard

## Message from the President – Continued

work and dedication to CPA's mission:

Members at Large: Brian Beaumund, PsyD, & Sandra Mann, PsyD

Society for the Advancement of Multiculturalism and Diversity (SAMD)  
Chair: Reine Evereteze, PsyD

Non-Metro Representative: Cassie Comeau, PhD

Secretary: Yaira Oquendo Figueroa, PhD

Presidential Advisor: Sandra Rhodes, PsyD

COPAGS Chair: Klarissa Garcia

I am thrilled to welcome the following individuals to the Board and look forward to the work we will do together:

President-Elect: Kristin Orlowski, PhD (2020-2021)

Society for the Advancement of Multiculturalism and Diversity (SAMD)  
Chair: Jin Lee, PsyD, MSCP, BCB (2020-2023)

Non-Metro Representative: Jackie Grimmett, PsyD (2020-2022)

At Large Members: Jana Bolduan Lomax, PsyD (2020-2023) & Neal Brugman, PsyD (2020-2023)

Presidential Advisor: Athena Y. Baca-Chieza, PsyD

Treasurer: Allysa Olland, PhD

Secretary: Dave Avram, MS

While I could talk at length about the significant accomplishments of the Board this past year, including the passing of the Mental Health Practice Act, I feel it is essential to recognize the significant change and pain many of us, our loved ones, and our communities are facing. As such, the guiding principle for my Presidential term is "Addressing Colorado's Racial and Healthcare Crisis as a Psychological Community."

I want to ensure CPA is responding to the urgent needs of both our psychology community and the communities we serve. As a first step, the exiting Board voted to approve the development and implementation of a Racial Justice Taskforce within CPA. The purpose of the CPA Racial Justice Task Force is to address issues pertaining to the mental health of people affected by racism; to develop plans for addressing and reducing systemic and acute oppression, bias, subjugation, violence, and emotional and physical abuse directed toward people of color in the state of Colorado and beyond; to address issues of privilege that promote systemic racism; and to partner with organizations in the state toward promoting racial justice. We are currently recruiting members to this Taskforce—please email

## Message from the President – Continued

me if you are interested in learning more or joining this initiative (contact information in signature line).

As a health psychologist, the profound psychosocial impacts of COVID are also front of mind. I plan to work with the Board and our robust community of health psychologists in Colorado to develop educational programming to help psychologists manage their own stress, respond appropriately to their patients, and help educate the public on psychological resilience. I want our organization to serve as a source of evidence-based information and foster a community of collaboration and research sharing. Together, we are stronger and more resilient. If you are interested in providing a training related to COVID, public/community health, medical trauma, or health psychology, please also reach out to me directly.

Finally, I invite each of you to participate in CPA! Our current Board and Committee members continually cite CPA participation as a concrete way they have grown their

businesses, bolstered their networks and found a professional home in Colorado. We have committees on which you can participate. We would also welcome your expertise via leading a webinar, or would love for you to host a socially distant happy hour. I welcome each of you to reach out to me directly with any ideas or feedback.

With gratitude,

Erin Baurle, PsyD  
CPA President  
[DrErinBaurle@gmail.com](mailto:DrErinBaurle@gmail.com)

### CPA Calendar of Events 2020

#### CPA Board Meetings

3rd Friday of November, January, March, & May  
(unless otherwise notified)  
12:00 - 3:00 pm

#### CPA Executive Committee Meetings

3rd Friday of October, December, February, & April  
(unless otherwise notified)  
1:00 - 3:00 pm

Articles due for The Colorado Psychologist  
September 10, 2020  
to Brian Beaumund, PsyD at  
[brian.beaumund@gmail.com](mailto:brian.beaumund@gmail.com)

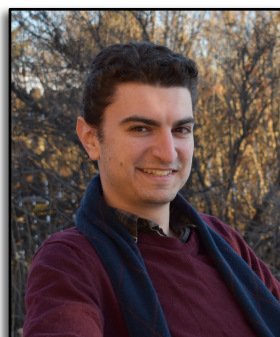
## Message From the Editors



Catherine Greisch, PsyD  
Lead Editor



Brian Beaumund, PsyD  
Submission Coordinator



David Miller, MA  
Format Editor



Kay Beaulieu, PsyD  
Content Editor

Dear CPA Members,

As always, the August issue of *The Colorado Psychologist* marks the transitions in the CPA Board and leadership positions. The TCP team would also like to welcome Dr. Kay Beaulieu as our new Content Editor. We are thrilled to have Kay join the editorial team!

In this issue, Dr. Erin Baurle kicks off her year as CPA President with a note about the CPA Board and her presidential priorities for the 2020-2021 year. GSPP student Alex Littleton spotlights the practice of Dr. Kate Colón and Dr. Jennifer Paz Ryan in this month's Interview with a Psychologist, and Dr. Laura Knudtson recaps the hard work and successful efforts of the Mental Health Practice Act Sunset Task Force.

This edition also includes highlights of news within the CPA community and leadership, CPA organizational updates, and announcements relevant to Colorado psychologists.

The content of *The Colorado Psychologist* reflects the talent of CPA

membership and your contributions are crucial to the success of each edition. Please reach out with your professional news, career highlights, innovative research, clinical advances, legislative and policy updates, or recent awards—anything that lets membership know what is going on within our community! Interested authors should contact Dr. Brian Beaumund at: [brian.beaumund@gmail.com](mailto:brian.beaumund@gmail.com).

Thank you to all contributors for your commitment to *TCP*. As always, we appreciate the time and expertise you give to our membership each issue.

Catherine Greisch, PsyD  
Lead Editor

Brian Beaumund, PsyD  
Submission Coordinator

David Miller, MA  
Format Editor

Kay Beaulieu, PsyD  
Content Editor

## Mental Health Practice Act Sunset

by Laura Knudtson, PhD

The 2020 legislative session proved to be a highly eventful and fragmented session, but we were successful in passing the Colorado Mental Health Practice Act that was set to sunset in 2020. This multiple year process required significant investment from many CPA members, our Capstone lobbyist team, our mental health partners, and many other stakeholders to move the bill across the finish line. Approximately every 10 years, the Mental Health Practice Act, the law that regulates Colorado's mental health professionals (e.g. psychologists, social workers, marriage and family therapists, professional counselors and addiction counselors) ends unless it is renewed prior to its expiration.

Given the importance and magnitude of this bill, CPA started working on this over a year ago. We convened a Mental Health Sunset Task Force that initially assessed policy changes that we wanted to move forward in the bill. Our group met with DORA multiple times to share the changes we wanted to see in the Mental Health Practice Act. Additionally, we convened monthly meetings with many of our mental health partners (e.g. social workers, LPCs, LMFTs, addictions counselors) to be transparent around what each provider wanted to see changed as well as attempt to coalesce around any requests we could make together as a group. Finally, CPA members and other psychologists testified before many committee hearings and sent numerous emails and phone calls to our

legislative representatives asking them to support our requests through this process.

CPA is happy to share a number of our successes through this Sunset process:

- Maintained our Continuing Professional Development Program (for Psychologists) and were not required to move into the Continuing Competency Program utilized by some of the master's level mental health practitioners. DORA's sunset report requested the change.
- Advocated to cease approval for new registrants into the Registered Psychotherapists database. Current Registered Psychotherapists will be allowed to continue practicing psychotherapy. However, they will have to change their name back to Unlicensed Psychotherapists and no new Unlicensed Psychotherapists will be allowed to enroll in the database and practice psychotherapy without a license or certification in Colorado.
- Added a professional background check requirement so that CPA can participate in PSYPACT (Psychological Interjurisdictional Compact) as is required.
- Clarified statutory language that licensees are not paying for referrals when the remuneration was for services provided including marketing, office space, administrative, consultative, etc.



## Mental Health Practice Act Sunset - Continued

- Clarified that licensees may (but are not required to) form professional service corporations (PSC/PLLC) and may create LLCs for their businesses.

We owe many thank yous to all of the amazing people that made this possible this year. First, we are highly thankful for our tremendous bill sponsors including Rep. Dafna Michaelson-Jenet, Rep. Lois Landgraf, Sen. Faith Winter, and Sen. Jack Tate. Their leadership was instrumental as they listened to our needs and then fought alongside us for many of the big wins we had this year. Next, we are thankful for the active work of the Task Force members, including Julie Jacobs, Rick Ginsberg, Angela Green, Erin Baurle, and Athena Baca-Chieza. This group is an excellent example of how CPA can be effective and accomplish great things with a committed group of volunteer leaders. And last but absolutely not least, we are immensely grateful to the phenomenal work of our lobbyist, Jeannie Vanderburg with the Capstone Group. She steadfastly marched our group towards our goals and weathered many storms with her savvy negotiation skills and incredible read on what was possible and was not. I am honored and so thankful to work and learn from Jeannie. We would not have seen the successes we did through this process without her guidance and extremely hard work. Stay tuned for Colorado's next Mental Health Practice Sunset—ending September 1, 2029!

*Laura Knudtson, PhD, is Chair of Mental Health Sunset Task Force and Colorado's APA Council Representative.*

### Welcome New & Returning Members

#### New Members:

##### Full:

Lynda Mathis  
Marian Camden  
Shannon O'Connor  
Susan Lewis

##### Early Career Psychologist 0-1 Years:

Melissa Foley

##### Early Career Psychologist 3 Years:

Allison Meyer  
Cecilia Gay

##### Associate Member Out of State:

Rachel Duda

##### Student:

Brittany Rubin  
David Avram  
Emanuel Hermosillo  
Suzanne Switzer

#### Renewed:

##### Full:

Evan Axelrod  
Julie Hill  
Stephanie Kleiner-Morrissey

##### Early Career Psychologist 2 Years:

Andrea Alvarado  
Madison Taylor

##### Early Career Psychologist 4 Years:

Clio Pitula

## What's New at CPA

### PSYPACT is Live!



We are excited to announce that PSYPACT is now live and applications to practice under PSYPACT are officially OPEN! Read on to learn how you can start your application and what you can expect during the application process. PSYPACT participating states include Arizona, Colorado, Delaware, Georgia, Illinois, Missouri, Nebraska, New Hampshire, Nevada, Oklahoma, Texas, Utah, Pennsylvania and Virginia (effective 1/1/2021).

[Read in browser »](#)

### APA Guidelines: Public Comments Wanted

[Call for Comments: Revision of Guidelines for Psychological Practice in Health Care Delivery Systems](#)

Deadline for Comments (60 Day Public Comment Period): August 10, 2020

[Call for Comments: Revision of Guidelines for Psychological Evaluations in Child Protection Matters](#)

Deadline for Comments (60 Day Public Comment Period): August 10, 2020

[Read in browser >>](#)

### Members: Tell Us Your Professional And Personal News!



CPA would love to hear about exciting changes and achievements in your professional and personal endeavors to include in our weekly e-news.

[Click here to complete the online form to submit your news.](#)

This is a member benefit, so you will need to be logged into the site to view and complete the form.

Membership for CPA starts the day you join and expires 365 days later so no matter when you join you get enjoy your exclusive member benefits for an entire year!

[Join Today For a Whole Year of Membership! Learn About Member Benefits Here!](#)



## Professional Liability Insurance Become a Part of The Trust Community

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## Interview with a Psychologist

Kate Colón, PsyD, and Jennifer Paz Ryan, M.Ed, PsyD  
by Alex Littleton, MA

*I spoke virtually with Dr. Kate Colón and Dr. Jennifer Paz Ryan, co-founders of Elevated Insights Assessment, about their work and practice. The following is a paraphrased summary of our conversation.*

***Tell me about Elevated Insights Assessment. What kind of work do you specialize in?***

We primarily conduct psychological assessments for children aged three to young adulthood. I think we really found assessment as a niche, as something that could set us apart. We wanted to be really good at one thing, rather than dabble in a bunch of different things. We focus on Autism, ADHD, learning disorders, social/emotional problems, and brief cognitive/adaptive assessment.

For our assessments, part of what makes it work is our network of community partners, who we trust and have built relationships with over many years. We continually have weekly meetings with potential partners and community providers to make sure we're putting families in the right hands. We feel confident that after we finish our assessments we know what kind of referral will work well for families and can connect them within our network.

***Where do you feel you excel most as a practice?***

When we started this practice we wanted to make sure the information we provide to families feels accessible. We take a lot of time in our feedback sessions to make the numbers relevant. We tend to use

visuals to break down the scores rather than using psychology jargon. We also focus on areas of strength, not just deficits! It's useful to understand how the deficits and delays can account for the issues families are seeing, and it's important to also acknowledge that kids have amazing skills and we can find ways to bolster those and communicate them to their educational providers.

Parents have a tendency to hear about the things *wrong* with their child, so we work to have families leave here with a sense of hope and a plan for what to do about it. Our feedback tends to feel so therapeutic; 98% of families seem to experience a huge sigh of relief once the puzzle pieces start to make sense. Parents in the room say "Oh, that looks just like me!"—there's a connection and a reparative piece there.

***What kind of diagnoses and problems do you most often treat, and how do they affect families and children at school?***

There's often not just one issue—they're often co-morbid and complex. It's usually something that's happening across children's environments. What we generally see is that parents are able to figure things out and navigate issues while at home, but then it starts to become more of a problem when their child starts school. Then the problems are getting bigger than they thought and more issues come to light.

This is where teaching parental advocacy comes in. Some schools are lacking treatment resources and parents don't know how to effectively advocate for their kids. During IDP (Individual Development Plan)

## Interview with a Psychologist - Continued

meetings, parents can often feel bulldozed and don't know when to jump in or how to share important info. People often forget that parents know their kids best and need to have a voice at that table, which we try to help with.

***Can you tell me more about your assessment services in Spanish and some of the difficulties you see for Spanish-speaking families in Denver?***

*[Dr. Paz Ryan]* One of my areas of specialty is psychological assessment in Spanish. I tend to see kids way too late in the game who have been identified as having difficulty acquiring a second language (English), rather than identified as what they actually have, which is usually a Speech and Language disorder. When there is a Speech and Language Disorder, we see language deficits across both languages, which is different than other cognitive disorders or delays in second language acquisition. Then, by the time children are actually eligible for services, they've been misdiagnosed or couched as a slower language learner and they're so far behind. It hurts my heart, especially with this vulnerable population.

***How has your practice adapted to fit the needs of families amidst the COVID-19 pandemic?***

There's been a lot of pressure to figure out how to make sure we're taking care of the psychologists and staff that work for our practice, to make sure we're meeting the needs of our families, and do it all in a safe way. There's no perfect way to do this, but we feel good that we're at the highest level of protection we could possibly be at, while acknowledging that there is still a level of risk that exists. We ask ourselves: how do we continue to offer our services

in a way that's consistent with our values? Given the difficulties of administering standardized assessments virtually, we've made the decision that certain things need to happen in person. And we speak to these limitations in our reports. In general, we don't think this has limited us from making the diagnostic conclusions we need to.

We're currently adapting to a hybrid model that involves telehealth, staggered in-person appointments, and sanitation practices (including temperature checks, face shields, and cleaning regimens). The hybrid model works for families who have access to stable internet and education about how to use digital platforms, but this has been a barrier for many of our Spanish-speaking clients. Our bilingual health navigator has been incredible with this, sitting on the phone and guiding families to navigate the digital world, which is great because it helps us avoid delays in services.

There are also many positives that have come from having to buckle down and figure this out, in that it has pushed us to do so many things that we've been talking about for months that we never had the time to do (such as telehealth infrastructure and digital forms). As we continue to evolve, no matter what this pandemic looks like, our services will continue to open up to a larger rural area.

***As a practice that strives to serve underserved populations, in what ways have the Black Lives Matter demonstrations and movement impacted your practice?***

When we started, one of our deepest desires was to serve underserved populations. With the Black Lives Matter movement—here we are, a bunch of women, mostly white, serving a highly diverse population. How can we really be thoughtful and encourage courageous conversation? We constantly reflect on how we can grow and how we can help advocate in

## Interview with a Psychologist - Continued

the community for the people that we serve.

*[Dr. Paz Ryan]* I feel like I've worked through identity issues my entire adult life, in terms of identifying as a Hispanic, Latinx, Latino, Colombian-American, female, and through deciding to serve Spanish populations and feeling okay with not speaking perfect Academic Spanish. And through our passion for serving underserved populations and recognizing that I don't know what it's like to be male, I don't know that it's like to be black, I don't know what it's like to be a black male, or the mother of a black boy. And being really honest and thoughtful about this can impact families and child development, which can be scary for families. Especially when families come into our office thinking someone else might put another label on their child. We try to facilitate regular conversations here about our values and how this all comes up for us, and how our own biases can filter the lens that we see through.

*[Dr. Colón]* And there's the importance of having regular conversations about race and culture and the implications for what we do in psychological assessment. We're making sure we're asking these questions. How does culture play into this? We're always making sure we're looking at our work through a cultural lens.

*[Dr. Paz Ryan]* There's also the importance of talking about cultural factors through feedback. For example, I've had older kids diagnosed with Autism Spectrum Disorder, and they're brown. We talk with families about what it might be like when their child starts to show these ASD behaviors as they grow—here's a tall, brown male engaging in repetitive speech and other visible behaviors. The vulnerability of this

family's child is significantly higher, and I always talk about that. I don't have a crystal ball, I don't know how things will go, but I think it's so important to talk this through with families. You can see the fear in parents' faces; if we don't talk about it, then they might feel that nobody will talk about it or understand it.

*Dr. Colón and Dr. Paz Ryan are looking to **hire two Licensed Clinical Psychologists** (one Spanish-English bilingual). For more info, visit their website: <https://elevatedinsights.org/careers/>, email [info@elevatedinsights.org](mailto:info@elevatedinsights.org), or call (303) 756-1197.*



*Alex Littleton, MA, is currently a 4<sup>th</sup> year student in the Graduate School of Professional Psychology's PsyD program at the University of Denver. He is beginning his internship placement at Mental Health Center of Denver in Fall 2020. His areas of clinical interest include trauma, anxiety, OCD, substance abuse, and Severe and Persistent Mental Illness (SPMI). He has visions of developing a comprehensive and collaborative professional network within the Denver community and working in the private practice world. Contact him at: [Alex.Littleton@du.edu](mailto:Alex.Littleton@du.edu).*

## Colorado Psychological Association

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### CPA Mission Statement

The Colorado Psychological Association advances the profession of psychology through advocacy and education for the promotion of psychological health and well-being.

### THE COLORADO PSYCHOLOGIST EDITORS

Catherine Greisch, PsyD, Brian Beaumund, PsyD,  
David Miller, MA, & Kay Beaulieu, PsyD

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The Colorado Psychologist is published six times per year by the Colorado Psychological Association. Articles, advertisements and letters to the Editor must be received by the editor by the 10<sup>th</sup> of the month prior to publication. Letters, opinions, and articles are welcome and printed at the discretion of the editors. Opinions expressed are individual and not necessarily those of CPA or its Board. As a service, CPA provides a listing of groups, meetings and activities. CPA has no way of determining the quality or substance thereof and therefore accepts no responsibility for them.

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