

JUNE 2025 ISSUE

2025 Legislative Session

CE Requirements

Self-Care

Crossword Puzzle

Public Protection

New Members - 7/1/25

Trainers, Supervisors, &

Experts

Public Orders

GREETINGS FROM THE CHAIRPERSON!

The Board of Examiners of Psychologists continues to work on behalf of Maryland citizens regarding the delivery of psychological services in the state. The Board supports the provision of high-quality psychological care, and risk management is central to this standard. The following tips are offered to psychologists as care is delivered to Maryland citizens.

- *Regularly review the Code of Maryland Regulations (COMAR) to ensure alignment of psychological practice with the relevant statutes.*
- *Proactively engage in peer consultation for self-monitoring of clinical practice.*
- *Consider potential or existing conflicts of interest related to individual cases.*
- *Ensure best clinical and case management practices.*
- *Monitor well-being and consistently engage in routine self-care practices.*

As the Board enters a new season of operations, we welcome Drs—Judith M. Kinney, Matt Edelstein, and Chenere Evans, who will join the Board in its mission. I would also like to express my sincere gratitude to Drs. Shelley M. McDermott, Kimberly A. Sanschagrin, and Sybil Smith Gray for their dedicated service to the Board." It has been a pleasure to serve as the Board chair over the past two years. I wish you all the best in your endeavors.

Sincerely,

Brenda Terry-Leonard, Ph.D.

BOARD MEMBERS

*Brenda L. Terry-Leonard, Ph.D., Chairperson
 *Shelley M. McDermott, Ph.D., Vice Chair
 Stephen Bono, Ph.D.
 La Keita D. Carter, Psy.D.
 Li Ying Diao, Public Member
 Trent Evans, Ph.D.
 *Kimberly A. Sanschagrin, J.D., Ph.D.
 *Sybil Smith-Gray, Ph.D.
 Zeno St. Cyr, II, MPH, Public Member

**Leaving the Board effective 6/30/2025*

STAFF

Lorraine Smith, MA, MPH, Executive Director
 Tamika Davis, Licensing Coordinator/Deputy Director
 Erin Turner, Administrative Assistant
 Patricia Bennett, MSW, Administrator Assistant
 P. Morris English, MS, Investigator
 Brett E. Felter, JD, Assistant Attorney General
 Nathan Robinson, Database Specialist

HIGHLIGHTS OF 2025 LEGISLATIVE SESSION

SB 372 Preserve Telehealth Access Act of 2025

Permits the continuation of reimbursement for audio-only telephone consultations.

HB 783 Health Occupations- Structural Racism Training

- The Bill requires new applicants for licensure and registration to attest to the completion of an Implicit Bias and a Structural Racism training upon their first renewal. Effective April 1, 2026.
- The Bill also requires licensed psychologists and registered psychology associates to attest to the completion of a one-time Structural Racism training to renew their license or psychology associate registration, beginning January 1, 2027.

SB 749 Health Occupations- Authorization to Practice for Former Federal Employees and Dental Applicants Licensed or Certified in Another State

The Bill requires MDH to develop a plan for temporary or permanent authorization to practice a health occupation in the State for certain individuals who left employment with a federal agency after a certain date. (Other health boards were amended into the Bill).

Don't Forget **Continuing Education Requirements are Back to Normal**

10.36.02.04 <https://dsd.maryland.gov/regulations/Pages/10.36.02.04.aspx>

.04 Requirements.

- A. A psychologist shall complete a minimum of 40 CE hours during each reporting period with a:
 - (1) Maximum of 20 CE hours in independent study.
 - (2) Minimum of 3 CE hours in activities whose content area is:
 - (a) Laws pertaining to the practice of psychology.
 - (b) Ethics and professional conduct in the practice of psychology; or
 - (c) Managing risks associated with the practice of psychology...
- B. A psychology associate shall complete a minimum of 20 CE hours during each reporting period with a:
 - (1) Maximum of 10 CE hours in independent study.
 - (2) Minimum of 3 CE hours in activities whose content area is:
 - (a) Laws pertaining to the practice of psychology.
 - (b) Ethics and professional conduct in the practice of psychology; or
 - (c) Managing risks associated with the practice of psychology...

THE IMPORTANCE OF SELF-CARE FOR PSYCHOLOGISTS

Kimberly A. Sanschagrín, J.D. Ph.D.

As psychologists, we are deeply committed to supporting the mental health and well-being of our clients, often navigating complex and emotionally charged situations. While our work is profoundly rewarding, it can also be demanding, making self-care an essential practice for maintaining our mental health and professional effectiveness. Prioritizing self-care benefits us personally and enhances the quality of care we provide to our clients.

One of the primary reasons self-care is vital for us is to prevent burnout. Burnout, characterized by emotional, physical, and mental exhaustion, can result from prolonged and excessive stress. It can lead to decreased productivity, feelings of detachment, and even depression.

In May 2022, U.S. Surgeon General Vivek Murthy issued an advisory alerting the public to a crisis among healthcare workers due to burnout. Although the Surgeon General's advisory concerned only one sector of the workforce, burnout is certainly not unique to healthcare workers.

The American Psychological Association (APA) stated in its 2022 Trends Report that "burnout and stress are everywhere" and at "all-time highs across professions." The Trends Report further states,

"As in 2020, American workers across the board saw heightened rates of burnout in 2021, and according to APA's 2021 Work and Well-being Survey of 1,501 U.S. adult workers, 79% of employees had experienced work-related stress in the month before the survey. Nearly three in five employees reported negative impacts of work-related stress, including a lack of interest, motivation, or energy (26%) and a lack of effort at work (19%). Meanwhile, 36% reported cognitive weariness, 32% reported emotional exhaustion, and an astounding 44% reported physical fatigue — a 38% increase since 2019."

By engaging in regular self-care practices, we can recharge and maintain our passion and commitment to our work, allowing us to remain empathetic and present for our clients.

Self-care also plays a critical role in maintaining professional boundaries. We often encounter emotionally intense situations that can blur the lines between our personal and professional lives. By prioritizing self-care, we can create a healthy separation between work and personal time, ensuring we have the emotional bandwidth to handle our clients' needs without compromising our well-being.

MOVING? CHANGING YOUR CONTACT INFORMATION?

Please notify the Board of any changes in writing within 30 days of the change.

Cont. The Importance of Self-Care for Psychologists

There are several practical self-care strategies we can incorporate into our daily routines. First, setting aside time for regular physical activity is essential. Incorporating physical activity into your daily routine, such as taking a 10-minute walk between sessions or performing standing desk exercises like Tai Chi or stretching, can be a powerful tool for managing stress, reducing stress, improving mood, and boosting overall health.

Mindfulness and meditation are also effective self-care practices. Techniques, such as the 5-4-3-2-1 grounding exercise, encourage us to focus on the present moment, reducing anxiety and promoting a sense of calm. Even a few minutes of daily meditation can help us center ourselves and approach our work with a clearer mind.

Another important aspect of self-care is maintaining a strong support network. We should cultivate relationships with colleagues, friends, and family who can provide emotional support and understanding. Regular supervision or peer consultation can also offer valuable perspectives and reduce feelings of isolation. Additionally, we should prioritize activities that bring us joy and relaxation. This might include hobbies, reading, or spending time in nature. Taking breaks and allowing time for leisure activities can rejuvenate the mind and body, making it easier to return to work with renewed energy.

Setting realistic goals and boundaries is crucial. We should be mindful of our workload and avoid overcommitting ourselves. Limiting client contact outside business hours is essential for maintaining a healthy work-life balance. Also, learning to say no and delegating tasks when necessary can prevent being overwhelmed and ensure we have time for self-care.

In conclusion, self-care is a fundamental practice for psychologists. It enables us to maintain our mental health, prevent burnout, and provide the best possible care to our clients. By incorporating regular physical activity, mindfulness, strong support networks, enjoyable activities, and realistic boundaries into our lives, we can sustain our well-being and thrive in our vital clinical roles. - End -

CONSIDER BANKING YOUR CREDENTIALS

Could you provide your educational and training credentials in 5, 10, or 15 years? If your answer is no or maybe not, consider registering your credentials with a reputable credential banking service. Please note that the Board does NOT offer banking services.

You'll be glad you did!

EPPP2 UPDATE

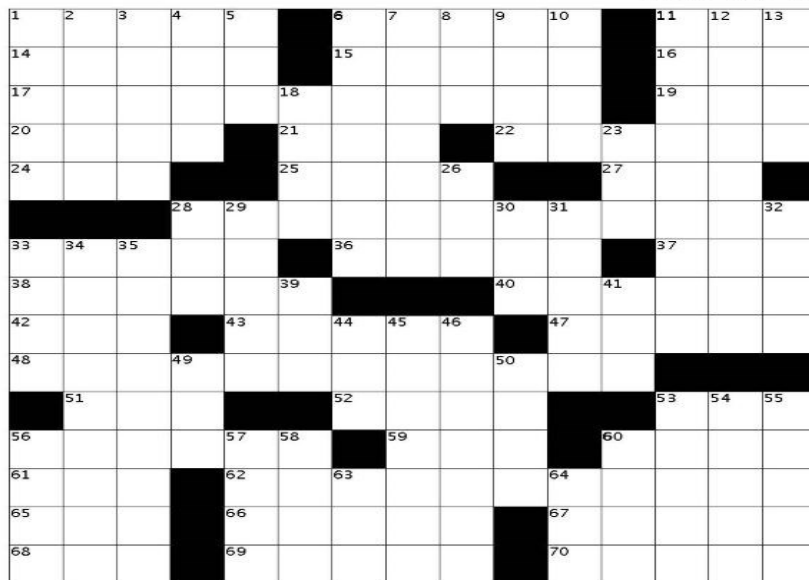
The Association of State and Provincial Psychology Boards (ASPPB) announced during a virtual Town Hall meeting that the Examination for Professional Practice in Psychology (EPPP) will be restructured into a single test. This new exam combines the EPPP Part 1 and the Part 2. This new exam is scheduled to be implemented in 2027.

FUN TIME

Trent H. Evans

ACROSS

1. Refrains from eating
6. "No guts, no ____"
11. Like an unmatched sock
14. Greek letter before beta
15. "Old MacDonald" vowels
16. Rock music's ____ Fighters
17. Wind or solar farm output
19. In good physical shape
20. Feature of Earth's axis
21. Was introduced to
22. Allay, as fears
24. Weekend NBC hit, for short
25. "That makes sense"
27. "I knew it!"
28. Big work day for Santa
33. A black cat named Lucky, for example
36. Of sedate character
37. Breakfast spot, on special occasions
38. In a ____ of speaking
40. Switch around, as tires
42. Toothpaste box abbr.
43. "On the contrary!"
47. Conductor's prop
48. Latin admonition for bargain hunters
51. Government rule, in brief
52. Hair-removal brand name
53. Bench for the faithful
56. Like some coffee or odors
59. Aussie jumping animal, for short
60. Anjou or Bartlett, e.g.
61. Time piece?
62. Like the latest technology



© 2025

65. Word before order or gift
 66. "All right, that wasn't true"
 67. Sand holders at the beach
 68. Banana-loving creature
 69. Prepares for a boxing match
 70. Desirable quality
- ### DOWN
1. "Stubborn things," per John Adams
 2. Maximum poker bet
 3. Say "W-H-E-N"?
 4. "You can say ____ again!"
 5. The "S" of UCSF
 6. Book before Exodus
 7. Polygraph exam, informally
 8. "____ the land of the free..."
 9. Oil machinery

10. Toy on a string
11. Immediately
12. Whiny reply to "Go clean your room!"
13. Lavish affection (on)
18. Mideast honcho
23. Treaty gp. west of the Atlantic
26. BWI gate posting, for short
28. Anderson Cooper employer
29. "Laughing" scavenger
30. Russian space station until 2001
31. Sauce in a can of chipotle peppers
32. Adam's apple locale?
33. Apple on a desktop
34. Speeder's snare
35. By and large
39. Fall into decay

41. Goopy road covering
44. Perfect gymnastics score
45. More intelligent
46. Oxycodone and Tramadol, e.g.
49. Freudian construct
50. 1982 sci-fi movie with a 2010 sequel
53. Pampering treatments for feet, informally
54. Bird that's also a golf achievement
55. Take by force
56. "Sonic the Hedgehog" company
57. Long-running CBS military law series
58. Nervous swallow
60. Veggies in Mendel's experiments
63. Aunt, in Acapulco
64. Dean's list stat

PUBLIC SERVICE IS CRITICAL FOR PUBLIC PROTECTION

Zeno W. St. Cyr, II, MPH

The Maryland Board of Examiners of Psychologists (Board) is comprised of nine Maryland residents - seven psychologists licensed within the state and two public members, all appointed by Maryland's Governor. These nine public servants are entrusted with administering laws governing the practice of Psychology in Maryland and ensuring that Maryland residents receive quality psychological services.

It is a privilege to serve with my colleagues as one of the two public members on Maryland's Board. Public service often goes unrecognized and is sometimes unappreciated, but for many dedicated public servants who provide this public benefit, serving the public is its own reward. My service on Maryland's Board has equipped me with a keen sense of the value of licensing and credentialing, as well as the vital work of public servants in ensuring public protection in the healthcare sector. Patient safety should always be the foremost consideration in any discussion of licensing or credentialing policies, standards, and criteria. Maryland's Board members are united in ensuring that public protection guides all decisions made regarding clinical licensing and credentialing, as well as any adverse actions or disciplinary decisions undertaken or considered. The importance of public protection cannot be minimized because Maryland residents depend on State regulatory boards to ensure that any individual who graduates from an accredited institution passes a requisite credentialing examination, and subsequently is licensed to practice psychology in Maryland has sufficiently demonstrated the critical competencies necessary to practice.

THE PUBLIC'S VIEW

In truth, most people have limited knowledge about what it takes to become a psychologist. While some are aware of an exam requirement, few understand that it typically requires a doctoral degree, years of graduate education, and thousands of hours of supervised clinical training. Many also confuse psychologists with psychiatrists, not realizing that psychologists generally do not prescribe medication. Lastly, psychologists often specialize in specific areas, such as child psychology, neuropsychology, or forensic assessment, rather than practicing broadly across all domains. Most of the public is not interested in the school or even the country where a health professional was trained. However, the public does want assurances that when examined by a psychologist, the proper diagnosis and treatment plan will be made; when they sit in a dental operator, their problem will be appropriately addressed; or when filing a prescription, the correct name brand or generic medication will be dispensed, in the appropriate dosage, and with the proper instructions for taking it.

CONCLUSION

To reiterate, public service is vitally important, and public servants have a fiduciary responsibility to protect the public by ensuring that all candidates awarded a license or a credential demonstrate critical competency in all required skill sets. Furthermore, continuing education and, in some instances, periodic clinical assessments through recertification ensure a certain standard of qualifications for the workforce and promote currency in the latest medical knowledge. Currency is important, as one study suggests that medical knowledge has doubled every 3.5 years since 2010 and is projected to double every 73 days by 2020 (Challenges and Opportunities Facing Medical Education - PMC).

Cont. Public Service Is Critical For Public Protection

Given the current mental health crisis in our Nation, policymakers continue to explore ways to assure adequate psychological care for its citizens, including through nascent policies, regulations, or legislation to address the myriad issues related to telehealth/telepsychology, increasing the availability of practitioners through interstate licensing compacts (PsyPact); and sometimes examining contentious scope of practice issues. However, as public servants, Board members must ensure that any solutions considered or implemented have public protection at the center.

In closing, I leave you to ponder the words of Margaret Chase Smith - the first woman to serve in both chambers of the United States Congress and the first woman to represent Maine in either. Senator Chase Smith was also the first woman to be placed in nomination for the presidency at a major party's convention in 1964. "My creed is that public service must be more than doing a job efficiently and honestly. It must be a complete dedication to the people and to the nation with full recognition that every human being is entitled to courtesy and consideration, that constructive criticism is not only to be expected but sought, that smears are not only to be expected but fought, that honor is to be earned, not bought."

It is a distinct honor to serve on the Maryland Board of Examiners of Psychologists. Although I serve as a public member, my role and perspectives provide a valuable complement to the Board clinicians during policy deliberations. Together, our collective activities are all linked by a common thread, and that thread is the protection of the health and safety of Maryland's citizens. - End -


Solution

F	A	S	T	S		G	L	O	R	Y		O	D	D			
A	L	P	H	A		E	I	E	I	O		F	O	O			
C	L	E	A	N		E	N	E	R	G	Y		F	I	T		
T	I	L	T			M	E	T		S	O	O	T	H	E		
S	N	L				I	S	E	E			A	H	A			
						C	H	R	I	S	T	M	A	S	E	V	E
I	R	O	N	Y			S	T	A	I	D		B	E	D		
M	A	N	N	E	R							R	O	T	A	T	E
A	D	A				N	O	T	S	O		B	A	T	O	N	
C	A	V	E	A	T	E	M	P	T	O	R						
	R	E	G				N	A	I	R				P	E	W	
S	T	R	O	N	G			R	O	O			P	E	A	R	
E	R	A				C	U	T	T	I	N	G	E	D	G	E	
G	A	G				I	L	I	E	D			P	A	I	L	S
A	P	E				S	P	A	R	S			A	S	S	E	T

988 | SUICIDE & CRISIS
LIFELINE

**You are
not alone.**

Caring call
specialists
available 24/7.



**Call or text
988**



MEET THE NEW BOARD MEMBERS - Effective July 1, 2025

Judith M. Kinney, Ph.D., is a Maryland licensed psychologist complemented by her certification in Adult First Aid/CPR/AED. She earned her PhD in Clinical Psychology from American University, an MA also in Clinical Psychology from what is now Loyola University Maryland, and her BA in Psychology from the University of Virginia. Trained as a pediatric psychologist, Dr. Kinney boasts three decades of clinical experience across diverse healthcare and educational settings, including federally qualified health centers, teaching hospitals, K-12 schools, and institutions of higher education. Dr. Kinney has spent a career nurturing a comprehensive and holistic student experience, drawing on her dual expertise as both an administrator and a clinician. With 15 years of educational leadership experience, she has collaborated seamlessly with faculty, staff, and students, ensuring positive student outcomes with a particular focus on student success and well-being.

After nine years, Dr. Kinney retired from the Maryland Institute College of Art (MICA), having most recently served as Vice President for Student Affairs, following several years as Associate Vice President for Student Health and Well-Being. Before MICA, Dr. Kinney owned and operated a private practice and consulting business providing comprehensive psychological services to children, adolescents, and young adults. She also played pivotal roles as an Affiliate Instructor/Clinical Supervisor at the Loyola Clinical Centers and as a Director at the University of Maryland College Park overseeing various counseling and support services. Rounding out her career, Dr. Kinney held two faculty positions, one as an Assistant Professor of Pediatrics at the University of Maryland Medical Center and the other as an Assistant Professor of Psychology at Loyola University Maryland. Her professional affiliations include memberships in NASPA (National Association of Student Personnel Administrators), ACPA (American College Personnel Association), ACHA (American College Health Association), Maryland BIT Affinity Group, MPA (Maryland Psychological Association), and the National Council of Negro Women (NCNW). Outside of her professional endeavors, Dr. Kinney finds joy in gardening, reading, attending jazz concerts, and cherishing moments with her grandchildren.

Matt Edelstein, Psy.D., is honored to serve as a member of the Board. In addition to being a licensed psychologist in Maryland, he is also Board Certified as a Behavior Analyst at the doctoral level. In his professional role, he serves as the director of the Brief Treatment Clinic at Kennedy Krieger Institute. He holds an appointment as Assistant Professor in Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine. He received his bachelor's degree from Boston University, his master's degree in clinical psychology from Columbia University, and his doctorate in Clinical Psychology from Rutgers University. Dr. Edelstein's current clinical and research interests include the behavioral assessment and treatment of severe challenging behavior in children and adolescents, caregiver and staff training, and high dosage behavioral treatment models. He lives with his wife and two children (and a dog) in Baltimore City.

Chenere Evans, Psy.D.

Chenere Evans, Psy.D., is a licensed psychologist who is passionate about providing quality, evidence-based, and culturally competent care and addressing racial and ethnic disparities in assessment, diagnosis, and treatment. She values the integrated care model and the application of empirically supported, measurement-driven, and outcome-focused treatment as standards of practice. Dr. Evans received her bachelor's in psychology and master's in counseling psychology from Bowie State University. Dr. Evans obtained her Master's and Doctorate in Clinical Psychology from Argosy University, Washington D.C. Campus. She completed her two-year postdoctoral fellowship at Johns Hopkins School of Medicine at Kennedy Krieger Institute.

Cont. New Member

Dr. Evans has worked with patients ranging from infancy to adulthood in various collaborative settings, including pediatric hospitals, community mental health centers, psychiatric rehabilitation day treatment centers, residential treatment facilities, partial hospitalization and dual-diagnosis intensive outpatient programs, schools, and private group practices. Dr. Evans is a member of the American Psychological Association and previously on the Ethics Committee with the Maryland Psychological Association.

Dr. Evans is currently a practicing psychologist with Kaiser Permanente. She is licensed to practice in Maryland, Washington, D.C., and Virginia and is credentialed as a National Register Health Service Psychologist. She is also a PSYPACT provider.

ETHICS TRAINERS, PEER SUPERVISORS AND EXPERTS RECRUITMENT

The Maryland Board of Examiners of Psychologists is looking for ethics trainers, peer supervisors, and competency experts. See descriptions below.

Ethics trainer: Provide ethics tutorial and ethics supervision to licensed psychologists. Must have a working knowledge of the Maryland Psychology Practice Act (Licensee is responsible for all costs).

Peer Supervisor: Provide guidance and direction to licensees with cases involving standard-of-care issues. Must have experience providing this service (Licensee is responsible for all costs).

Competency Expert: Usually used in judicial proceedings. Must submit an expert's report and be willing to attest to findings at hearings when necessary (The Board will provide compensation).

If you are interested in applying to become a Board-approved supervisor, preceptor, or expert and have held an active license in good standing for a minimum of five years with no history of adverse disciplinary actions and have clinical competence in custody evaluations, ethics, forensics assessment or other psychotherapy disciplinaries, please consider applying.

The application can be found at <https://health.maryland.gov/psych/pdfs/ApprovedSup.pdf>

Email your application to mdh.psychologyboard@maryland.gov.

PUBLIC ORDERS

Barbara Love, Ph.D., LN 02672

Berkowitz, Samuel LN: 00461

Have a

Happy

Summer!