

PSYCHOLOGY
DURING A MENTAL
HEALTH CRISIS:
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DIFFERENTLY**



UNIVERSITY OF TULSA (TU)
NOVEMBER 3-4, 2023

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2024 IN-PERSON CE EVENTS

Trust Ethics Conference
April 20, 2024 OKC

Annual Convention
November 1-2 OR November 8-9, 2024



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Poster Voting



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2023 OPA ANNUAL CONVENTION

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Chukma! Welcome to the 2023 Oklahoma Psychological Association Annual Conference!

This year as the OPA president has been quite a year, and has been much different than expected; but it has been a pleasure to serve in this role nonetheless. It had been my hope as president to work to expand the visibility of psychology, promote the role of diversity, and to work to help expand the manner in which we are able to practice. But the powers that be in Oklahoma decided Health Information Exchange was going to be OPA's primary focus this year instead.

This brings me to an area that is of the utmost importance for me, which is expressing gratitude to the people who volunteer to do this work with me. First, I want to be sure to thank Bobby Martin for setting the stage for last year's conference through his earlier efforts with strategic planning, and for the impact this has had on my term serving as president. I also want to thank Dr. Martin for the additional leadership he continued to exhibit as we faced challenges from HIE. For anyone who does not know, Dr. Martin quickly made efforts to protect the privacy of those we serve in a manner that led to his becoming the OPA subject matter expert in this area, and he led our association efforts to provide awareness for psychologists to make informed decisions that would best serve our patients. I want Dr. Martin to know he has not just try gratitude for this, but the gratitude of so many others in our state association. I also want to express gratitude to our division chairs this year for all they have done. Eileen Parker of DRAT, Ashleigh Coser of Diversity, Kara Rodgers of HSP, and Emily Corley (and Dan Gering) of RxP, have all done a tremendous job in leading their respective divisions this year with each division demonstrating growth in visibility and activity from the previous year. While some may continue to serve in these capacities in the coming year and some may move on, it is my hope that the divisions continue to expand practice within OPA for the advancement of Psychology. I sincerely want Dr.'s Parker, Coser, Rodgers, Corley, and Gering to know they have my gratitude for all the work done to make 2023 a better year for me and for the members of this state association.

While this year has had challenges, those challenges have stood by the adage "no challenge no change," and I believe the change that has begun this year will help propel us as psychologists into the practices we need to undertake in the future. Some of the areas we had hoped to expand may not have shown as much growth as we had originally intended, but each area in which there was any effort has shown positive change in my purview. And I see this as only expanding, provided we as psychologists and OPA members continue to pull together and make a concerted effort to continue this work.

Dr. Joseph James, our president-elect, has made clear that he wants to place focus on what we can do in our state to promote education for trainees and psychologists alike, and adjusting practice to fit the need of our patients. This conference, which he worked hard in planning places focuses on both, with the theme centering around how we are changing our center in practice. It's what we do on a daily basis in this ever evolving and adapting field.

Chokma'shki! Thank you for the opportunity to serve this year, and for the chance to share the responsibility of leading with all of you.

Shannon Beach, PhD
2023 Oklahoma Psychological Association President



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AGENDA

FRIDAY, NOVEMBER 3, 2023

All meetings are in the Allen Chapman Student Union Great Hall A & B unless noted

- 7:30 – 8:00 am** **REGISTRATION AND NETWORKING COFFEE**
Student Poster & Internship Set up and showcase
- 8:00 – 8:45 AM** **WELCOME, STATE OF THE OKLAHOMA PSYCHOLOGICAL ASSOCIATION**
Announcements and Conference Knowledge
Shannon Beach, PhD, Joseph James, PsyD
- 8:45 – 10:00 AM** **KEYNOTE ① Building the Behavioral Health Workforce: The Role of Psychologists in Providing Training Across Learning Levels** (1.25 CE)
Dr. Amy Cherry, PhD, OUHSC
- 10:00 – 11:30 AM** **BONUS SESSION**
Spend time with OPA's Psychology future
A panel discussion highlighting internship and post doc sites. Graduate Programs, Internship Programs and Post Docs.

Poster Presentation voting by Members
Use QR code on inside cover for voting
- 10:30 – 12:00 PM** **OSBEP BOARD MEETING** ALCOVE ROOM (1.5 ETHICS CE)
- 12:00 – 1:30 PM** **LUNCH: Oklahoma Faculty Research Presentations and Student Poster Presentations** (1.5 CE)

Student Poster Presentation Winners announced
Sponsorship/Exhibitor/Internship Site Showcase
- 1:30 – 2:45 PM** **KEYNOTE ② Oklahoma's Behavioral Health Workforce Landscape** (1.25 CE)
Discuss the rising demand for mental health services and opportunities to expand the capacity of the behavioral health workforce
Tequia Sier, Director of Behavioral Health Workforce and Whitney Cipolla, Policy Analyst for Healthy Minds Policy Initiative (sponsored by HSP Division)
- 2:45 – 3:00 PM** **BREAK**
Visit poster presentations and internship tables (LAST CALL)
- 3:00 – 4:00 PM** **KEYNOTE ③ Billing Codes and Implications for Private Practice** (1 CE)
Dr. Stephen Gillaspay, PhD and Marnie Shanbhag, PhD, American Psychological Assn.
- 4:00 – 5:30 PM** **KEYNOTE ④ Chronic Pain Management** (1.25 CE)
Dr. Melissa Leedy, PhD, Legacy Counseling Services
- 6:00 PM** **DIVISION DINNERS:**
Sponsored and hosted at Hotel Indigo, Downtown Tulsa. Details will be announced during Friday's General Sessions
121 S. Elgin Ave, Tulsa - Avery Room (rooftop)



SATURDAY, NOVEMBER 4, 2023

- 7:30 – 8:30 AM REGISTRATION AND CONTINENTAL BREAKFAST FOR THOSE NOT STAYING AT HOTEL**

- 7:30 – 8:30 PM DIVISION MEETINGS Choose from: (1 CE each)**
Health Service Providers (HSP) OR Diversity Division Meetings

- 8:30 – 9:45 PM KEYNOTE ⑤ SoonerSelect and the Health Information Exchange (1.25 CE)**
Oklahoma Healthcare Authority – Traylor Rains, OHCA and Stephen Miller, HIE Office

- 9:45 – 10:45 AM KEYNOTE ⑥ Health Care Financing for Behavioral Health: (1.25 CE)**
New Codes, Advocacy Efforts and the Future
Dr. Stephen Gillaspay, PhD

- 10:45 – 11:00 AM BREAK**

- 11:00 – 12:00 PM INTERACTIVE ADVOCACY SESSION**
How is it all done?
*Susan Paddack, M & P Strategic Solutions (OPA lobbyist) (*1 ethics)*

- 11:00 – 12:00 PM DIVISION MEETINGS Choose from: (1 CE each)**
Division of Research and Training (DRAT) or Prescriptive Authority (RxP)

- 12:00 – 1:45 PM LUNCH: OPA Board Meeting (Lunch provided) (*1.75 ethics)**

- 2:00 – 3:15 PM KEYNOTE ⑦ The Future of Independent Practice (1.25 CE)**
Marnie Shanbhag, PhD

- 3:15 – 4:30 PM KEYNOTE ⑧ Digital Therapeutics and Behavioral Health (1.25 CE)**
Stephen Gillaspay, PhD

- 4:30 PM CLOSING REMARKS**



SPEAKERS



Shannon Beach, *PhD*

Dr. Beach serves as the Family Medicine Residency Health Service Psychologist at SSM – St. Anthony Hospital in Oklahoma City, Oklahoma. He is a graduate of the University of Oklahoma Counseling Psychology doctoral program and received postdoctoral training at the Oklahoma City VA in Couple and Family Counseling. Prior to faculty appointment at St. Anthony, Dr. Beach worked as a psychologist with the University of Oklahoma and with Oklahoma tribal nations, in suicide prevention in the latter. He has served OPA as a

diversity delegate to the APA Practice Leadership Conference for the State of Oklahoma and as the chair of the Diversity Division. Dr. Beach is a citizen of the Chickasaw Nation of Oklahoma but grew up on what is today the Muscogee reservation in Oklahoma, and currently resides on traditional homelands and hunting lands of the Comanche, Kickapoo, Osage, and Wichita and Affiliated Tribes.



Amy Cherry, *PhD*

Amy Cherry, PhD, is an Associate Professor in the Department of Pediatrics at the University of Oklahoma Health Sciences Center (OUHSC), where she is the Director of Clinical Psychology in the Section of General and Community Pediatrics, as well as Emphasis Track Director for the Pediatric Tracks for the Clinical Psychology Internship program and Clinical Psychology Post-Doctoral Residency Program at OUHSC. Dr. Cherry is a licensed Health Service Provider Psychologist with over 12 years of experience

working with culturally diverse populations and disadvantaged groups of children in integrated care settings. Her primary clinical appointment is housed in an integrated multidisciplinary pediatric clinic, the Sooner Pediatric Clinic, Section of General and Community Pediatrics at OUHSC, serving children of diverse ethnic, economic, and social backgrounds. In addition to ongoing consultation with medical faculty, interns, residents, and students within the clinic setting, Dr. Cherry is directly involved in the development and implementation of integrated behavioral health curriculum for the pediatric residency training program. She also has extensive experience in supervising psychology practicum students, interns, and post-doctoral residents in an integrated pediatric primary care clinic. She also has extensive experience in supervising psychology practicum students, interns, and post-doctoral residents in integrated pediatric primary care. Dr. Cherry has received federal funding for training future psychologists and mental health providers with Health Resources and Services Administration (HRSA) funded projects including Graduate Psychology Education (GPE) and Behavioral Health Workforce Education and Training (BHWET) programs.



Whitney Cipolla

Whitney Cipolla is a lifelong Tulsan committed to building a more equitable society through policy, advocacy, and service. As a policy analyst at Healthy Minds, Whitney researches and helps implement solutions-oriented and data-driven policies to improve behavioral health outcomes for Oklahomans.

Whitney was named a Top 10 senior and graduated with honors from the University of Tulsa with a bachelor's degree in English and women's and gender studies and a minor in education. She received her master's degree in public administration with a concentration in public policy and a graduate certificate in nonprofit management from OU-Tulsa in 2020.

She is currently a member of Oklahomans for Equality's executive committee and is the 2024 chair of TYPROS, Tulsa's young professionals organization under the Tulsa Regional Chamber. Previously, Whitney served on the boards for the Little Blue House and Teach for America Greater Tulsa alumni. She is also a graduate of Leadership Tulsa's Lead Together Class 2, New Voices Class 12, and LT Represent Class 1.



Stephen Gillaspy, PhD

Stephen Gillaspy, PhD is a licensed clinical psychologist with extensive experience integrating psychological services into larger healthcare systems. Dr. Gillaspy is recognized throughout the field of clinical psychology for his hard work and dedication as a Health Psychologist, as well as a vital member of American Psychological Association (APA) staff, serving as the Senior Director of Health and Health Care Financing since August 2019. He has also been long-standing, active representative of APA to the American Medical

Association, and currently serves as Advisor to the Relative Value Update Committee (RUC) and Alternate Advisor to the CPT Editorial Panel. Prior to joining APA staff, Dr. Gillaspy was a Professor and Director of Pediatric Psychology in the Department of Pediatrics at the University of Oklahoma, College of Medicine. During his tenure in the Section of General and Community Pediatrics at the University of Oklahoma Health Sciences Center (OUHSC), he served as the Director of Research, the Director Clinical Psychology, and Associate Section Chief. He is also a past President of the Oklahoma Psychological Association (OPA), served as Director of the Oklahoma Tobacco Helpline, and has authored or co-authored numerous articles published in scientific journals.



SPEAKERS



Joe James, *PsyD*

Dr. Joseph James received his master's and doctorate degrees from the Forrest Institute of Professional Psychology in Springfield Missouri. While completing his education, Dr. James worked for psychiatric treatment facility for children and adolescents where he gained experience managing and treating complex emotional and behavioral disturbances in children and adolescents.

Dr. James completed his Clinical Psychological Internship at the Meier Clinic in Wheaton, Illinois during which he worked under the supervision of several respected Clinical Psychologists including Dr. Paul Sather and Dr. Brad Khale. While at the Meier Clinic Dr. James also worked with providers from several other mental health disciplines including psychiatrists, licensed professional counselors and social workers.

In 2012 Dr. James secured Postdoctoral Supervision working under Dr. Timothy Doty at Christian Family Institute and Oklahoma Psychological Evaluations.

Mid-2018 marks the beginning of Green Country Psychology and a new professional practice for Dr. James.



Melissa Leedy, *PhD*

Dr. Melissa Leedy, Ph.D. is a clinical psychologist in Broken Arrow, OK. She earned her undergraduate degree at the University of Oklahoma and earned her Ph.D. in clinical psychology from Oklahoma State University in 2007. Dr. Leedy then served as a health and rehabilitation psychologist for 8 years at the James A. Haley Veteran's hospital in Tampa, Florida in the spinal cord injuries and disorders unit and in the Primary Care Clinics. She was certified in Cognitive Behavioral Therapy for Chronic Pain and Cognitive Behavioral Therapy for Insomnia

while working at the James A. Haley VA. She then worked with the geriatric population in assisted living facilities, nursing homes, and rehabilitation centers for 1 year before relocating back to her hometown of Broken Arrow in October 2015.

In January 2016 she opened Legacy Counseling Services in Broken Arrow, which quickly grew into a group counseling practice that provides services for individuals ages 13 and older, couples, and families. Legacy Counseling Services specializes in helping adults adjust to injury and chronic pain and illness, insomnia, depression, anxiety, trauma, and various other life struggles. She has provided various chronic pain training for mental health professionals since 2018. Dr. Leedy was awarded Woman-Owned Business of The Year in 2018 and Small Business of The Year in 2020 by the Broken Arrow Chamber of Commerce.



Beth Melles, *PsyD*

Dr. Beth Melles is an Associate Professor and is currently serving as the Chair of the Department of Psychology and Counseling at Northeastern State University. She is also a Licensed Psychologist and works part-time at a private practice in Tahlequah, seeing clients for therapy and psychological assessments. Dr. Melles' broad range of research interests (the impacts of growing up abroad, postpartum intrusive thoughts, social distancing during the pandemic...) reflect her passion for applying psychological concepts to the world around her. Outside of work, she has very little spare time, having two rambunctious young children, but when she does, she loves to woodwork, ride her motorcycle, go for a run, or curl up with a cup of coffee and a good book.



Stephen Miller

Career Healthcare CIO with extensive experience in executive/client relationships, Information Management, Health Information Exchanges, and IT governance & operations. Mr. Miller has held the positions of Chief Information Officer at Baptist Health, Alabama, and Oklahoma Heart Hospital locally, as well as held senior IT positions at Chesapeake Energy, Kerr-McGee and Cerner Corporation. Mr. Miller has been involved in the start-up, operations, and governance of multiple HIE's both here in Oklahoma as well as in Alabama. Steve holds degrees from Oklahoma State and Southern Nazarene Universities, as well as carries the designation as a certified Chief Information Officer (CHCIO) from the College of Healthcare Information Management Executives (CHIME).



Susan Paddack

A proven leader with qualities and characteristics of successful governmental and organizational professionals: A 35 plus year career based on advocacy for issues as a legislator and citizen with genuine relationship-building skills; Respected collaborator, critical thinker with dynamic problem-solving skills, demonstrated knowledge of government process, innovative administrator and organizational developer; team builder; and successful volunteer coordinator and motivator.



SPEAKERS



Traylor Rains, *JD*

Traylor Rains currently serves as the State Medicaid Director at the Oklahoma Health Care Authority. After earning his law degree from Baylor University, he began his now 18-year career in public service with the State of Oklahoma which has included leadership roles within the Department of Mental Health & Substance Abuse Services and the Department of Human Services. In his current role, Traylor is a driver of innovation within Oklahoma’s Medicaid program and is responsible for directing several divisions within OHCA including Health Policy,

Quality Assurance/Quality Improvement, SoonerCare and SoonerSelect Operations, the Medical Services Division and Long-Term Services and Supports.

Mr. Rains has led the planning and implementation efforts for several state health service initiatives including Oklahoma’s Health Homes, the Certified Community Behavioral Health Clinic Model, Oklahoma’s Medicaid Expansion and Oklahoma’s transition to managed care.

Traylor serves on several boards and committees including the National Association of Medicaid Directors Board and the State Board of Behavioral Health Licensure.



Charlie Rioux, *PhD*

Dr. Rioux is an assistant professor of developmental and quantitative psychology at the University of Oklahoma. Dr. Rioux completed her Ph.D. in Psychology in 2018 at the University of Montreal, a 3-year postdoctoral fellowship in quantitative psychology at Texas Tech University and a 1-year postdoctoral fellowship in clinical and developmental psychology at the University of Manitoba and the University of Calgary. Her research examines contextual, individual, and developmental factors associated with mental health from the prenatal period to adulthood, including intergenerational effects. Some of her research is focused on developmental theory, aiming to clarify models of resilience and sensitivity to the environment.

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Marnie Shanbhag, *PhD*

Dr. Marnie Shanbhag is APA's inaugural Senior Director for the Office of Independent Practice. In this role, she leads APA's efforts to promote independent practice and private practitioners as part of APA's goals to advance the profession. Dr. Shanbhag is a Florida licensed psychologist with seventeen years' experience in independent private practice. Her expertise spans both mental health practice and applied practice, with a special interest in immigrant communities.

Prior to private practice, Dr. Shanbhag served as the Executive Director of a nonprofit agency, coordinating maternal and child health systems. Dr. Shanbhag graduated from the University of Pennsylvania and earned her doctorate in Counseling Psychology from the University of Florida. Her clinical psychology internship was at the South Texas Veteran's Health Care System in San Antonio, Texas, and she completed post-doctoral work at the University of Florida. Dr. Shanbhag is a member of the APA, APA Divisions 42 (Psychologists in Independent Practice) and 13 (Society of Consulting Psychology), as well as the Florida Psychological Association.



Tequia Sier, *LCSW*

Tequia serves as the project director for behavioral health workforce development at Healthy Minds Policy Initiative. Bringing nearly 20 years of clinical and systems experience, she leads collaborative strategies to improve Oklahoma's ability to train, recruit, and retain a quality behavioral health workforce.

Before joining Healthy Minds, Tequia worked as a senior program manager at the Oklahoma Department of Mental Health and Substance Abuse Services, where she oversaw statewide prevention initiatives for healthcare and school communities. She focused efforts on behavioral health integration and the implementation of evidence-based practices to promote mental health and the prevention of substance abuse, suicide, and overdose. Her clinical background includes direct care in outpatient and partial hospitalization settings, and she has special interest and experience in training and development, health equity promotion, strategic planning, and continuous quality improvement.

Tequia holds a master's degree in social work with a concentration in administration and community practice and a bachelor's degree in social work from the University of Oklahoma. She is also a licensed clinical social worker in the state of Oklahoma.



SPEAKERS



Takakuni Suzuki, *Ph.D*

Takakuni Suzuki, Ph.D., is an Assistant Professor of Clinical Psychology at the University of Tulsa who specializes in transdiagnostic dimensional and multimethod investigation of psychopathology. His approach conceptualizes psychopathology as experiences on a dimension that are “intense versions” of normative experiences, and that these dimensions underlie the categorical diagnoses. Dr. Suzuki utilizes several data collection methods (including electroencephalogram and ecological momentary assessment) and analytic techniques (including psychometric and latent variable analyses) to investigate complex human social and emotional processes. Within this broad framework, Dr. Suzuki’s research has focused primarily on personality and psychosis spectrum disorders. Dr. Suzuki received his B.S. in Psychology and Physiology from Michigan State University, his M.S. in Psychology from Villanova University, and his Ph.D. in Clinical Psychology from Purdue University. He completed his clinical internship at the University of Mississippi Medical Center and postdoctoral fellowship at the University of Michigan. He was an Assistant Professor of Psychiatry at the University of Michigan prior to joining the University of Tulsa.

SPECIAL THANKS



FRIDAY NIGHT DINNER SPONSORS

NEW MEMBER RECOGNITION



FULL MEMBER

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Dr. Candace Byrd
OKC

Dr. Curtis Grundy
Afton

Dr. Joaquin – Rodriguez
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Dr. Loren Nelson
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Dr. Stoni Fortney
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Dr. Lindsay Clark
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Enid

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Tulsa

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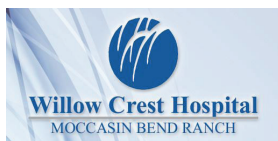
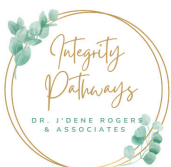


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The Purpose of the Oklahoma Psychological Association PACs are to become more involved in the legislative process, build new relationships with legislators (current/ future) and to educate them on psychological issues of importance. This will be done by directly donating funds to campaign accounts and leadership PAC's to help candidates of the legislature get elected and through sponsoring educational events to further OPA's mission.

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