

The Colorado Psychologist



Colorado
Psychological
Association



Athena Baca-Chieza, PsyD
President, CPA

August 2018

Colorado Psychological Association

<http://www.coloradopsych.org>

American Psychological
Association
<http://www.APA.org>

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they served me, my colleagues, or my profession. I was blown away by the amount of work and service CPA does when we are not looking, when we are not even paying attention, whether we pay our membership dues or not. "Wow, what an impressive organization!", I thought to myself. After the guilt and shame of having never supported my state psychological organization subsided (oops), those feelings were quickly replaced with a

Happy Summer and Greetings to you all,

I am so happy to be writing this letter and addressing you as your 2018-2019 CPA President. Although I am new to my role as President of CPA, I have had the pleasure of serving on your CPA Board since 2015, when I first became involved as the SAMD representative (Society for the Advancement of Multiculturalism and Diversity). Serving on CPA as the SAMD rep was a wonderful way for me to gain entrée into the culture of CPA, to watch and learn from those who have come before me, and to see how members of the CPA Board take the mission of CPA from mere words and put them into action. Truth be told, before I became SAMD representative, like many Colorado psychologists, I had no idea what CPA did as an association, or how

sense of pride, a desire to engage, and a real sense of inspiration that I could make a meaningful difference for our profession! Those years as the SAMD representative for CPA—and the programming that I facilitated—had a profound impact on my worldview and clinical lens as a female AfroLatina psychologist. My "SAMD years" also had a deep impact on my leadership skills, as I was able to attend the APA Practice Leadership Conference in Washington, DC, as our Diversity representative, where I learned the important work of how to lobby our Colorado State Representatives and other national legislators at the US Capital, educating them on important mental health bills that have direct impact on our client populations and our clinical practice.

Back in Denver, during our regular CPA Board meetings, I had *in vivo* exposure to some of our state's most influential psychologists and leaders, and while trying not to be "star struck", I was taking notes. I've learned from seasoned board

Message from the President – Continued

members like Past President Sarah Burgamy, a powerful voice for the LGBT community, who has dedicated more than 10 years of her career to CPA and APA, and is a regular voice at our State Capital. Dr. Burgamy has defended issues like HB 1046, "The Birth Certificate Modernization Act," a bill that will make it easier for transgender people to change their birth certificates, and has educated our legislators about the harms of "conversion therapy," including the lack of evidence to support its effectiveness, and in fact, illuminating the evidence to the contrary. Dr. Angela Green, another Past President (whom I've wisely made my Presidential Advisor), has been on the CPA Board for more than 13 years, has served in almost every major role for CPA and is known for being reliable, driven, and outcomes-oriented.

Dr. Green is an expert on issues of public health and policy, and she does not shy away from playing "devil's advocate" during difficult discussions, courageously making unpopular statements and decisions, promoting the consideration of alternative views, and challenging the status quo. I've learned a tremendous amount from people like Past Presidents Samantha Farro and Rebecca Richey, both of whom have been extremely supportive of me in sharing their leadership experiences and "lessons learned." The list goes on and on... What I'm hoping you will gather from my sentiments is that CPA's Board is made up of a group of volunteers who are driven by passion and the belief that our time and efforts are making a difference for our profession, and that even if people aren't aware of what we are doing or are not even members of our organization, we are going to do it anyway, because it is important! This is what CPA is here to do for YOU, for US, and for our CLIENTS! I am SO PROUD to be a part of this group of leaders who keep fighting the good fight, even when our membership is low, even when we struggle to get people to attend our programs, even when people have no idea we've spent the day lobbying at the State Capital, even when our Bills die in the House. We keep going and we keep fighting because it's what we've been charged to do and we

LOVE it!

As your CPA President I really hope that I'll have the chance to meet you this year. If you don't already know me personally, what you will soon learn about me is that I am someone who thrives on the personal relationships I build with people. And it doesn't take long before an acquaintanceship with me becomes a friendship. I take my role as CPA President seriously and I want for you to see me as a friend to you as an individual constituent, but also as a friend to our profession. I will hold the mission and values of our profession close as I move forward with the important initiatives that CPA drives throughout the year. And I will remember that although I represent the State organization, I am really representing each and every member and non-member psychologist who has a vested interest in the many issues that impact our profession.

It is for these reasons that I have chosen the theme for my Presidential year to be that of "Connectivity." What connectivity means to me is that although our state has a handful of large city centers, it is a vastly spread out and rural state, with a population that is often underserved due to the expanse of miles that exist between towns and cities. As such, many of CPA's constituents feel unheard or left out of the conversation. My intention this year is to give rural and/or non-Metro psychologists in Colorado an opportunity to be heard and to participate. My plan for accomplishing this is to hold several town hall meetings, at least one Board meeting, and at least one CPA-sponsored educational event outside of the Denver Metro area. The first was held this past Sunday, July 29th, in the Eagle-Vail Valley, and it was a pleasure to meet those psychologists who came to spend time with me! CPA will also continue to build our online library of CE presentations and would like to continue to use technology in innovative ways for those who

Message from the President – Continued

are not able to attend meetings and trainings in person.

Finally, I'd like to be considered your "Collaborator in Chief," in that I work best and most comfortably when I am making decisions that are informed by the voices of many, and not made in a vacuum. So please, if you have innovative thoughts or ideas you'd like to share on how we can make CPA work better for you, I implore you to contact me personally—I will never turn you away. Come to a CPA event; I'd love to shake your hand, hear your feedback, meet you in person. I am here to serve and to improve the way CPA serves and represents Colorado psychologists and the mission and interests of our field.

Thank you,

Athena Y. Baca-Chieza

CPA Calendar of Events 2018

August 15 Webinar

Topic: Divorce
Free for members (\$29 for non-members)
See CPA's website for more info!

CPA Board Meetings

3rd Friday of November, January, March, & May
(unless otherwise notified)
1:00 - 4:00 pm

CPA Executive Committee Meetings

3rd Friday of October, February, April, & June
(unless otherwise notified)
1:00 - 4:00 pm

Articles due for *The Colorado Psychologist*

September 10, 2018
to Brian Beaumund, PsyD at
Brian.Beaumund@gmail.com

RxP Designation Committee Call for Nominations

The American Psychological Association (APA) Board of Education Affairs (BEA) and the Committee for the Advancement of Professional Practice (CAPP) are seeking nominations to fill two seats on the Designation Committee for Postdoctoral Education and Training Programs in Psychopharmacology for Prescriptive Authority (RxP Designation Committee). The appointees will serve a three-year term beginning Jan. 1, 2018.

Committee members shall meet once a year in the fall and may work, as needed, throughout the year via email and conference calls. The primary task of the committee is to review applications from training programs in psychopharmacology seeking to be designated by the APA. The deadline for all nominations is Monday, **August 6, 2018**. If you are interested in serving on the committee, or know of someone else who would be qualified for this position, please send nominations, along with the below-described information, to Kristyn Dempsey (KDempsey@apa.org).

Please note that nominators of other individuals are responsible for ensuring that these materials are submitted.

For more information, copy and paste the following link to your browser:

<https://copa.memberclicks.net/rxp-designation-committee-call-for-nominations-2>

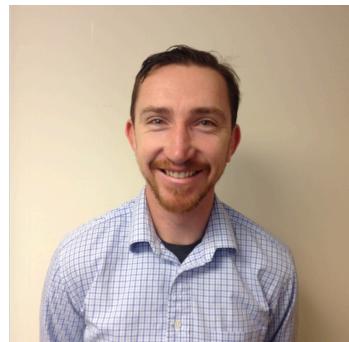
Message From the Editors



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Dear CPA Members,

This issue of *The Colorado Psychologist* welcomes Dr. Athena Baca-Chieza into her new role as CPA President for the 2018-2019 year, and bids a fond farewell to Dr. Krystine Jackson, who is vacating her role as *TCP*'s Format Editor.

In addition, psychology student Klarissa Garcia's profile of Dr. Laura Knudtson shines a light on Laura's passion for policy and advocacy work in the context of her experience as an APA fellow in Washington, DC, this past year. Student Mimiko Watanabe lays out some important considerations to reflect on when working with undocumented clients, and shares many valuable health and legal resources as well.

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.

Catherine Greisch, PsyD
Lead Editor

Welcome New & Returning Members

Exempt Life Members

Shaaron Solove

Student Members

Klarissa Garcia
Neilou Heidari

Early Career Psychologist Members

Eliza Kienitz
Andrea Liner

Full Members

Linda Baker
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Douglas Graves
Harriet Hall
Marilyn Meyers
Monica Ng
Michael Ott
Leonard Tamura

Working with Clients Who are Undocumented: Tips and Resources

Mimiko Watanabe, MA

Much like any teenager, after school he joins his friends as they drive to McDonald's for milkshakes. Unlike many teens, he keeps a careful eye on the odometer as his friend drives. As she approaches the speed limit, he nervously watches as the odometer needle starts to rise one, two, three miles, and feels his blood pressure rise along with it. His heart beats faster in his chest, his palms get sweaty, and he bursts out, "Slow down!" His friend laughs it off, saying it's no big deal. But he knows what is at risk—all the sacrifices his mother made, the unity of his family, and his dreams for his future.

People who are in the United States without legal documentation have always faced disparities. Unlike immigrants with refugee status, asylum seekers, or permanent residents, they have far less access to resources. Being undocumented means that you cannot apply for Medicaid, food stamps, financial aid for college, or even get a driver's license. In the current political climate, barriers to resources have only increased. The Immigration and Customs Enforcement (ICE) is aggressively taking action against immigrants, and there has been a cultural shift towards xenophobia. As clinicians, it can be difficult to know how to support clients when they are expressing fear in situations where they, their family members, and/or members of their community are in real danger whether or not their experience is personally relatable. Below are some practical tips and resources that may be useful when working with people who are undocumented.

Confidentiality and trust: Remember that documentation status is confidential, and remind your clients of this if it feels relevant. It is important, if not critical, to know your client's documentation status in order to fully understand their stressors and provide appropriate support and resources. However, if your client has not discussed their documentation status this may be an act of self-protection. Disclosing documentation status is a risk in any situation. Consider a trauma-informed perspective and prioritize earning trust and establishing safety rather than pressuring them to disclose their

their status. There are many ways to do this, including openly discussing issues of immigration, subtly displaying your solidarity through your responses, or hanging up a *Know Your Rights* sign on the wall.

Documentation: Making decisions around documentation can be difficult, and many providers worry about how to go about this ethically. There are real risks associated with recording your client's documentation status, and it is important to carefully consider the risks and benefits of doing so. Think about the setting you work in, who else might access the client record, and consult with others. Remember that documentation is permanent regardless of changes in political policies, which can be unpredictable. For example, Deferred Action for Childhood Arrivals (DACA) status was once considered safe to include in client records, but now folks with DACA status are in danger of deportation. Be mindful whenever recording immigration status.

Safety planning: Support clients in creating a plan in the case of ICE interaction, detainment, or deportation. If your client is a parent or caregiver, encourage them to consider who will take care of their children, family members, or pets if they are detained. Preparing for the worst-case scenario is protective and can decrease anxiety. It is your responsibility to ensure that the resources you provide are up to date and trustworthy amidst rapidly changing immigration policies. Organize a *Know Your Rights* workshop at your agency or organization, and open it to all members of the community to increase accessibility to knowledge that could prevent the worst-case scenario from occurring. The National Immigration Law Center has *Know Your Rights* resources available in several languages, as does the Colorado People's Alliance which offers *Know Your Rights* presentations that you can request by calling 303-893-3500 or emailing robel@coloradopeoplesalliance.org.

Resources: Access to healthcare and legal services are needed yet limited for undocumented folks. Some primary healthcare organizations that serve uninsured and

Working with Clients Who Are Undocumented - Continued

underserved people in the Denver Metro Area are Clínica Tepeyac, Salud Family Health Centers, Metro Community Provider Network, and the Dedicated to Aurora's Wellness and Needs (DAWN) Clinic. Some legal resources include the Rocky Mountain Immigration Advocacy Network, Catholic Charities Immigration Services, and Colorado Legal Services. Whenever providing resources, remember that some organizations require identification or a social security number to distribute needed items such as food or bus passes, so double check before referring undocumented clients to a potentially distressing or dangerous situation.

Special thanks to Dr. Crosby Troha for her consultation on the content of this article.

Mimiko Watanabe, MA, is a third-year student in the PsyD program at the Graduate School of Professional Psychology, University of Denver. She has completed the Latinx Psychology Specialty and has worked extensively with clients who identify as Latin@. Her other areas of clinical interest include severe mental illness, complex trauma, and feminist therapy. Contact her at mimiko.watanabe@du.edu.

Interview With a Psychologist

Psychologist: Laura Knudtson, PhD

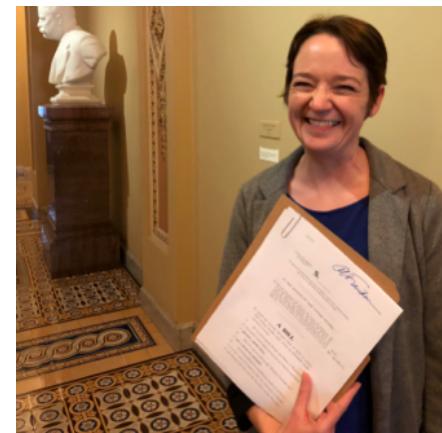
Interviewer: Klarissa Garcia, MA

Klarissa: I understand that policy and advocacy is your passion. Tell me more about how that passion started.

Laura: I've had an interest in policy and advocacy work since my doctoral program. I saw early on in my career how public policy largely influences the lives of the communities that I wanted to serve. I spent most of my training working with underserved populations that often do not have a voice.

Klarissa: You are currently in Washington, DC, doing advocacy and public policy work. How has your experience been there? What have you worked on?

Laura: APA has an annual fellowship for psychologists to work in Congress or the Executive Branch for a year. Fellows learn how the public policy process works and provide expert advising related to psychological science and research. I was selected as one of the two APA congressional fellows this year. We participated in a program through the American Association for the Advancement of Science (AAAS) that trains fellows from



different scientific disciplines. I initially worked in the Office of Senator Al Franken (MN) and then moved to Senator Ron Wyden's office (OR). Sen. Franken was a large advocate for mental health and trauma informed care so I was able to work on these issues while in his office. Sen. Wyden is the Ranking Member of the Senate Finance Committee, which has jurisdiction over many important programs for underserved populations like Medicare, CHIP, and child welfare/foster care.

This Committee has allowed me to work both in the personal office and with the committee staff on human services and health-related issues. Certainly, immigration has been a huge issue this year, particularly the separation of children from their families, and I've been able to work with Sen. Wyden's [cont'd on p. 7]

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Interview With a Psychologist - Continued

team on oversight of some of the federal agencies that are involved in this humanitarian crisis.

Klarissa: You mentioned that there are other fellows from other disciplines also working on the Hill. As a psychologist, what do you think you bring to the table?

Laura: Psychologists are highly valuable because we are very well rounded. We bring knowledge in how to conduct research and critically analyze studies, experience with advocacy, and excellent interpersonal and communication skills. Finally, we are very versatile. Psychologists can easily work on a range of different issues like education, health, and workforce development.

Klarissa: You are helping in many different areas related to advocacy. Is there a specific cause that you are more passionate about? If yes, can you tell more about it?

Laura: An area that I am very passionate about is quality early learning and childcare. This is a huge issue impacting families across the country. I believe it is impeding the ability for families, and especially women, to successfully work in the labor market. Fertility rates are declining as well as the participation of women between the ages of 30 and 40 in the labor force. I believe this is partially related to a family's ability to afford childcare. In addition to a lack of affordable childcare, professional childcare workers are not earning a living wage. I have not seen a lot of movement on the Hill regarding this issue this year, but I am hopeful it will be addressed more fully soon.

Klarissa: What advice would you give to psychology graduate students?

Laura: It's important for students to understand that their voices matter and that they can make a difference by getting involved. The Colorado Psychological Association (CPA) has a legislative and advocacy committee that does a lot of state-based work. There are a lot of psychologists in Colorado that are passionate about this work that would be happy to mentor students. I believe that given the current political climate, individuals are becoming more active and are finding ways for their voices to be heard. People are calling their representatives in Congress and are coming out to Washington to advocate for issues that are important to them. I have witnessed first-hand this year that these efforts really do help!

Klarissa: Now that your year in DC is almost over, where do you see your career going?

Laura: I am currently in the process of moving back to Denver and am seeking jobs that have policy or advocacy elements. I have been looking at state and local level advocacy and policy positions as well as leadership roles in nonprofits, foundations, and state and local government. I'm excited to see where this new path will lead me as I move back!

Klarissa Garcia is an international PsyD student at the University of Denver's Graduate School of Professional Psychology. She was born and raised in Caracas, Venezuela. Her clinical interests include Latinx Psychology, assessment, health psychology, and integrated primary care. Contact her at: Klarissa.GarciaOrellana@du.edu.

[Early-Career] EPPP Update!

As some of you may be aware, the ASPPB (Association of State and Provincial Psychology Boards), which implements the EPPP for licensure, has developed a "Part 2" which would intend to better assess potential licensee's practical competence. This new two part version of the EPPP is slated to take effect in January of 2020 and would greatly change the process through which psychology candidates attain licensure. The current EPPP would turn into "Part One" and continue to assess for foundational knowledge in psychology, whereas the new "Part Two" would be a skills assessment using an interactive computer program providing mock client/patient situations. The primary goal of the ASPPB is to standardize the way in which we assess individuals' readiness and competence to practice, despite the high variations in training and clinical experiences across graduate programs.

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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.

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