

# Vermont Psychological Association Annual Report



2022





Vermont Psychological Association

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## Annual Report 2022

*The Vermont Psychological Association seeks to embody justice, promote equity, foster action, and support healing across all social identities in our communities. VPA is committed to eliminating the dynamics of power, privilege, and oppression within our organization and the field of psychology.*

Vermont Psychological Association  
38 N. Main St., Box 127  
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## VPA Board of Directors 2021-2022

Danielle Bergeron Ingram, M.S., President & CE Committee Chair (Middlebury)

Andrew D. Blair, Psy.D., Vice-President (Burlington)

Jeffrey D. McKee, Psy.D., Treasurer (Orwell)

Erin McKenney, M.A., M.S., Diversity & Social Justice Committee Chair (Burlington)

Gus Jordan, Ph.D., Ethics Committee Chair (Middlebury)

Milton J. Marasch, Ph.D., Insurance Committee Chair & APA Council Representative (Burlington)

Richard T. Barnett, Psy.D., M.S., LADC, Legislative Committee Chair (Stowe)

Tedd Habberfield, Ph.D., Member at Large (Shaftsbury)

Karen J. Hack, Psy.D., Member at Large (Coventry)

Ronald L. Hedgepeth, Ph.D., Member at Large (Rutland)

Vacancies:      Secretary  
                    Disaster Preparedness & Response Committee Chair

## Welcome New Members!

Carolyn E. Basilliere, Ph.D. — Burlington

Cherise R. Boutin, LCMHC — Hyde Park

Barbara Colombo, Ph.D. — Charlotte

Janet A. English, Ph.D. — Woodstock

Lydia S. Greene, Ph.D. — Brattleboro

Sarah Hastings, Ph.D. — Colchester

Rachel Jadowski, Psy.D. — Richmond

Kathleen B. Kennedy, Ph.D. — Burlington

Nicole Kirby, LCMHC — Brattleboro

Parker Kennedy Rea, Psy.D. — Montpelier

Kathryn M. Rickard, Psy.D. — Berlin

Cody T. Rounds, M.A. — Burlington

Patricia I. Westerfield, M.A. — Williston



## Current Membership

(as of September 30, 2022)

Total Active Members: 172

Full Members	105	Addison	13	Psychologist-doctor	113
Academic	6	Bennington	17	Psychologist-master	43
Associate	8	Caledonia	6	LICSW	3
Emeritus	28	Chittenden	69	LCMHC	3
Public	2	Essex	0	LMFT	2
Retired	7	Franklin/Grand Isle	1	Rostered	2
Rostered	2	Lamoille	6	Other	6
Students	4	Orange	3		
Lifetime	10	Orleans	3		
		Rutland	10		
		Washington	18		
		Windham/Windsor	21		
		Out of State	5		

## Member Benefits

Don't forget to utilize the many benefits of membership in VPA, including the following:

**\$50 off** the registration fee for full-day VPA CE workshops (member discounts apply to other CE offerings)

Get the **NHPA member registration rate** for CE workshops sponsored by the New Hampshire Psychological Association

**Discounts** on webinars through the National Register of Health Service Physicians

**FREE** consultations with the VPA Ethics Committee when you have ethics questions or dilemmas

**FREE** consultations with the VPA Insurance Committee when you have questions or difficulties with insurance, billing, and reimbursement

**FREE** listing on the VPA public "Find a Therapist" web page and referrals through the VPA office

**FREE** hard-to-find resources, and information from our Executive Director, on our exclusive members-only web page, and in our VPA News & Updates newsletter

**FREE** access to the VPA listserv, connecting you to other members

Reimbursement for **access to APA's PsycNet** research database



## **A Message from the President . . . .**

**A**s we begin this new year, I proudly look back on the accomplishments of VPA in 2022. During the past year, VPA saw great growth in our mission and endeavors. We welcomed a flurry of new members, and in doing so, have continually aimed to best meet the needs of all who are with us. VPA has become stronger in its presence as a resource for mental health practitioners and consumers, and we hope to establish ourselves as an even more significant name in 2023. We have seen great success in our long-standing and newly established goals, and it is my hope that we will maintain this momentum moving forward. It has been an honor and a privilege to serve as VPA president these past two years.

In 2022, we established deeper ties with our members, aiming to make sure they feel the impact of their voices and their appreciable contributions to VPA by putting an emphasis on the value of communication. We continually ensured members stayed up-to-date on relevant news and information, and were regularly informed about CE offerings. This past year presented many wonderful and successful CE workshops that we continued to host remotely—the success of which is due in part to our partnerships with the New Hampshire Psychological Association and the Brattleboro Retreat—in our constant aim to provide the best CE opportunities possible.

Our relationship with our members was made all the better by the arrival of our brand-new website, which has made VPA even more accessible and efficient in meeting members' needs and expectations. Members can now find any and all necessary information through our new platform such as up-to-date CE opportunities and information on CE credits, relevant and timely news, and updates on many of VPAs ongoing endeavors. Likewise, we have fulfilled our goal of implementing our association management software, which allows members to control their own profiles and connect with each other directly.

On another front, VPA has continued its advocacy in the lobbying of prescription privileges for psychologists with advanced degrees and PSYPACT. Our legislative chair, Rick Barnett, and our outside lobbyist, funded by the generous grant from the American Psychological Association, have made great progress in our goal of passing prescriptive regulation legislation. They plan to continue their efforts in 2023, with the hope of a bill being passed in the near future.

My hope is that all of the wonderful growth and success we saw in 2022 will continue into 2023. We aim to keep providing the highest level of resources and opportunities for our members, and we are very much looking forward to what we have in store in the coming year. On behalf of the entire board of directors, thank you to all of our members for your considerable support of VPA.



A handwritten signature in black ink that reads "Danielle". The signature is written in a cursive, flowing style.

Danielle Bergeron Ingram, M.S.  
VPA Board President & CE Committee Chair

## 2022 Community Partners



## VPA Events in 2022

- January 28 CE: Introducing Trauma Resolution Energy Therapy (*Glenn Soberman, Ph.D.*)
- February 4 & 28 CE (VPA members only): Introduction to No Surprises Act (*Shireen Hart, Esq.*)
- March 18 CE: Autism Myths: Lessons from Neurodiversity (*Joel Schwartz, Psy.D.*)
- April 22 CE: ACEs-Informed Treatment of Anxiety Disorders (*Daniel Mitchell, Ph.D.*)
- May 13 CE: Narcissistic Personality Disorder: New Perspectives on an Old Problem (*Royce Lee, M.D.*)
- June 24 CE: Black Minds Matter 2/Too (*Nnamdi Pole, Ph.D.*)
- July 27 CE (Free): Clinical Work at the Intersection of Pain Management & Opioid Addiction (*Nnamdi Pole, Ph.D.; David Russo, DO, MPH; Jessica Russo, LICSW*)
- August 19 CE: Teaching Couples Communication & Emotional Intelligence (*David Helfand, Psy.D.*)
- August 26 CE (VPA Members only): Don't Let the "TR" Fool You: The DSM-5-TR Is Much More Than a Text Revision (*Greg Niemeyer, Ph.D.*)
- September 16 VPA-sponsored training for UVM graduate psychology students  
Welcome Back Social Event—UVM Graduate Psychology Students
- September 30 CE: Trauma in Turbulent Times: Methods for Treating Past Traumas and Ongoing Stressors (*Matthew Price, Ph.D.*)
- October 14 CE: Beyond the Binary: Gender Diversity in Children & Adolescents (*Sarah Burgamy, Psy.D.*)
- October 19 VPA Annual Meeting
- November 4 CE: The Trust Sequence X—Perplexing Problems in Psychological Practice: Decision Science, Ethics & Risk Management (*Leisl Bryant, Ph.D., ABPP*)
- November 10 VPA-sponsored training for St. Michael's College graduate psychology students
- December 2 CE: Addiction, Treatment & Policy (*John Kelly, Ph.D.*)





# *Professional Liability Insurance*

## *Peace of Mind Protection for Your Career*

### **We've got you covered**

Trust Sponsored Professional Liability Insurance\* for psychologists is spot on — with essential coverages that protect you whenever and wherever you provide psychology services, plus a host of features you may not find in other malpractice policies.

### **We focus on Psychologists**

At The Trust, you're not just another insurance policy among so many professional classes. Our malpractice coverage and supporting programs are designed by psychologists and insurance experts to focus on the profession of psychology — especially as it explores and adapts to new and dynamic service delivery models.

### **Complete Career Financial Protection**

- **Telehealth Professional Services** - included at no additional charge
- **Risk Management Consultations** - free, unlimited and confidential
- **Affordable Coverage Options** - choice of claims-made or occurrence
- **Multiple Premium Discounts** - some of which can be combined
- **Free ERP or "Tail"** - unrestricted, upon retirement, death or disability
- **Prior Acts Included** - when switching from a claims-made policy
- **Free CE & Discounts** - on a variety of live and on-demand courses
- **Free TrustPARMA Membership** - the new home for practice

**The only insurance provider that's truly  
*for psychologists, by psychologists!***

\* Insurance provided by ACE American Insurance Company, Philadelphia, PA and its U.S.-based Chubb underwriting company affiliates. Program administered by Trust Risk Management Services, Inc. The product information above is a summary only. The insurance policy actually issued contains the terms and conditions of the contract. All products may not be available in all states. Chubb is the marketing name used to refer to subsidiaries of Chubb Limited providing insurance and related services. For a list of these subsidiaries, please visit [new.chubb.com](http://new.chubb.com). Chubb Limited, the parent company of Chubb, is listed on the New York Stock Exchange (NYSE: CB) and is a component of the S&P 500 Index.

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## VPA Service Award

**Bernard M. Bandman, Ph.D.**



The Vermont Psychological Association Service Award is awarded by the VPA Board of Directors to an individual who has made an outstanding contribution to the field of psychology in any of a variety of ways.

The VPA Board of Directors is pleased to announce the 2022 recipient of the VPA Service Award is **Bernard M. Bandman, Ph.D.**

Bernie's contributions to the field of psychology have resulted in a significant benefit to the general public, and he has a long and distinguished record of exemplary professional service. He has been licensed as a psychologist in Vermont since 1977, longer than any other living individual, and continues to work to better the medical community.

Bernie was the founder of the psychological services program in 1988 at Southwestern Vermont Regional Cancer Center in Bennington. He went on to establish and act as executive director of the Center for Communication in Medicine, a Bennington non-profit that develops programs and tools to improve communication between patients, families and healthcare professionals. Bernie spearheads the SpeakSooner initiative, which offers educational and training programs in healthcare communication. He has been featured on Vermont Public Radio and NPR, appears in Dana Farber Cancer Institute's Living Beyond Cancer video library and produced the *Difficult Conversations Video and Workbook*, newly revised as ***SpeakSooner®: A Patient's Guide to Difficult Conversations***. He has offered a number of free trainings to clinicians and the public on the topic of healthcare communication, and has demonstrated a genuine, long-lasting commitment to better health and the people of Vermont.

We are proud to call Dr. Bernard Bandman a VPA member and colleague.

### Past Recipients

2005	Alexandra Forbes	2014	[None]
2006	Richard Root	2015	Marion D. Bauer, C.A.S.
2007	Kay Frances Schepp & Cheryl Dean	2016	[None]
2008	Anthony R. Quintiliani	2017	Ann Raynolds
2009	Martin J. Fino	2018	Gina C. Mireault, Ph.D. (Northern Vermont University)
2010	Robert Smolinski	2019	Karen M. Fondacaro, Ph.D.
2011	[None]	2020	Gus Jordan, Ph.D.
2012	Grace McGrath	2021	[None]
2013	Craig W. Knapp, Ph.D.		

## VPA President's Award

### Gus Jordan, Ph.D.



The Vermont Psychological Association Service Award is awarded by the president of the VPA board of directors to an individual who demonstrates exemplary dedication, commitment and service to VPA and the advancement of mental health in Vermont.

Danielle Bergeron Ingram, VPA board president, is pleased to announce the 2022 recipient of the VPA President's Award is **Gus Jordan, Ph.D.**

Gus has served in a variety of roles at Middlebury College over a 25-year period, including professor, dean of students, and his final role as executive director of the Middlebury College Center for Health and Wellness, overseeing the physical and behavioral health services there. Despite his heavy responsibilities at Middlebury College, Gus has shown extraordinary dedication, commitment, and service to VPA.

In addition to being an active member of the VPA Ethics Committee for a number years, Gus responded to the call of the executive director and the board to step in as vice president of the VPA Board of Directors, and only two months later took over the role of president of the board for the remainder of the term after the resignation of the previous president. Even though he had planned to end his board participation after a year as past-president, Gus recognized VPA's need for an Ethics Committee chair and agreed to run for that role in the 2020 election. Gus has served as Ethics Committee chair for the last two years while managing heavy professional and family commitments. Gus has been a consistent, dedicated board member and member of VPA, and VPA is grateful for his contribution, without which VPA would not be the vibrant, growing organization it is today.

### Past Recipients

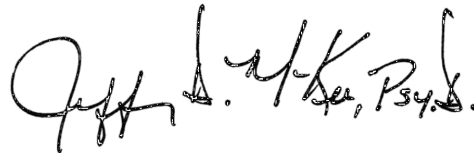
2006	Charlotte McGray	2014	Milton J. Marasch
2007	Elliott Benay & Joseph E. Hasazi	2015	J. David Long
2008	Saul Schoenberg	2016	Rosanna Lak
2009	Laurence E. Thomson	2017	Jackson Schonberg
2010	Robert Reimondi	2018	Richard T. Barnett
2011	Ilona Engel	2019	[None]
2012	Senator Bernie Sanders	2020	Lynda L. Marshall
2013	Steve Lewis	2021	Kurt L. White & James M. Benton

# Financial Report

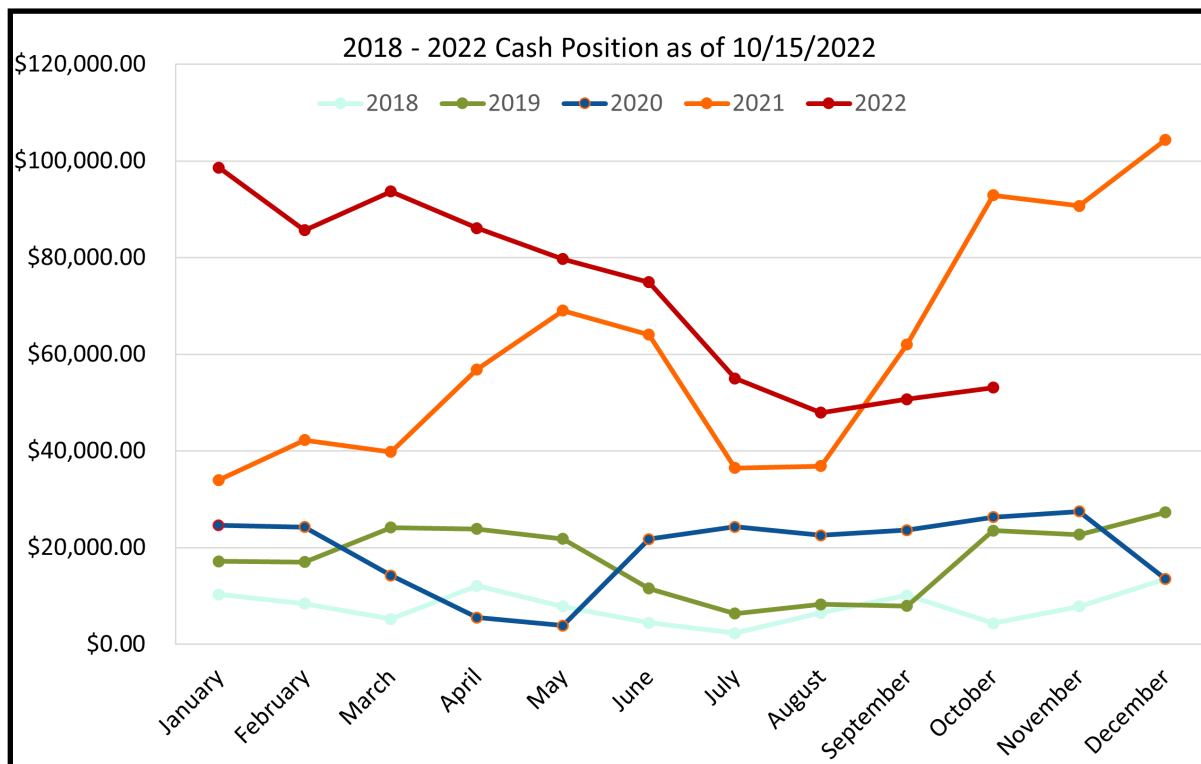
VPA's partnership with Brattleboro Retreat has continued to strengthen attendance at our CE events (see the CE charts below), helping VPA to maintain a more sustainable financial position than in previous years. For the last two years, we have not needed to apply for organizational support grants from the American Psychological Association. As VPA's financial position continues to stabilize, we look forward to being able to provide more benefits to both members and the Vermont community while maintaining a suitable operating reserve.

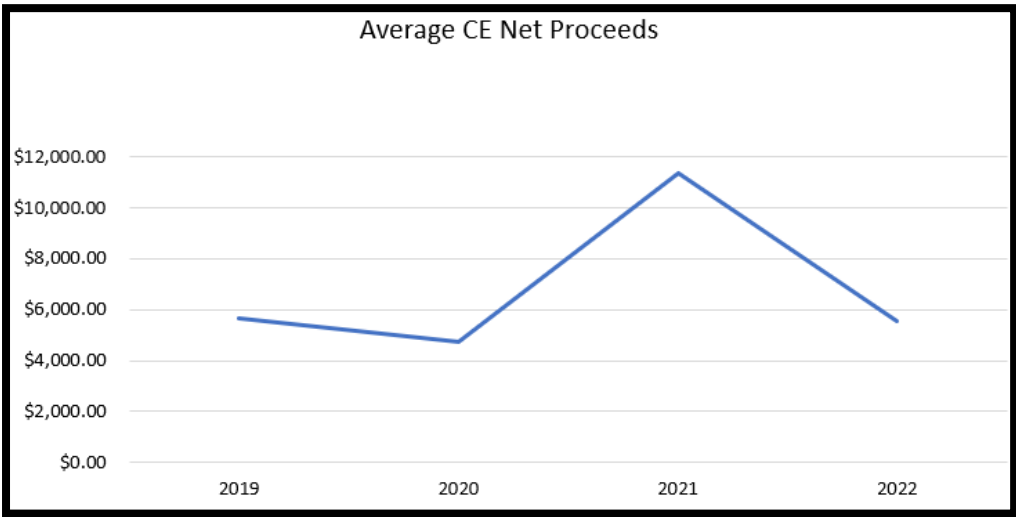
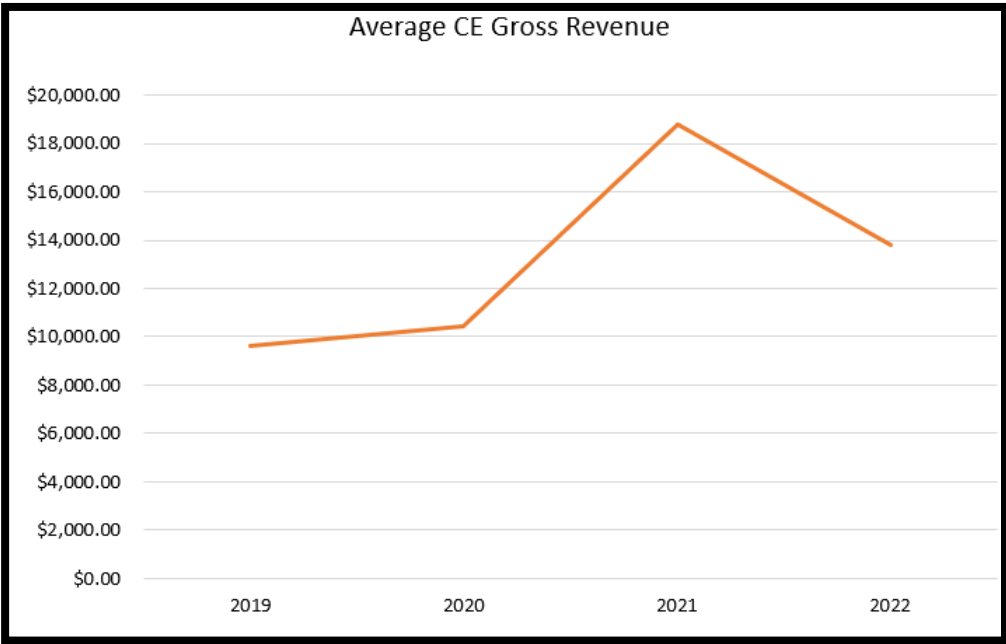
This year's continuing education events were not as successful as those in 2021, which may be due to one or more of a number of factors. This is reflected in the charts below as well. The reduced attendance, however, does not leave VPA in a deficit position; our cash position is now healthy and allows to weather some fluctuations in revenue of this sort.

Overall, the financial position of VPA is stable. We may have leveled off after a period of growth, and we are adjusting our plans for next year accordingly.

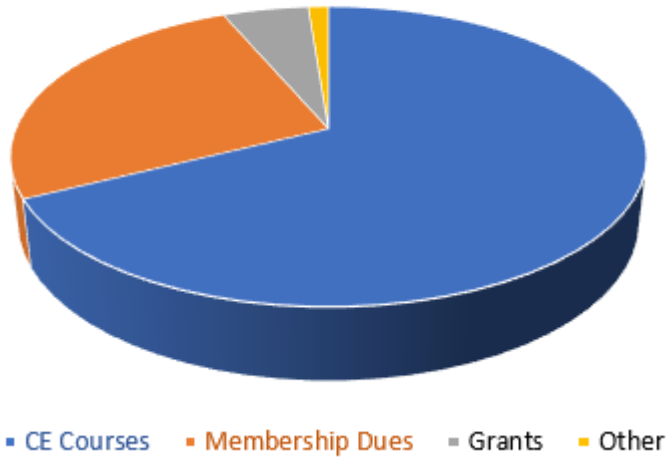


Jeffrey D. McKee, Psy.D.  
VPA Treasurer





2022 Revenue (through 10/15/2022)



# Committee Reports

## Diversity & Social Justice Committee

Erin McKenney, M.A., Chair

*The Vermont Psychological Association seeks to embody justice, promote equity, foster action, and support healing across all social identities in our communities. VPA is committed to eliminating the dynamics of power, privilege, and oppression within our organization and the field of psychology.*

The Diversity and Social Justice Committee is composed of four members, including a chair. The role of this committee is to provide education to VPA membership and the public about the role of psychology in diversity and social justice issues; to improve inclusivity for all populations in VPA operations, including membership and educational opportunities; and to take relevant action to address issues of diversity and social justice as they relate to the knowledge and practice of psychology.

One way this committee has provided education to members and the public is through our CE programs; VPA is committed to offering at least one workshop or training each year on topics focused on diversity and social justice, such as Dr. Nnamdi Pole's "Black Minds Matter" and "Black Minds Matter Too" and the upcoming workshop on gender diversity in children and adolescents. Dr. Pole has also provided consultation to the committee on several occasions. In addition, VPA continues to work on compiling and updating a list of resources related to social justice and diversity topics available for members and other mental health professionals.

The committee continues seeking opportunities to increase diversity within the organization and to create an environment which fosters equity and inclusivity. It is important for VPA to support/endorse, or oppose, certain propositions and bills in order to demonstrate alignment and signaling values which promote diversity and inclusion. We recognize the importance of being affirmative, and we strive to focus on equity (creating safety) for everyone as a means to increase diversity and representation. VPA recently took a stance in supporting Proposition 2, which prohibits slavery and indentured servitude in the State of Vermont; this message is included on the VPA website.

We look to address issues relevant to psychology and mental health by examining and building structures, advocacy and taking action steps. Equity, diversity, and inclusion is important for VPA and psychologists and mental health in general. Everyday microaggressions, unconscious bias, lack of representation, discrimination and other stressors can have a significant impact on an individual's mental health, in addition to generational trauma that affects entire families and communities. The committee has recently linked together with the Vermont chapter of National Association of Social Workers – JEDI (Justice, Equity, Diversity, Inclusion). Current action items and issues include linking the two organizations on the websites/emails, sharing resources, releasing joint statements, ads and op eds in local newspapers. In addition, the two committees are collaborating to provide school psychologists and social workers toolkits for teachers/parents around school branding and mascots. Lastly, the collaborative approach of these two groups has been to encourage voting, as November midterm elections are approaching.

## Ethics Committee

*Gus Jordan, Ph.D., Chair*

The Ethics Committee consulted with VPA colleagues on four cases this year. The situations involved dual relationships, termination with a client, releasing records to a client, and release of minor records to conflicted parents. The committee, consisting of Gus Jordan (chair), Richard Finkelstein, Adam Grundt, Martha Coulter, Kirke McVay, and Jessica Metcalf, welcomes requests for consultations at any time. To request a confidential consult, contact Lynda Marshall at [ypaed@vermontpsych.org](mailto:ypaed@vermontpsych.org), and she will connect you with the committee.

## Insurance Committee

*Milton J. Marasch, Ph.D., Chair*

I have found this year to be a quieter year, but perhaps this is merely a contrast effect from the hectic pace of trying to keep up with pandemic-created billing and regulation changes in 2020 and 2021. Positives on the insurance horizon the past year and this year include Medicare (traditional) and Vermont Medicare reimbursement rates continuing to be more robust than they had been in the past. There are scattered reports of commercial insurance increasing rates as well.

As Insurance Committee chair, I continued to provide the VPA insurance consultation service for 2022, and coordinated with APA Services Inc. (APASI) on national insurance issues. Issues for consultation included several Medicare Advantage Plan questions and concerns voiced by members. There was also a consultation on Medicare incident-to billing.

My sense is that the biggest issue of concern by VPA members for this year has been the rapid growth of Medicare Advantage Plans. Questions, concerns, and issues raised by members about these commercial alternative Medicare plans are several, and include:

- Persistent payment irregularities by one insurer.
- Providers being presented with a forced choice of dual payment options of virtual credit cards or direct deposit – the latter where at least one contract wording permits the insurance company to not only make direct deposits – *but also to do direct withdrawals without notice to the provider* if the company determined that it had overpaid the provider. It is so important to read these contracts.
- Clarification that a provider being a traditional Medicare provider does not automatically obligate one to accept all Advantage Plans. Refer to your contract with the commercial insurance.
- Advantage Plans that do not follow the traditional Medicare fee schedule (and one that does).
- Problems with patients and providers alike disgruntled when TV advertisements lure seniors with promises of vision and dental benefits to switch insurances, but *without* cautioning them to check if their providers even accept the plan first.

Bottom line: the increasing varieties of Medicare are like fish in the sea; they aren't all the same.

As suggested by several knowledgeable members, I endorse VPA's becoming actively involved in lobbying government on concerns about the increasing privatization of a government-run public program – with concerns



about potential downsides to provider, consumer, and taxpayer alike. Again, please note that this is not an across-the-board indictment of all such plans. I know of at least one commercial plan that *does* follow traditional Medicare guidelines and fee schedules.

The best educational link for consumers (and perhaps new-to-Medicare providers) that I have seen is the site produced by Vermont Legal Aid: <https://vtlawhelp.org/medicare>

An additional issue worthy of further observation is keeping an eye out for modification to No Surprises Act regulations. In the meantime, I urge members to have their notification paperwork in order for out-of-network or out-of-pocket paying patients.

On the committee side of things, I am hoping to see the insurance committee expand from its current status as a “committee of one.” I envision the committee growing such that it is composed of different committee members each taking point on a different insurance. If you are interested in participating in such a capacity, please reach out to me for discussion.

In addition to the above proposed committee expansion, there is one additional key change to the committee for me to report. After some deliberation, I have decided that it is time for me to retire from my position as chair. This will be effective as of the end of this year.

It has been a privilege and an honor to serve VPA and its members in my role as insurance chair and board member since 2007. My experiences over these years have been invaluable in helping me to get to know my colleagues and the practice of clinical psychology in a way that I would not have been able to otherwise. My final project will be to assist VPA in recruiting a colleague who can ably take over this valuable role.

In closing, it has been a pleasure to serve these past 15 years. I wish all a productive and prosperous 2023. May your insurance payments be accurate, timely, and without audit.

## **Legislative Committee**

*Richard T. Barnett, Psy.D., M.S., LADC, Chair*

VPA has continued to work on passage of legislation giving prescriptive authority to psychologists with advanced training (RxP) and PSYPACT during the 2022 session. We had previously been successful in getting bills introduced for each initiative, and those bills were still pending for 2022.

With regard to RxP, we anticipated that the Vermont Office of Professional Regulation (“OPR”) would complete its “sunrise review” of the proposed expanded scope of practice and issue a report on its findings (i.e., whether the legislation would be in the public’s best interest or whether the public’s health, safety, and welfare would be at risk). That review included comments from public hearings and OPR’s own findings. OPR had originally stated they would release their report in mid-January 2022, but the report has yet to be released (as of September 6, 2022).

During 2022, VPA continued to advocate for RxP with legislators and legislative committees using strategies developed by our outside lobbyist, Theo Kennedy. The result of this move is that RxP has gained significant traction with

committees who are more open to hearing about the legislation. Based on continuing advocacy with legislators and continuing discussion with OPR, we remain confident that the report will be favorable to RxP, with some revisions strengthening the education, training and/or supervision requirement described in the bill, and offering more clarity on the regulatory process of this new scope of practice.

We have a lead sponsor for a 2023-24 biennium bill, and we plan to move forward again next session with hopes of passing the RxP bill. This is not a new bill, but rather an improved version with new language, specifically regarding education and experiential requirements, and we will be collaborating with our legislative sponsor in OPR's review. Assuming OPR's report is favorable, we expect this bill to be introduced and assigned to committee with testimony in 2023, with passage following in the second half of the biennium session (2024).