



SUMMER 2026 *Newsletter*



ADVOCACY • INNOVATION • PROFESSIONAL GROWTH

In This Issue

- *President's Address*
- *Executive Director Updates*
- *Treasurer's Report*
- *Government Relations Spring Recap*
- *And more!*

IN THIS ISSUE *Summer 2026*

CONTENTS

Board of Directors, Committee Chairs & Representatives	3
President's Message	4
Executive Director's Update.....	5-7
Treasurer's Report.....	8-9
Government Relations Committee	10-14
Diversity Committee	15-17
By Law Committee.....	18
Early Career Professionals Committee.....	19
Professional Development Committee	20
Ethics and Professional Practice Committee.....	21
Membership Committee	22
Fall Conference, Lunch & Learn & Peer Consultation Opportunities.....	23
Stay Connected	24

IMPORTANT DATES AND EVENTS

Fall Conference: Thursday, October 22nd - Friday, October 23rd, 2026

Lunch and Learn Series: June 17th, August 19th, October 21st, December 16th

Peer Consultation Series: July 15th, September 16th, November 18th

LEADERSHIP & *Governance*

2026 ARPA BOARD OF DIRECTORS

President

Mara Whiteside, Ph.D.

President-Elect

Laura Rohm, Psy.D.

Past President

Margaret Rutherford, Ph.D.

Treasurer

Judd Harbin, Ph.D.

Secretary

Rebekah Evans, Ph.D.

Directors at Large

Serena McKnight, LPE-I

Christina Christie, Ph.D., LCSW

Tisha Deen, Ph.D.

Chelsey Bull, Ph.D.

Director at Student Rep

Cody Pallen

2026 COMMITTEE CHAIRS & REPRESENTATIVES

Government Relations, Chair

Tisha Deen, Ph.D.

Diversity Committee, Chair

Sydney Skaggs, Ph.D.

Communications/Public Education, Chair

Lauren B. Quetsch, Ph.D.

Membership Committee, Chair

Elizabeth Huffstutter, Psy.D.

Professional Development Committee, Chair

Christina Christie, Ph.D., LCSW

Ethics & Professional Practice Committee, Chair

Dawn Doray, Psy.D.

Bylaws Committee, Chair

Margaret Rutherford, Ph.D.

Nominations Committee Chair

Laura Rohm, Psy.D.

Early Career Committee, Chair

Laura Rohm, Psy.D.

APA Council Representative 2024-2026

Amy Seay, Ph.D.

PRESIDENT'S *Message*



STRENGTHENING PSYCHOLOGY THROUGH SERVICE AND CONNECTION

I want to extend my thanks to every member of the Arkansas Psychological Association (ArPA). Our volunteers and members are focused on promoting psychological science throughout the state and advocating for the profession of psychology. ArPA does this work at several levels:

- Through local and state advocacy with the Government Relations Committee and our lobbyists
- Through peer consultation with the Ethics Committee
- Through continuing education offerings (Spring conference, Fall conference, and free Lunch & Learn throughout the year) with the Professional Development Committee
- Through professional collaboration on our listserv
- Through recruitment of professional and student members with our Membership Committee and Student Representative

I want to share a special thank you to Margaret and Art and the work they've done to open our doors a little wider to our colleagues who practice as licensed psychological examiners. I am excited about the future of psychology in Arkansas.

Our Fall Conference is coming up this October, and I hope you'll make plans to join us. It's one of the best opportunities we have each year to learn together and connect with colleagues. Whether you're a longtime attendee or have never made it before, I'd love to see you there. Watch for additional details in the coming weeks.

If you've been thinking about getting more involved with ArPA, now is the time. If you are interested in serving on a committee or exploring leadership opportunities, please fill out our [online interest form](#).

Thank you for being part of this community!

Mara Whiteside, PhD

President, Arkansas Psychological Association

EXECUTIVE DIRECTOR'S *Update*



NEW MEMBER BENEFITS, NATIONAL REPRESENTATION, AND INVESTMENTS IN ARPA'S FUTURE

Hello ArPA Community!

It is truly a privilege to serve the psychology community here in Arkansas, and I want to say with sincerity that working alongside such dedicated professionals and supporting the important work you do every day is something I do not take lightly. As your Executive Director, my commitment is to ensure that ArPA remains attuned to your needs, keeps you engaged and connected, and continues to grow as an association that reflects the strength of psychology in our state. If you know a colleague who would benefit from membership, please spread the word about ArPA — our community grows stronger with every new voice.

I am also excited to share several significant updates with you in this edition.

New Member Benefit: TheraClosure Partnership

ArPA has partnered with TheraClosure to help Arkansas psychologists fulfill their ethical and legal obligations to protect clients and clinical records. A Professional Will is a formal document and emergency plan that outlines how your practice, clients, and records will be managed in the event of death, incapacity, or other interruption — and both the Arkansas Psychology Board and the American Psychological Association (APA) Ethics Code require psychologists to have such a plan in place. TheraClosure makes this process manageable by providing a tailored Professional Will developed with legal, clinical, and administrative expertise, along with services for client notification, custody of records, billing completion, and practice administration. As an ArPA member, you have access to exclusive discounts — visit the Members Community Portal for your discount code and learn more at www.theraclosure.com.

Congratulations to Dr. Amy Seay!

We are delighted to announce that Dr. Amy Seay will serve another term as Arkansas' APA Council Representative. Dr. Seay's continued service at the national level is a tremendous asset to our membership and to the broader psychology community in Arkansas. Please join me in congratulating her!

EXECUTIVE DIRECTOR'S *Update*

NEW MEMBER BENEFITS, NATIONAL REPRESENTATION, AND INVESTMENTS IN ARPA'S FUTURE



ArPA Awarded \$12,000 APA Operations and Innovation Grant

We are proud to announce that ArPA has been awarded a \$12,000 State, Provincial, and Territorial Psychological Associations (SPTA) Operations and Innovation Grant from APA Services, Inc. This grant will support the administration and ongoing development of our association, and it is a meaningful recognition of the work this organization is doing on behalf of its members. We are deeply grateful for APA's continued investment in state associations like ours.

ArPA at SoMa Pride 2026

ArPA also hosted a vendor table at SoMa Pride in Little Rock on June 13th, 2026, engaging community members around Pride, mental health awareness, and the organization's mission. Attendees stopped by to learn more about ArPA's work, pick up mental health resources, and connect with our team. It was a wonderful opportunity to celebrate alongside the LGBTQIA+ community and reaffirm a message close to what we all know to be true: being fully seen and accepted for who you are is essential to emotional and mental wellness. A special thank you to Sydney Skaggs, Chair of the Diversity Committee, for leading this initiative, and to Laura Rohm, Sarah Root, Khiela Holmes, and Trey Myrick for volunteering their time at the table. Thank you also to the SoMa Pride planning committee for organizing such a vibrant celebration!

As always, I am here for you. If you ever have questions, ideas, or simply want to connect, please don't hesitate to reach out to me directly at office@arpapsych.org. It is an honor to serve you.

Khiela Holmes, PhD

Executive Director, Arkansas Psychological Association

EXECUTIVE DIRECTOR'S *Update*

ARPA AT SOMA PRIDE 2026



TREASURER'S *Report*

As ArPA's Treasurer, one of my responsibilities is helping the Board ensure our budget meets the needs of the association. This year's budget includes a planned deficit of \$29,194. Fortunately, reserves built in prior years allow us to cover this shortfall. However, while ArPA has operated with similar deficits in recent years, our projected year-end balance shows that we cannot continue to do so.



To close the gap between income and expenses, ArPA relies on grants, membership growth, and participation in our continuing education programs. As of May 28, our year-to-date income exceeds expenses by \$4,547, thanks to a recently awarded APA's SPTA Operations and Innovation Grant.

The "Net Income" actual-to-date on the attached table does not reflect the grant yet because the funds have not been deposited. Also, because that grant was included in this year's budget, it does not reduce the projected year-end budget deficit. ArPA's primary sources of revenue are membership dues, conference and CE registrations, and grants. Our largest expenses support the people and services that keep the association running, including Executive Director, legislative advocacy, and marketing technology and communications support. The Board reviews our financial position at every meeting and works to manage expenses responsibly.

Growing revenue is equally important, and members can play a vital role. Please consider:

1. Encouraging psychologists, LPEs, technicians, and other mental health professionals to join ArPA
2. Promoting registration for our fall conference and continuing education programs,
3. Making a [donation to ArPA's general fund](#)
4. Sponsoring our fall conference

Our Professional Development Committee continues to provide timely topics, outstanding speakers, and high-quality continuing education while keeping registration costs competitive. Your participation and support help ensure ArPA remains a strong advocate for psychology in Arkansas. I remain committed to supporting the Board to manage ArPA resources responsibly while investing in the programs and services that support you (our members) and advance psychology in Arkansas.

J. Judd Harbin, Ph.D.

Treasurer, Arkansas Psychological Association

TREASURER'S *Report*

Arkansas Psychological Association			
Budget vs. Actuals with Bank Balance			
January - December 2026			
		Total	
	Actual to Date	Budget	% of Budget
Beginning Bank Balance (1 Jan 2026)	\$ 31,122.03	\$ 31,122.30	
Income			
Continuing Education Registrations	\$ 2,990.00	\$ 16,000.00	18.69%
Donations	\$ 1,995.00	\$ 4,500.00	44.33%
Grants	\$ 0.00	\$ 12,000.00	0.00%
Membership Dues	\$ 11,285.00	\$ 20,000.00	56.43%
Sales	\$ 0.00	\$ 0.00	
Total Income	\$ 16,270.00	\$ 52,500.00	30.99%
Gross Income	\$ 16,270.00	\$ 52,500.00	30.99%
Expenses			
Bank Charges	\$ 25.00		
Board Expenses		\$ 1,500.00	0.00%
Conferences and CE Events	\$ 241.92	\$ 7,100.00	3.41%
Directorate	\$ 18,627.36	\$ 67,200.00	27.72%
Operation Expenses	\$ 4,853.61	\$ 5,894.00	82.35%
Other Expenses	\$ 0.00	\$ 0.00	
Total Expenses	\$ 23,747.89	\$ 81,694.00	29.07%
Net Operating Income	\$ (7,477.89)	\$ (29,194.00)	25.61%
Other Income	\$ 25.00	\$ 0.00	
Net Income	\$ (7,452.89)	\$ (29,194.00)	25.53%
Calculated Bank Balance	\$ 23,669.14	\$ 1,928.30	
Current Bank Balance (31 May 2026)	\$ 23,669.14		
Actuals as of Friday, May 29, 2026 07:21:28 AM CST			

GOVERNMENT RELATIONS *Committee*

SHOWING UP FOR PSYCHOLOGY: A SPRING RECAP FROM THE GOVERNMENT RELATIONS COMMITTEE

The past four months have been among the busiest stretches the Government Relations Committee has seen in recent memory. From a member-wide legislative survey to a full day at the State Capitol, the committee has been working steadily to make sure psychology — psychologists and master’s-level psychology professionals alike — has a clear, well-prepared voice in Arkansas. Here is a look at what we have been up to, and how you can be part of what comes next.



ArPA Day at the Capitol — April 21, 2026

The centerpiece of the spring was our in-person advocacy day at the State Capitol during the fiscal session. Ten ArPA members made the trip to Little Rock, fulfilling a commitment to the American Psychological Association and, more importantly, putting Arkansas psychology professionals — both doctoral and master’s-level — face to face with the lawmakers who shape our field.

The day began with a morning tour of the Capitol, continued over lunch at Cotham’s in the City, and moved into an afternoon of legislator meetings coordinated by our lobbyist, Randy Thurman of Government Solutions. ArPA members sat down with Rep. Joey Carr, Rep. Ashley Hudson, Rep. Lee Johnson, Rep. Steve Crowell, and Rep. Jeremy Wooldridge.

GOVERNMENT RELATIONS *Committee*

Conversations centered on issues that matter to every psychology professional in Arkansas. We discussed the ongoing difficulties keeping a quorum at the Arkansas Psychology Board and the critical role the Board plays in protecting the standards of practice in our state. We talked with Rep. Lee Johnson about his interest in prescription privileges for psychologists. And we made the broader case for the field itself — the role psychology plays in the health and well-being of Arkansans, and how psychologists and master’s-level practitioners together can contribute to the new Legislative Taskforce on mental health that is taking shape.

A special thank you to Chelsey Bull, PhD, and Serena McNight, LPE, who were vital voices during these meetings. Dr. Bull elevated the needs of justice-involved populations, and Ms. McNight spoke to the work and value of master’s-level practitioners of psychology in Arkansas — a perspective our legislators do not always hear, and one ArPA is committed to bringing forward.



April 15 Lunch & Learn: Prescriptive Authority

Six days before the Capitol visit, ArPA hosted a well-attended Lunch & Learn on Prescriptive Authority, featuring speakers from the American Psychological Association. The session offered a careful look at what prescription (RxP) legislation could mean for psychologists in Arkansas, what other states have done, and the realities of training and implementation. If you missed it, a recording and supporting resources are available to members — reach out to the committee and we will get them to you.

GOVERNMENT RELATIONS *Committee*

2026 Legislative Priorities Survey

Between April 6 and April 23, the committee conducted a membership-wide Legislative Priorities Survey to make sure our advocacy reflects what members actually want us to fight for. Nineteen members responded, and the results gave us a clear set of marching orders.

Members ranked six issues by importance:

1. Psychology Board structure and functions (avg. 4.42)
2. Reimbursement and billing (avg. 4.32) — the only issue rated by every respondent
3. Education and training (avg. 4.25)
4. Scope of practice (avg. 4.17)
5. Social justice and healthcare access (avg. 4.08)
6. Prescription privileges (avg. 2.92)

Open-ended comments reinforced the rankings and added texture. Members want a strong, independent Psychology Board, higher reimbursement for therapy and assessment, billing pathways for pre-licensure master's-level clinicians, a codified master's-level licensure path, and protection against scope creep — particularly other professions performing psychological testing without adequate training.

Prescription privileges drew the widest range of opinion. About seven members supported it, four opposed, and four reported feeling under-informed to take a position. Notably, opposition centered less on ideology and more on resource allocation, liability, and strategic risk — a finding that suggests a member-education effort could meaningfully shift the conversation before any legislative push.

The most encouraging number in the survey: of nineteen respondents, 11 said 'yes' and seven said 'maybe' to helping the committee in some way. Four offered to join the Government Relations Committee, three offered subject-matter expertise, and two pledged to donate to the Legislative Fund.

GOVERNMENT RELATIONS *Committee*

Ongoing Committee Work

Behind the headline events, the committee continued its regular work. We met as a full committee on March 3 and May 12, with the next meeting set for June 8 — reflecting our move to the second Tuesday of each month. Committee members and our lobbyist continued to monitor legislative activity throughout the fiscal session.

The Prescription Authority Workgroup met monthly. And committee members took turns attending the Arkansas Psychology Board's monthly meetings to keep ArPA informed about Board decisions and to ensure psychology has a watchful, engaged presence at those meetings.

Our lobbyists at Government Solutions have also kept the committee updated on the Arkansas Legislative Task Force on Autism, which was scheduled to meet Thursday, June 4, 2026, at 10:00 a.m. in Room B of the MAC Building (relocated from the Capitol due to ongoing renovations and accessible via the 5th-floor awning). A Licensed Psychological Practitioner seat is being proposed at the June 4 meeting, and ArPA is exploring the addition of a psychologist seat alongside it — so that both doctoral- and master's-level psychology are represented as the Task Force's work moves forward. Members with questions about the meeting can contact Kristen Washington at WashingtonK@blr.arkansas.gov or 501-537-9160.

On the organizational side, the committee has begun the work of revitalizing the ArPA Political Action Committee (PAC) — identifying leadership, reviewing the PAC bylaws, and aligning PAC activity with the legislative priorities that surfaced in the survey.

Building Bridges Across the Profession

Running through nearly every conversation this spring — at the Capitol, in committee, and in the survey responses — has been a clear theme: psychology in Arkansas is stronger when doctoral- and master's-level practitioners advocate together. The committee is actively working to build bridges with master's-level psychology professionals across the state, to ensure their work is recognized, their licensure path is supported, and their voices are part of how ArPA shows up at the Capitol. The April 21 meetings — and the legislators' response to hearing directly from a master's-level practitioner — were a reminder of how much that partnership matters.

GOVERNMENT RELATIONS *Committee*

How You Can Help

It is clear that ArPA needs to be at ArPA the legislative table, and members — psychologists and master's-level psychology professionals alike — are willing to help get us there. There are several easy ways to join in.

1. Join the Government Relations Committee. We meet the second Tuesday of every month, 5:00–6:00 PM via Zoom. Our next meeting is July 14.
2. Volunteer to attend an Arkansas Psychology Board meeting (third Friday of each month, 9:00 AM via Zoom). We still need volunteers for the remaining 2026 meetings.
3. Donate to the Legislative Fund or the ArPA PAC. Both directly support the advocacy work described above.
4. Share your expertise. If you have specialized knowledge on reimbursement, scope of practice, master's-level licensure, or any of our priority issues, we want to hear from you.

To get involved, contact committee chair Tisha Deen. The voice of psychology in Arkansas is only as strong as the number of psychology professionals willing to show up — and the past four months have shown what is possible when we do.

Tisha Deen, PhD

Government Relations Committee Chair, Arkansas Psychological Association

DIVERSITY *Committee*

DIVERSITY IN DAILY PRACTICE: INFOBITES FROM DIVERSITY COMMITTEE MEMBERS

Hey, ArPA! I am Dr. Sydney Skaggs. I'm a licensed psychologist and residency- and fellowship-trained clinical neuropsychologist. I currently split my time between inpatient psychiatric care and outpatient neuropsychology. My clinical focus includes providing affirming care, increasing acceptability of late diagnoses of attention-deficit/hyperactivity disorder (ADHD) and autism, and compassionate evaluations for serious mental illness and neurodegenerative disease.



If I could share one thought from my work with the ArPA community, it would be to please, please stop using the rise of social media as a reason to discredit patients when they express that they might be neurodivergent. No, being neurodivergent is not trendy, and there's a good chance you got the idea that it was from social media too. Let's drop the double standard and listen to our patients. Psychology is fluid. It is constantly growing and expanding. New guidelines are published almost daily. We know our diagnostic criteria are outdated and aren't evidence-based to begin with. Let's stop hiding behind our credentials as all the evidence we need that a patient is not neurodivergent. They might be. For us to get that right, and especially the first time, means making a lifetime of misunderstanding make sense. Neurodivergence is complex and is as much a social identity as it is a clinical diagnosis. It involves a number of neurodevelopmental processes that impact early socialization with consequences that can amplify throughout the lifespan if not identified correctly. The question I often pose to the critics is this: if you learned that symptoms you were experiencing were commonly related to cancer, wouldn't you follow up with your medical provider to be certain? Does it matter that you learned about those symptoms from the internet? A friend? A medical textbook? No, it doesn't – and you would expect that your provider had kept up with new standards of care and updated research over the last decade to skillfully determine if your symptoms were cancer or something else. What if that provider noted that you must spend too much time on the internet and sent you home? The rise of neurodivergence is not the time to get defensive. It's time to get curious.

DIVERSITY *Committee*

DIVERSITY IN DAILY PRACTICE: INFOBITES FROM DIVERSITY COMMITTEE MEMBERS

Hello! I am Dr. Arielle Marston, a psychologist in private practice working with individual clients and a certified Body Trust provider. My areas of specialty include religious trauma, late diagnosed neurodivergence, and body shame/weight stigma; it is the latter of these I want to focus on today.



We live in a world obsessed with body size and the policing of others' bodies. The impact of weight stigma in medical and mental health settings is well-documented in the research literature, yet I am not sure how widely those findings have reached the public, or how often we pause to examine the ways our own field—and we as individual psychologists—have perpetuated this harm. People in larger bodies encounter explicit and implicit stigma, bias, and discrimination daily. They receive messages from media, family, doctors, and friends that tell them their body size makes them lazy, incompetent, or less worthy. Over time, this creates deep shame in how people see themselves and their bodies—shame that then shapes how they engage in the world, in relationships, and in systems of care. It is also worth noting that while today's focus is on people in larger bodies, weight stigma affects people of all sizes and weights.

As psychologists, we are still human. We carry our own biases about bodies, including how we view our own, and those biases show up in our work whether we intend them to or not. Our language and nonverbal communication instantly signal to clients how we feel about them and their bodies. It is vital to examine not only our personal assumptions, but also how our office environment, policies, and the broader systems in which we operate treat people of higher weights. Weight neutrality in mental health settings can literally save lives and help people begin to repair their relationship with their bodies. We each get one body, one vessel through which we experience the world. Our clients deserve our offices to be a refuge from the shame and stigma the world already offers them in abundance.

If this has piqued your curiosity, I encourage you to keep exploring. Ask yourself: *How can I create a more weight-neutral practice, for myself and for the people I serve?*

A few wonderful places to start are *Anti-Diet* by Christy Harrison, *Fearing the Black Body* by Dr. Sabrina Strings, and *Reclaiming Body Trust* by Hilary Kinavey and Dana Sturtevant.

DIVERSITY *Committee*

DIVERSITY IN DAILY PRACTICE: INFOBITES FROM DIVERSITY COMMITTEE MEMBERS

I am Dr. Sarah Root. I earned my PhD in Counseling Psychology at the University of Central Arkansas, and I am maintaining my license to practice psychology while working as an Assistant Professor at Hendrix College. Being on a college campus during such a polarizing time in our history has shown me the importance of teaching young people how to practice emotional regulation skills and self-compassion. The constant bombardment of stressful news that students are experiencing while trying to focus on their education can be overwhelming. Having the ability to self-soothe and show oneself kindness is essential to finding the balance between academic achievement and self-care. My students often impress me with how they value mental health care. Working with students gives me hope for the future. Their willingness to be open in the classroom about topics related to mental health shows me evidence of progress towards reducing stigma and promoting well-being.



Hello! My name is Rebecca Aldea. I'm a licensed clinical psychologist and am board certified in clinical child and adolescent psychology. I work full-time at the Arkansas State Hospital where I co-direct the internship training program. I also work part-time in private practice primarily conducting therapy with children, adolescents, and families.



One battle that frequently comes up in the work I do is trying to help others see how damaging labeling kids can be. Frequently, the kids I work with have been told throughout their young lives that they are “bad” or “crazy.” They also carry labels such as “sex offenders,” “rapists,” “thugs,” or “criminals.” Once they are put inside these boxes, it is very hard for them to get out regardless of positive changes that they make. It is challenging to help them process why they made certain past choices, understand that these choices do not define them, and learn ways they can make positive choices in the future because the labels they have been given tell them otherwise. Research has shown us the power of labels (i.e. Rosenthal and Jacobson)—both positive and negative. Although many are aware of this, it is still a problem that continues to cause significant harm and thus needs our awareness and ongoing attention.

BY LAWS *Committee*

STRENGTHENING OUR FOUNDATION

During the last year, past chair of the committee (Dr. Tisha Deen) brought our bylaws up to date. The Board then voted on those bylaws updates and approved all of them. That process continues, making sure that there's a distinction between what is actually a "policy and procedures" issue versus something requiring a Bylaws change.

Dr. Khiela Holmes and myself are working on those distinctions. We are also looking into an issue that APA has called to our attention regarding the procedural path a "whistleblower" should follow for individuals

concerned with ethical misconduct. I'm currently researching this issue and how it might pertain to our ArPA policies and procedures. This article details some factors for consideration for graduate students concerned with their research mentor or advisor: <https://www.apa.org/monitor/2011/07-08/graduate-misconduct>



In our next Board meeting, we'll address creating a special designation for one of the Member-At-Large Board positions (there are currently four recommended). That policy change would designate that that seat be held by an ArPA member who holds a Master's degree.

Dr. Holmes and I are meeting in early July to assess the standing of these ideas/changes. Master's level members can already run for office on the ArPA Board. This change simply ensures that those voices in our organization have an identified role on our Board.

Margaret Rutherford, PhD

ByLaws Committee Chair, Arkansas Psychological Association

EARLY CAREER PROFESSIONALS *Committee*

SUPPORTING THE NEXT GENERATION

The Early Career Professionals Committee has been busy this last year building capacity and creating new topics to draw in Arkansas early career professionals. One of the biggest activities we have engaged in is creating new topics for MindShift Consultation Groups. In these groups, members have the opportunity to discuss and ask questions about specific topics (e.g., Artificial Intelligence, leadership education, research, advocacy, and other non-clinical aspects of being a psychology professional) with the support of an expert moderator.

We hope these monthly groups will resume soon. Stay tuned! (<https://arpapsych.org/arpa-events/>)



Additionally, we have been working hard to create tool kits to prepare early career professionals in how to prepare for licensure and planning/studying for the EPPP exam. We are excited to share these resources with members in the coming months to ensure all Arkansas psychologists feel supported on their way to licensure within the state.

Finally, we are continually looking for new members to join our committee! Specifically, psychology interns, Fellows, and Early Career Professionals (ECPs; within 10 years of graduation) can join! If you or anyone you know may be interested, please feel free to reach out to me. We also meet on the last Mondays of each month at 5pm (with the next meeting happening on Monday, July 27)

Laura Rohm, PsyD

Early Career Professionals Committee Chair, Arkansas Psychological Association

PROFESSIONAL DEVELOPMENT *Committee*

LEARNING TOGETHER

Hello ArPA! It is an honor to be the incoming Professional Development Committee (PDC) chair. Dr. Judd Harbin did an amazing job last year leading the PDC and he continues to do a tremendous job as our incoming treasurer. We had an exciting start to 2026 with many well-attended Lunch and Learns. In February, Dr. Patricia Griffen inspired us as she discussed the history and contributions of African American psychologists from Arkansas. In April, our Lunch and Learn was on prescriptive authority led by Dr. Deborah Baker and Dr. Lonning.



Lunch and Learn is a great series we offer to members that allows you to learn more about special topics psychologists are often talking and thinking about. Through your attendance, you also receive continuing education as a benefit of your membership in the Arkansas Psychological Association. If you have not been able to attend a Lunch and Learn series, I hope that you will plan on it soon. These meetings are scheduled every other month, with our next one scheduled for June 17th at Noon online with Dr. Arielle Marston discussing gender affirming care in Arkansas.

We also had a wonderful Spring online conference in March where we welcomed Dr. Robyn Miller of TheraClosure to discuss with us the ethical implications of professional wills and practice executorship.

Our professional development committee is currently at work planning our much-anticipated Fall conference scheduled for Thursday, October 22nd through Friday, October 23rd. Please mark these dates on your calendars as we would love to see you attend either virtually or in-person. The event will be held for those attending in-person on the Hendrix University campus. Student research presentations are a spotlight of our Fall conference, so for those that mentor undergraduate or graduate students, please consider thinking ahead about any projects you would like them to showcase. Additionally, please consider being a sponsor (or having your agency be a sponsor) for our Fall conference. Alternatively, consider adding a donation with your conference registration to help us keep bringing amazing speakers to our line-up each year. We sincerely appreciate each and every one of you for what you contribute to ArPA all year through!

Christina Christie, PhD

Professional Development Committee Chair, Arkansas Psychological Association

ETHICS & PROFESSIONAL PRACTICE *Committee*

LEARNING THROUGH CONSULTATION

Your Ethics and Professional Practice Committee (E&PP) has been busy over the past year planning and moderating ArPA's bi-monthly Peer Consultations. The Peer Consults are an open forum for ArPA members to discuss recent issues or hot topics with the moderator introducing a starting topic. Ground Rules are posted and reviewed at each Peer Consult meeting so that we can share openly and receive support from each other. Our members have had great conversations about mandated reports, perfectly hidden depression/anxiety as a provider, records retention, provider burnout/secondary trauma, local resources, and much more. Our moderators are informative and provide valuable resources related to the starting topic. We welcome all questions and value every member's input.



We look forward to more members joining the Peer Consultations, which occur during even-numbered months on the third Wednesday which occur on even months, 3rd Wednesdays, from 12-1pm (with the next ones on June 17 and August 19). If you are interested in moderating a topic, please reach out to ArPA Executive Director or E&PP Committee Chair, Dr. Dawn Doray.

Finally, E&PP Committee also is gearing up for APA's revised Ethics Code and plans to provide updates and potential impact on our ArPA members.

Dawn Doray, PhD

Ethics and Professional Practice Committee Chair, Arkansas Psychological Association

MEMBERSHIP *Committee*

STRONGER TOGETHER

Arkansas Association for Master's in Psychology (AAMP) and ArPA recently created a joint membership opportunity for anyone wanting to join both organizations. This is in an effort to align our organizations and demonstrate a commitment to all practicing psychologists within the state. By having our joint membership with AAMP, we are hoping to mend relationships and move forward with creating meaningful conversations about psychology in Arkansas. Indeed, AAMP and ArPA believe that we are stronger together as we advocate for psychological goals within the state such as providing high-quality care for Arkansans.



As an aside: Since enacting a rolling membership, members can join at any point in the year to receive full benefits for a full year.

We are excited to share that the Membership Committee has added 20 new members since January 2026. We hope to continue that growth! If anyone is interested in joining the membership committee please reach out to me, Elizabeth Huffstutter at ehuffstutter@hotmail.com. There is always a place for you in ArPA and in the Membership Committee. We look forward to our path forward, together.

Elizabeth Huffstutter, PsyD

Membership Committee Chair, Arkansas Psychological Association

CONTINUING THE CONVERSATION

Events

LEARNING. CONNECTION. CONSULTATION.

Whether you're looking to deepen your clinical knowledge, connect with colleagues across Arkansas, or gain support through professional dialogue, ArPA offers opportunities throughout the year to help you stay informed, inspired, and engaged.

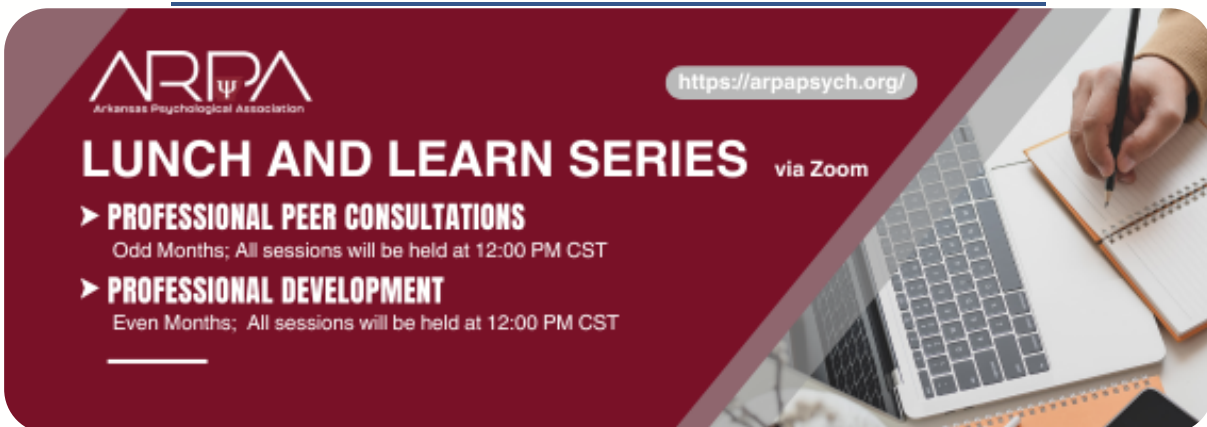
Join us as we continue building a stronger psychology community together. Learn more and explore upcoming events at: arpapsych.org/arpa-events/

FALL 2026 CONFERENCE



Save the Date | Thursday, October 22 & Friday, October 23
In Person and Virtual Attendance Available

LUNCH & LEARN SERIES (PROFESSIONAL DEVELOPMENT AND PEER CONSULTATION)



Every 3rd Wednesday of the Month | 12pm to 1pm | Via Zoom



Stay Connected

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