

The Tablet

Editor-in-Chief: David S. Shearer, PhD, MSCP

Editor: Judi Steinman, PhD

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55

SOCIETY FOR
PRESCRIBING PSYCHOLOGY

2024 SUMMER

The Editors



David S. Shearer,
PhD, MSCP
EDITOR-IN-CHIEF



Judi Steinman, PhD
EDITOR

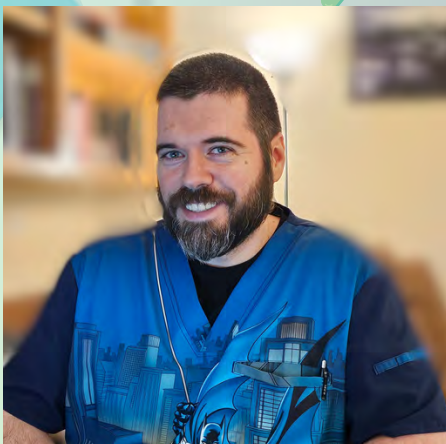
Our Mission

Division 55 of the American Psychological Association was created to enhance psychological treatments combined with psychopharmacological medications.

- The division promotes the public interest by working for the establishment of high quality statutory and regulatory standards for psychological care.
- Division 55 encourages the collaborative practice of psychological and pharmacological treatments with other health professions.
- The division seeks funding for training in psychopharmacology and pharmacotherapy from private and public sources such as federal Graduate Medical Education programs.
- Division 55 facilitates increased access to improved mental health services in federal and state demonstration projects using psychologists trained in psychopharmacology.

<https://www.apadivisions.org/division-55/about>

Guest Editors



**Richard Sylvester,
PhD, MSCP**



Julie Riser, BA

We are honored to be the guest editors for this issue of The Tablet. As practitioners we are excited to share our insights and expertise within our rural community here in Louisiana.

One of the key issues we are excited to be addressing is the pressing need for more mental health practitioners in rural and underserved communities.

Too often, individuals living in these areas struggle to access the care they require, leading to delayed treatment and poorer outcomes. As the future editors, we will explore the unique challenges faced by rural practitioners and discuss innovative approaches to address this critical gap.

Additionally, we look forward to addressing the importance of adequate medication management, a crucial component of comprehensive mental health care. We will address the complexities of prescribing, monitoring, and adjusting psychiatric medications, emphasizing the importance of a collaborative approach between practitioners and patients.

We are confident that this information will be a valuable resource for mental health professionals, researchers, and the wider community. We invite you to join us in exploring these crucial topics and gain insights that can positively impact the lives of those we serve.

President's Column

Steve Curtis, PhD, NCSP, MSCP
DIVISION 55 PRESIDENT 2024



Dear Division 55 Members,

I am excited about all of the division 55 activities that we have planned for the annual APA convention next week! I welcome you to Seattle and I look forward to greeting you in person or by zoom to our annual business meeting on Thursday August 8th at 4PM Pacific time. The business meeting is open to all division 55 members and those interested in Prescribing Psychology. A link will be provided on the listserv for those of you who will participate remotely.

For those of you who will be in attendance next week, please join us after the business meeting for our sumptuous reception. Our convention coordinator, Yulia Shtareva, has worked tirelessly for a year to ensure that there is something for everyone. Reception attendees will receive two free drink tickets, so please feel free to join us and bring your colleagues!

In this abbreviated issue of The Tablet, you will see that the Board of Directors voted to endorse Beth Rom-Rymer as APA President-elect. Our vetting process is as follows:

Once candidates were identified by APA, each one was invited by email to submit a statement regarding their involvement with our division's mission. Two of the four candidates responded - Dr. Beth Rom-Rymer and Dr. Wendi Williams.

The Division 55 Board of Directors voted that Dr Beth Rom-Rymer would receive our sole endorsement. We encourage division members who are also members of APA to keep an eye out for an email from APA on or about August 1st with instructions for voting. Please be sure to vote early and encourage other eligible voters to get their ballots submitted soon!

Wishing you a great week of safe travel, camaraderie and learning. We have a great lineup of presentations, many with CE credit.

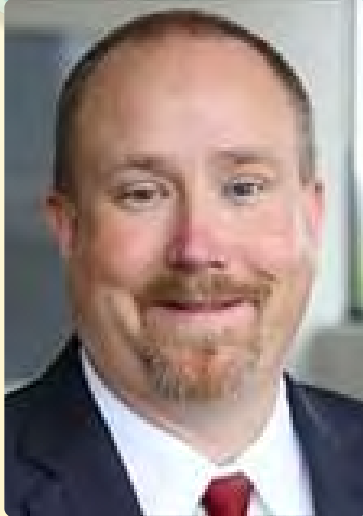
See you soon!

Sincerely
Steven Curtis, PhD, NCSP, MSCP

APA 2024 Convention

Division 55 Presentation Program

Thursday 8/8



Title: APA Practice and Staff Collaboration with Div55 Board

Time: 9:00 AM

Location: Room 617, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. Stephen Gillaspy



Title: Navy Prescribing Psychologists' Licensure Experiences

Time: 12:00 PM

Location: Room 203, SCC - Arch at 705 Pike, Level 2

Presenter(s): Eric Neumaier



Title: Overprescribing Psychotropics to Pediatric Patients: Nature of the Problem, Deprescribing Strategies

Time: 1:00 PM

Location: Room 607, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. George Kapalka

APA 2024 Convention

Division 55 Presentation Program

Thursday 8/8



Title: Dear Colleagues, Prescribing Psychologists are Multiplying: Have You Noticed?

Time: 3:00 PM

Location: Room 303, SCC - Arch at 705 Pike, Level 3

Presenter(s): Dr. Steven Curtis

Meetings & Events

**Business Meeting
Training Directors Council**

4:00 PM

**Sheraton Grand
Seattle, Second Floor,
Aspen Room**

Social Hour

6:00 PM

**Sheraton Grand
Seattle, Second Floor,
Aspen Room**

APA 2024 Convention

Division 55 Presentation Program

Friday 8/9



Title: Safety and Efficacy of Prescribing Psychologists in New Mexico Underserved Communities

Time 9:00 AM

Location: Room 617, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. Judi Steinman & Dr. Jo Velasquez



Title: Utilizing Genetics in Personalized Medication Management for Treatment-Resistant Depression

Time 12:00 PM

Location: Room 617, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. Ashley Keays



Title: Update on Practice Guidelines Regarding Psychologists' Involvement in Pharmacological Issues

Time 3:00 PM

Location: Room 210, SCC - Arch at 705 Pike, Level 2

Presenter(s): Dr. Bret Moore & Dr. David Shearer

APA 2024 Convention Division 55 Presentation Program

Friday 8/9



Title: Serious Adverse Reactions to Psychiatric Medications: Identification and Treatment

Time 5:00 PM

Location: Room 611, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. David Shearer & Dr. Keith Petersen



Questions?
Comments?
Article Ideas?
Vignettes to Share?

Contact Us!



judi.steinman@yahoo.com

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APA 2024 Convention

Division 55 Presentation Program

 Saturday 8/10

Meetings & Events

**Research
Council**

9:00 AM

**Room 204, SCC -
Arch at 705 Pike,
Level 2**



Title: ABPP Board Certification in Clinical
Psychopharmacology: An Update

Time 8:00 AM

Location: Room 617, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. Derek Phillips & Dr. Lynette Pujol



Title: Diagnostic and Psychopharmacological
Considerations in the Care of Trans and
Gender Diverse People

Time 1:00 PM

Location: Room 619, SCC - Arch at 705 Pike, Level 6

Presenter(s): Cesar Gonzalez

APA 2024 Convention Division 55 Presentation Program

 Saturday 8/10



Title: Novel Psychotropics: New Drugs,
New Directions

Time 3:00 PM

Location: Room 611, SCC - Arch at 705 Pike, Level 6

Presenter(s): Dr. David Shearer & Dr. George Kapalka


**Not A
Member?**

**Non-student
Membership ONLY \$45 a year!
Students \$10 a year!**

Join Us!



APA 2024 Convention Division 55 Poster Sessions

Fri 8/9

**Division 55
Poster Session I**

2:00 PM

**Hall 4AB, SCC -
Arch at 705 Pike,
Level 4**

Pharmaceutical Research: The Permeance of Psychological Ethics when Prescribing Privileges are Given

Kira Charles, Adler University

Addressing Eco-psychological Distress Through Psychedelic Pharmacotherapy

**Jenna Martinez, Fielding Graduate University;
Kristine Jacquin, Fielding Graduate University**

A Phenomenological Exploration of Intravenous Ketamine-Assisted Psychotherapy

**Jack Krizizke, Antioch University
Kristen Newberry,
Shirley Lo, Antioch University
Stephanie Noriega, Antioch University
Charles Benincasa, Spectrum Psychological Associates of Washington**

Treatment Efficacy of Estrogen for Schizophrenia

**Rawandeep Qamar, Fielding Graduate University
Kristine Jacquin, Fielding Graduate University**

APA 2024 Convention

Division 55 Poster Sessions

Fri 8/9

Psychopharmacological Treatment of Trauma Symptoms in Correctional Settings

Ashley Whitworth, Fielding Graduate University
Kristine Jacquin, Fielding Graduate University

Integrating a Physician Learner into a Prescribing Psychologist Curriculum: A Novel Approach

Gwendolyn Wilkening, Idaho State University
Eric Silk, Idaho State University

Minimal, Cost-Effective Treatments for Borderline Personality Disorders

Kelsey Yeats-Fleegel, Fielding Graduate University
Kristine Jacquin, Fielding Graduate University

Putting the pack down: An assessment of smoking in military service members

Allan Sinfuego, Antioch University

Addressing Eco-psychological Distress Through Psychedelic Pharmacotherapy

Jenna Martinez, Fielding Graduate University;
Kristine Jacquin, Fielding Graduate University

APA 2024 Convention Division 55 Poster Sessions

Fri 8/9

A Phenomenological Exploration of Intravenous Ketamine-Assisted Psychotherapy

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Treatment Efficacy of Estrogen for Schizophrenia

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Psychopharmacological Treatment of Trauma Symptoms in Correctional Settings

Ashley Whitworth, Fielding Graduate University

Kristine Jacquin, Fielding Graduate University

LGBT Adult and Older Adult Disparities in Accessing Health and Mental Healthcare: Possible Strategies for Prescribing Psychologists to Reduce Barriers

Jason Vaught, Antioch University

APA 2024 Convention Division 55 Poster Sessions

Fri 8/9



Prescribing Psychologists in Indigenous Communities: Bridging Healing Pathways Amid Opioid Misuse

Sandra Larson, Antioch University



Mitigating Disparities in Antipsychotic Medication Prescribing: Reviewing Socio- Demographic Determinants and Collaborative Interventions in Low-Income Communities

Danny Garcia, Antioch University



Exploring the Factors Contributing to Low Psychotropic Drug Utilization in the Chinese Population: A Comprehensive Investigation

Shihan Xu, Antioch University



The Role of Stress and Inflammation in Adult ADHD:



A Holistic Approach to Treatment

Yulia Shtareva, Antioch University



APA 2024 Convention Division 55 Poster Sessions

Sat 8/10

Division 55 Virtual Poster Session

**Division 55
Poster Session II**

2:00 PM

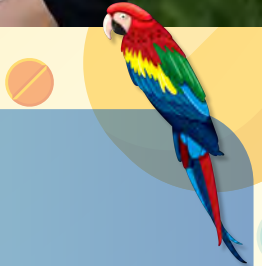
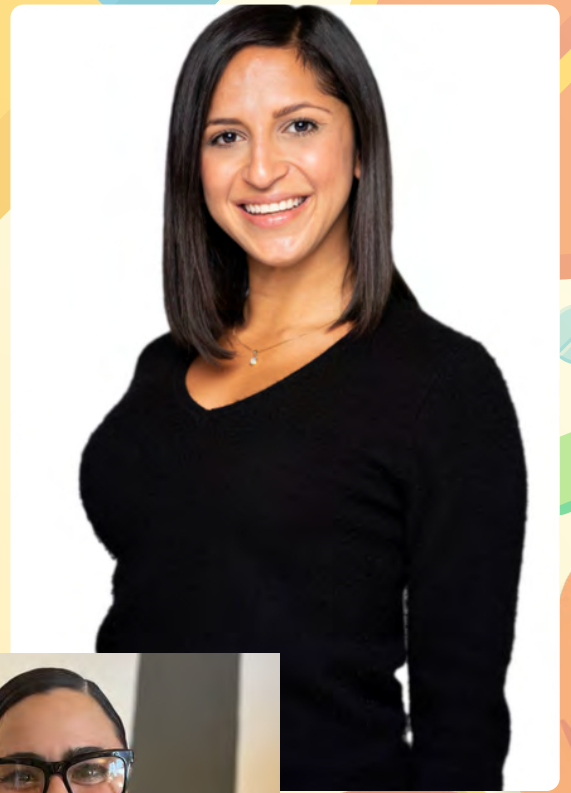
**Hall 4AB, SCC -
Arch at 705 Pike,
Level 4**

Medicating Menstruation

Heather Morris Tuip, Antioch University

An Overview of Tardive Dyskinesia and Considerations for Prescribing Psychologists

Alexa Hutzenbiler, Antioch University



**Please stop by and say HELLO
to our poster presenters!**

Division 55 Board endorses Beth Rom-Rymer for APA President-elect

Beth N. Rom-Rymer, Ph.D.

Division 55 President-Elect Candidate, 2024



At its inception in 2000, I joined Division 55 and served as its first Membership Chair. I was then elected the fourth President of our Division in 2002 and served in 2004. I chaired our first Midwinter Conference in Orlando, Florida, in 2005; assisted Bob McGrath with his Midwinter Conference in San Diego in 2006; assisted Elaine LeVine with her Midwinter Conference in Santa Fe in 2007; and chaired our Midwinter Conference in Jefferson City and Kansas City, Missouri in 2008. I became the Division 55 representative to APA Council in 2007 and served through 2012 and, again, in 2017. In 2018, I stepped down from that role to take on my newly elected role as Chair-elect of the APA Council Leadership Team and member of the APA BOD.

I led our Division's first effort to create an ABPP for prescribing psychologists, 2005-2008. During my presidential term, I initiated and co-authored practice guidelines for psychologists who prescribe and/or provide consultation on psychotropic medications. I had appointed Bob McGrath as Chair of that Committee and the Guidelines were published in *The American Psychologist* in December 2011. I am currently serving as a consultant on the Division 55 Committee that is reviewing and updating these Guidelines.

In 2010, I met with Dr. Rose Weahkee, a member of the Navajo Nation, who served as Director of Behavioral Health at the Indian Health Service (IHS), about the dire need for more comprehensive mental health care on tribal lands and the availability of licensed psychologist prescribers to meet these needs. Following our meeting, the IHS gave authority to prescribing psychologists to prescribe medications on tribal lands that are federally administered by the IHS.

Division 55

Board endorses Beth Rom-Rymer for APA President-elect

I have been leading the Prescriptive Authority Movement in Illinois since 2010 when I was first elected President-elect of the Illinois Psychological Association. I served the IPA in the role of President from 2011-2012, and again, from 2013-2014. From 2012-2014 I led the successful legislative initiative for prescriptive authority. Our then-Governor Pat Quinn signed our legislation into law on June 25, 2014. From that point on, I have led the successful implementation of our statewide prescriptive authority legislation.

“As your APA President I will have the bully pulpit to continue to advocate for Prescriptive Authority for Psychologists, in each of our states, nationally in our federal agencies, and internationally.”

This has included my work with the Chicago School and Dr. Gery Rodriguez-Menendez, with whom I did initial work to create the Master's Program in Clinical Psychopharmacology for both graduate students and licensed clinical psychologists. The Chicago School was the only graduate school of professional psychology, in 2016, to initiate a Master's degree-granting curriculum in Clinical Psychopharmacology for predoctoral, graduate students.

Through my work, around the state of Illinois, with hospitals and medical centers, we have been able to provide clinical rotations in 9 medical specialties for Illinois prescribing psychology trainees. We now have 20 licensed prescribing psychologists in Illinois with more than 50 additional prescribing psychologists currently in training. I expect that we will have 30 licensed prescribing psychologists in Illinois by the close of 2025. I expect that we will have 1,000 licensed prescribing psychologists in Illinois by 2045!

At the University of Illinois, Champaign-Urbana, there are 75 psychology undergraduate students who are concentrating in the pre-prescribing psychologist curriculum that I worked to create with the University Psychology Advising Staff. Since 2014, I have spoken annually to undergraduate students at the University of Illinois, Champaign-Urbana, giving them direction for a path that they could follow to become licensed prescribing psychologists in Illinois. Since 2019, I have organized a group of Illinois pre-prescribers and licensed prescribers to join me at this speaking event.

APA President Elect Candidate Statements

Twice a year, since 2015, I have chaired networking dinner events in my Chicago home, where prescribing psychologists, prescribing psychologists-in-training, and stakeholders and non-psychologist partners in the national Prescriptive Authority Movement (hospital system CEO's, hospital medical directors, University faculty and administrators, CEO's of community agencies, political leaders, IAPP (Illinois Association of Prescribing Psychologists) lobbyists, and representatives of the Illinois Hospital Association) meet to discuss the progress of individual prescribing psychologist trainees; prescribing psychologists; and state lobbying movements around the country.

In October 2018, I founded the Illinois Association of Prescribing Psychologists, whose mission includes: implementing our Illinois prescribing psychologist statute; continuing to pass legislation to broaden the scope of practice for prescribing psychologists in Illinois; serving the most underserved, vulnerable populations in our state; creating a large and growing cadre of licensed prescribing psychologists in Illinois that is widely diverse and representative of all members of our larger community; providing consultation for all psychologists' training to become prescribing psychologists in Illinois; providing consultation for states and members of the international community who seek to pass prescriptive authority legislation. I have been President and CEO of IAPP since its inception.

On August 11, 2019, I organized and chaired a luncheon for nearly 200 psychologists, immediately following the close of the APA Convention Chicago, to demonstrate the strength of our Prescriptive Authority Movement in Illinois and the strength of our many community partners in our Illinois Movement.

When I was on the Board of Trustees of Alliant International University, from 2009-2014, I partnered with Bob Ax and the late Steve Tulkin, to create Alliant International University annual scholarships for Native psychologists, training to become Prescribing Psychologists. Each year, I contributed \$20,000 to the scholarship fund.

In 2016, I created annual scholarship funds, The Beth N. Rom-Rymer Scholarships, in partnership with the American Psychological Foundation (APF), for nine licensed clinical psychologists and psychology graduate students to embark on their training in Clinical Psychopharmacology. These scholarships facilitate psychologists' earning prescribing licenses in states throughout the United States. To date, this Scholarship Fund has awarded 72 scholarships of \$5,000 each.

Beth N. Rom-Rymer, Ph.D.

“
Thank-you for considering
me for APA President-
Elect 2024!
”

APA President Elect Candidate Statements

Wendi S. Williams, Ph.D

**Division 55 President-Elect
Candidate, 2024**



With a profound commitment to psychology, my career has been anchored in the twin pillars of education and psychology, specifically tailored to nurturing diverse populations across the lifespan.

I am running on a "Radically Well Together" platform, which embodies a vision of health and wellness within the field and amplifies the interdependence of our science, practice, advocacy, and education for the public good and ourselves as psychologists.

Leveraging the talent and expertise of our members, and cultivating the potential of early career psychologists and students, we have the opportunity to make a positive impact in both local, professional, and global communities.

I am a skilled executive leader with extensive experience in higher education and non-profit organizations.

My leadership style focuses on guiding institutions and organizations through transitional periods while prioritizing the human experience of those most affected by high-level decisions. I am committed to fostering collaboration between different groups, with deep respect and regard for my colleagues' expertise and perspectives. I have served in various leadership positions within the APA, including as a division president, representative on the APA Council, and member of several presidential task forces.

**Be Well,
Wendi S. Williams, Ph.D**

If elected as president, I will leverage my leadership skills and style to further the vision and goals outlined in APA's strategic plan, ensuring the diverse perspectives of our membership are fully represented and advanced.

For APA Members! Vote for President-Elect!

**Ballots will be mailed on August 1st
Voting ends September 16th**

**Ballots can be accessed from member profile
page (my.apa.org) using the link titled
“2024 president-elect nomination election.”**

**Visit Division Elections
Conducted by APA. For
additional information.**

CONTACT: ELECTION OFFICE

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2024 Board Members

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President-elect

Lynette Pujol, PhD, MSCP (2024)

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Elizabeth Lonning, PsyD, MSCP (2023–25)

Gerardo Rodriguez-Menendez, PhD, MSCP, ABPP, (2023–25)

• **Brian Seavey, PsyD, ABPP, MSCP (2024–26)**

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Joseph Comaty, PhD, MSCP (2023–25)

Student Representative

David Benitez, MS (2023–24)

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Past President

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Amanda Wills, PsyD, MSCP (2025-2026)

Treasurer

Julie Price, PsyD, MSCP (2022-2025)

Members-at-Large

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Gerardo Rodriguez-Menendez, PhD, MSCP, ABPP (2023-2025)

Brian Seavey, PsyD, ABPP, MSCP (2024-2026)

Caroline Williams, PhD, MSCP (2025)

Representative to APA Council

Joseph Comaty, PhD, MSCP (2023-2025)

Student Representative

Teresa Juarez, MEd (2025-2026)



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