As I write this column, I’m preparing for the June Board meeting. There, IPA’s current Executive Director, Susan McMahon, will pass the torch to new directorship. It will be a bittersweet event for me; I am saddened about the fact that I will no longer work alongside Susan, yet excited for the opportunity to do so with new leadership.

Through her tenure at the helm, Susan helped strengthen the association in every regard. In the five years since Susan signed on as Executive Director, IPA has become increasingly structured and well organized. Victories abound and include a significant increase in membership, volunteerism, and development of new working committees. The organization achieved solvency and continues to be self-sustaining—no small feat! Expanded CE offerings brought record attendance, as well as expansion of regional events. A variety of legislative successes further protected and promoted the practice of psychologists in Indiana. Additionally, IPA gained a presence on state-level mental health and Medicaid advisory boards. Student outreach efforts grew tremendously and continue to show significant promise. Members have seen increased responsiveness and improved resources including the updated member directory, consistently published newsletters, a website enhanced with new functionality and resources, and the ongoing listserv. New initiatives were carried out related to public education and recognizing psychologically healthy workplaces in Indiana.

Fred Unverzagt, President of IPA in 2008 when Susan was hired, noted:

Susan really helped to stabilize our organization at a very challenging time—we were in dire straits fiscally and from a membership perspective. Susan had a vision for how the organization should work including the division of labor, the need for clear lines of communication, and the need for transparency and accountability. She really understood the multifaceted operations of the organization and how those needed to be aligned and energized. Most importantly I would say that she was able to nurture and expand a volunteer effort from a diverse membership. In particular, I credit Susan with identifying the core mission of our organization as meeting the needs of early career psychologists including students and trainees, in addition to young independent professional psychologists. IPA’s current and future success and vitality flow directly from that observation and orientation. I would say that Susan harnessed and effectively channeled the natural collaborative instincts of our members to great effect.

Just as Susan has left her mark on the organization, she has done so among membership and early career psychologists, in particular. One such psychologist, Maria Hanzlik, noted, “In the short time I’ve been a part of IPA, I’ve been so impressed with how passionate she is about the organization and how she really tries to personally reach out to members.” Similarly, in a 2010 interview, IPA’s Past President Kathleen Vogler asked Diversity Coordinator, Tasha Williams, what had led her to become more active in IPA and she commented, “Honestly, it was Susan who asked me to get involved in the Public Education initiative and then I began helping with the Diversity Initiative.” I, too, have felt very supported by Susan, as well as the Board, and appreciate her work ethic.

Continued on page 2
**New IPA Communications Efforts**

We’ve been listening!

IPA members have been telling us they want to feel more connected to their colleagues in the psychological community, and that in this changing climate for their profession, they want IPA to enhance its efforts to remain relevant to the needs of psychologists, their patients, and the general public.

In response, IPA’s Communication Committee and the Public Education Committee have joined efforts and recruited new members from among the cohort of what Dr. Jeff Younggren refers to as “digital natives.”

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**Psych Bytes**

An Educational Series from the Indiana Psychological Association

Introducing “Psych Bytes”:

*PsychBytes* is a new series of very brief, weekly emails, distributed regularly on Tuesday mornings to members and other psychologists on IPA’s contact list.

*PsychBytes* will cover a single topic each week, using an introductory clip alerting readers to content that will be scientifically sound and relevant to the interests of psychologists, patients, and referral sources.

**Julie Steck, PhD**

Public Education Coordinator

Indianapolis

*PsychBytes* will provide easy access to in-depth information and downloadable articles. To learn more about the topic or see related links to relevant research, simply click the embedded link to the IPA website.

*PsychBytes* will offer a broad range of topics throughout the series, and cover many aspects of practice. If a particular topic one week would not interest you or your patients, simply delete that week’s message and watch for the next issue!

*PsychBytes* Editor Sarah Honaker, PhD, will be assisted by Drs. Kris Schmurl, Carrie Cadwell, and Julie Steck.

**PsychBytes contributions are welcome**

and should be sent to Dr. Honaker at sarah.honaker@gmail.com or Dr. Steck at jsteck@childrensresourcegroup.com.

YES! You may forward any of the content in the PsychBytes series to your contacts or patients!

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We hope that you will use this information in providing care to your clients. Feel free to disseminate this information to the public.

**Continuing Publications:**

*The Indiana Psychologist.* The Communications Committee will continue to send the quarterly IPA Newsletter, *The Indiana Psychologist,* to all IPA members. Editor Sarah Landsberger, PhD, directs in-depth articles on psychology, mental health and illness, the practice of psychology, and updates on IPA activities.

IPA e-News. Editor Tom Longwell, PsyD, will continue to keep IPA members updated on breaking news and events of interest with this once-a-month electronic newsletter.

**Under Construction:**

*Wikipedia.* Rodney Timbrook, PhD, is leading an effort to create a Wikipedia page for IPA. To assist in citing/finding sources, editing the page, and keeping it current, contact him directly at timbrookphd@yahoo.com.

**Website changes are coming.** Our newest editor, Noah Spring, PsyD, has agreed to lead the plans for updated format and content website changes.

**Stay tuned and stay involved.**

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President’s Column: Continued from page 1

and tremendous leadership abilities. I believe she fundamentally grasps the idea that if you want to do more with less, you have to work together.

On behalf of the Board and membership, I want to take this opportunity to thank Susan for her exemplary and tireless work as Executive Director. I also want to express my appreciation to the Board and committee members for their active service to the organization. IPA has much to be proud of.

Now is an excellent time to reflect on our achievements, but with a focus on where we want to go as we transition leadership. I’m excited about the new leadership and the possibility and potential that exist with any transition. Committees and Board members have been hard at work making specific plans on how they will support and challenge each other as they pursue strategic goals in the next 18 months. Such planning will be integral to a successful transition and help plot the course to further strengthen IPA.

To keep IPA thriving, we must focus on developing leaders. Leadership is needed from MOST people, no matter where they are in the organization. Let’s not limit ourselves to thinking that only one or a few people can provide all the leadership needed today. I encourage you to get involved and invite others to do the same! Feel free to contact me to discuss ideas at president.ipa@gmail.com. Tomorrow’s leaders are our students and new professionals. The first step in fostering leadership in our ECPs is to welcome them into IPA. I encourage each of you to invite a student or new psychologist into the organization. With your help and participation, I know IPA can take advantage of the many opportunities available. Working together, we will all benefit.
The Indiana Psychologist

GREEN LANTERNS

FEATUR ED MEMBE R:
Shelley A. Johns, PsyD, ABPP
Board Certified in Clinical Health Psychology

BIOGRAPHY

Current work location:
Indiana University School of Medicine
Regenstrief Institute, Center for Health Services Research
1050 Wishard Blvd., RG-5105
Indianapolis, IN 46202
(317) 630-7690
www.regenstrief.org/hsrd

Name of graduate school:
Indiana State University, Terre Haute, IN

Name of internship, city, state:
West Virginia University School of Medicine
Charleston, WV

Name postdoctoral program, city, state:
Training in Research for Behavioral Oncology and Cancer Control (R25 CA117865)
Indiana University School of Nursing, Indianapolis, IN

Description of current clinical service location:
Wishard Palliative Care Outpatient Clinic

PHYSICIAN INTEREST/EXPERIENCES/THOUGHTS/WISHES

1. What is the biggest learning experience in your work as a psychologist?
I have had the honor of working in cancer care for 15 years. My patients teach me something new every day about maintaining equanimity and living meaningfully while dealing with the challenges of cancer. My patients remind me daily of the preciousness of this life...and how to release the natural attachment to living “longer” and focus instead on living “larger” (more deeply and meaningfully) in this present moment.

2. What has been the most rewarding aspect of your work?
I have been offering “Dignity Therapy” to my terminally ill patients for several years. Dignity Therapy was created by Harvey Chochinov and colleagues and provides an opportunity for patients to review important aspects of their life and speak about things they most want remembered as death draws near. Sessions are tape-recorded, transcribed, and edited by the patient with guidance from the therapist. A final edited version is returned to the patient to bequeath to loved ones. I am filled with gratitude when I witness the kind of healing these legacy projects bring to the person creating them...and I am always touched when I receive a tender thank you note from a surviving family member who is comforted by reading one of these precious legacy projects after their loved one dies.

3. What do you think is the biggest challenge facing psychology?
Psychologists need to have a ‘seat at the table’ when decisions are made about health care reform. We need to present compelling data to show that behavioral health care is effective, long-lasting, and satisfying to those we serve. We need to show that what we have to offer is cost effective and reduces health care expenditures in the long run. We need to work collaboratively with other disciplines in service of improving access to care. As we continue to prove our commitment to enhancing the quality and efficiency of care, we will be better positioned to have a seat at the table as decisions are made about the future of health care.

LIFE INTERESTS/EXPERIENCES/THOUGHTS/WISHES

1. Which living person do you most admire?
Jon Kabat-Zinn

2. What is your favorite movie or top three if you can’t narrow it down?
Good Will Hunting
Shawshank Redemption
The Notebook
IPA is currently accepting nominations for the following positions on the Board of Directors. All nominations must be submitted by June 28, 2013.

**President Elect:**
This is a three year commitment (2014 as President Elect, 2015 as President and 2016 as the Immediate Past-President). The President Elect is a member of the Executive Committee as well as the Board of Directors and performs the duties of the President in the event of absence, resignation or incapacity of the President. The President Elect works closely with the President and Executive Director.

**Treasurer:**
This is a two-year commitment (2014-2015). The Treasurer is a member of the Executive Committee as well as the Board of Directors. The Treasurer maintains oversight responsibility for the full record of Association financial activities, including a complete accounting of dues paid by each member, disbursement of funds under the direction of the Board, and maintenance of records and receipt of income and disbursements. The Treasurer works closely with the Executive Director in meeting the financial objectives of the Association.

**Member-at-Large, Governmental Affairs:**
This is a two-year commitment (2014-2015). This individual, working closely with the Governmental Affairs Committee and the IPA Lobbyist, identifies statewide mental health issues, increases awareness of the Board and members of these issues, formulates position papers and action plans, monitors, develops and promotes state legislation relevant to the interest and practice of psychology, and maintains relationships with legislators and legislative committees.

**Member-at-Large, Practice:**
This is a two-year commitment (2014-2015). This individual monitors developments in the field of professional psychology pertaining to the roles, standards, and functioning of psychologists in Indiana, makes the Board aware of concerns related to practice, and coordinates activities of the Practice Committee. This person also liaisons with the Indiana State Board of Psychology.

Members of the Board of Directors must be current IPA members. All four positions will be on the ballot this fall.

Please submit your nominations and questions about nominations or Board of Director responsibilities to Kathleen Vogler, IPA Immediate Past-President at PastPres.IPA@gmail.com. Nominations must be received by June 28, 2013.

**Awards**

The Awards Committee of the Indiana Psychological Association is now accepting nominations for the annual awards to be presented at the Fall Membership Conference on November 8-9, 2013. Self-nominations are accepted.

The nominations recognize achievements in a variety of areas, including outstanding service to IPA, Early Career Psychologist distinction, outstanding media coverage, allied professional award, outstanding mentoring award and the Legislator of the Year award.

Please contact Kathleen Vogler at PastPres.IPA@gmail.com for further information or to submit your nominations.
IPA Interest Groups Forming

Earlier this year the Practice Committee developed and distributed a Practice Survey to members. The purpose of this survey was to gather general practice information about our members to better understand our membership and enhance member services. Thanks to all of you who completed this survey.

One of the questions on the survey related to members’ interest in participating in an IPA psychologists’ networking group. As the majority of survey responders indicated an interest, the Practice Committee has identified four interest groups to offer to IPA members:

- Early Career Psychologists Group
- Private Practice Group
- Medicaid/Medicare Group
- Clinical Supervision Group

We are very excited about these networking groups. Group involvement is an excellent way to meet other members with similar interests and learn from each other. Group members will decide what psychological topics are important to them, creating a support network for issues faced in their psychological work.

Please contact me at practice.ipa@gmail.com if you want additional information or would like to join one of these interest groups.

Rallying Moms to Help Prevent Eating Disorders in Their Daughters

Being dissatisfied with or ashamed about one’s body size or shape is a fact of life for vast numbers of adolescent girls. In a large, national sample of over 17,000 adolescent girls, only 4.7% met body mass index criteria for being overweight, but more than 1 in 4 saw themselves as overweight.

Adolescence is a period of heightened risk for increasing body dissatisfaction. The steepest increase in body discontent occurs right around middle school, when the percentage of girls feeling fat climbs from 39% to 49%, and the percentage wanting to lose weight jumps from 45% to 63%.

It is no surprise, then, that adolescence is also a risk period for trying out and adopting problematic and dangerous compensatory behaviors, such as excessive food restriction and experimental purging.

Mothers are an important and untapped resource for preventing the normative rise in their adolescent daughters’ body dissatisfaction. Studies consistently show that mothers serve as primary models of body regard and eating practices, both directly, through their overt communications, and, indirectly, through their modeling of behaviors.

At the University of Notre Dame, we are rallying mothers to deploy their powerful influence in the prevention of eating disorders in their daughters. We developed the Healthy Girls project, which is aimed at preventing body- and eating-related problems in middle school girls through intervening with their mothers (Corning, Gondoli, Bucchianeri, & Blodgett Salafia, 2010). So far, we have tested the program with 7th- and 8th-grade girls and their mothers. We randomly assigned mother-daughter pairs to either our Healthy Girls workshop series or a wait-list control group. The Healthy Girls workshop contains interactive, psycho-educational and behavioral components (such as activities for mothers to do with their daughters). All the daughters completed pretest, posttest, and 3-month follow-up assessments. Our results demonstrate the power of mothers’ positive influence: At both posttest and follow-up assessments, girls whose mothers were in the Healthy Girls workshop series perceived less pressure from their mothers to be thin and, at follow-up, these girls also showed a significantly lower drive for thinness and lower body dissatisfaction.

Our current and ongoing goal is to help mothers facilitate the development of healthy eating and body-related attitudes and behaviors in their daughters which will be sustained throughout the lifespan.

For more information, contact Dr. Alexandra F. Corning, Director of the Body Image and Eating Disorder Lab at Notre Dame, at acorning@nd.edu.
Has your financial planning changed to fit your current or future picture? A new or expanding business, mortgages, automobiles, a larger family... these can all contribute to a very different picture of your financial responsibilities today.

**Group Term Life Insurance**

Term Life Insurance can play an important role in your family’s continued financial security should you die prematurely. Whether you need initial coverage or want to add to what you have, Trust Group Term Life Insurance¹ is affordable and has the features you will need to keep pace with changing family and financial responsibilities.

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¹ Available in amounts up to $1,000,000. Coverage is individually medically underwritten. Policies issued by Liberty Life Assurance Company of Boston, a member of the Liberty Mutual Group. Plans have limitations and exclusions, and rates are based upon attained age at issue and increase in 5-year age brackets.

² Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.

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Great Coverage at Affordable Premiums Including These Features:

- **Inflation Safeguard** — designed to prevent changes in the cost of living from eroding your death protection.²
- **Living Benefits** — allows early payment of death benefits if you become terminally ill.
- **Disability Waiver of Premium** — waives your premium payment if you become totally disabled.

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**Your life now may be very different than it was ten years ago...**

Jan Eglen, PhD
Communications Committee
Indianapolis

This column will address various methods of managing the volumes of information available to you as a clinician. Data quantification (and tools to manage and analyze it) is at your fingertips. With these resources, clinicians may be better equipped to build and maintain a healthy, thriving, and successful practice.

Being able to convert behaviors and subsequently performance into metrics allows objective analysis of how strategies are working. We call these metrics “Big Data.” Using tools to manage “Big Data” allows clinicians to run a more efficient and profitable practice while providing better service to patients through enhanced information management. Below are links to various tools that may be helpful to practicing clinicians. Click on the link or highlight, copy, and paste in your browser. Be sure to click on the tabs at the top or bottom to be able to see all the data. Run your cursor over the graphs and see how the data is able to be viewed.

Note: None of the links provided in this article are particularly endorsed. They are merely examples to show what types of technology tools are available. Also be aware that your patients have access to the same information online, which may add to their treatment expectations.

1. Dashboard: A Dashboard is a tool that aggregates data and presents it in a user-friendly graphic format.

   Here is a link to an example Dashboard (this example applies to a very large, sophisticated large medical practice with data collection resources of which most psychologists can only dream, but will give you an idea of what is available).

   http://examples2.idashboards.com/idashboards/?guestuser=wphea

   Hopefully this illustration will help you gain a better understanding of how you could manage important office metrics into a meaningful management tool. For psychologists, these graphic displays could contain data points that would be helpful to the management of your practice. For a list of helpful data to collect, see Part Two of this article series in the March 2013 IPA newsletter available on the IPA website.

2. Analytics Database: An Analytics Database is another visually-based tool that aggregates and synthesizes data particularly useful for prescribers and those managing safety concerns.


3. Psychology Infographics I: The number of informational “psychology-oriented” posters and graphics on the internet is almost overwhelming. Some of it is “pop” psychology and you need to be discriminating in what you choose to use. Nevertheless, there are many patient resources that might be helpful learning tools. Just be sure that the information you are using is true, helpful, and that you can stand behind what is being said. Some of the charts take the form of advice (and be particularly careful about sharing this type of resource unless you know it to be clinically true and valid), while some is informational, and some is just interesting. This link shows scores of examples of what I am describing. Hopefully it will get your own creative juices going!

   https://www.google.com/search?q=infographics+psychology&hl=en&tbm=isch&tbo=u&source=univ&sa=X&ei=mcqLUavjHufWyQG_0IG4Dg&ved=0CFYQsAQ&biw=819&bih=963

4. Psychology Infographics II: Once you’ve found a number of useful “psychology-related” infographics, you’ll need to find a way to organize and display them. Here is an example of a collection of infographics.

   http://pinterest.com/socialogilvy/psychology-infographics/

As practicing psychologists who are in the business of helping people, we need to think about organizing our office metrics in a manner that allows us to add tools to help make us more efficient and better informed psychologists. It all starts with maintaining a database of information that can be quantified (meaningfully) and made accessible by the various tools shown. Thoughtful consideration is necessary to implement an efficient method of collecting and maintaining clinical and practice information.
Summertime CE Opportunities

IPA is proud to present a conference in Southern IN on Friday, August 2. Attendees will earn up to 6 Category 1 CE credits with presentations by Sean Samuels, PhD, of Luzio and Associates, and Susan South, PhD, of Purdue University. Register to hear these tenured speakers present “Violence Risk Assessment & Management” and “Overview of DSM-5: What Clinicians Need to Know.” This conference will be held at the University of Southern Indiana in Evansville and is hosted by the University Counseling Center. St. Mary’s Center for Children in Evansville is sponsoring CME’s for this event.

IPA will also sponsor a conference this summer in Northwest IN. Scheduled for Friday, September 13, this conference will feature four 90-minute workshops in Merrillville. Speakers include Shona Vas, PhD (University of Chicago Medical Center), Scot Hill, PhD (Rosalind Franklin University, Chicago), Amanda Wickett-Curtis, PsyD (Richard L. Roudebush VA Medical Center, Indianapolis), and Melissa Butler, PhD (Indiana University Purdue University Indianapolis). Topics will include trans-diagnostic treatment of emotional disorders, adolescent self-harm behaviors, cognitive dysfunction in psychosis, and psychological trauma and substance misuse. Mark your calendars for this 6 Category 1 CE credit event!

Check www.indianapsychology.org for more details and registration. Don’t forget to sign up early for discounted prices!