

# Journal

\*\*\*\*\* The California Department of Consumer Affairs, Board of Psychology Newsletter \*\*\*\*\*

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## President's Message



*Lea Tate, Psy.D., President, Board of Psychology*

Happy New Year! Welcome to 2023!

I would like to extend a heartfelt and grateful thank you to Mr. Seyron Foo for his outstanding leadership as president and vice president of the Board of Psychology over the past few years! Mr. Foo's assistance with my transition to the role of president in 2021 was invaluable. He continues to be an amazing asset to the Board with his strong background in policy and fiscal management. I am so appreciative that he continues to serve as a Board of Psychology board member!

As I say thank you to Mr. Foo for his indispensable service to the Board, I would like to extend a welcome to Dr. Shacunda Rodgers as the newly elected vice president of the Board for 2023. The Board is happy to welcome her to this new leadership role! She brings a wealth of private practice knowledge and has improved our meetings with her mindfulness meditations. Congratulations, Dr. Rodgers!

The new Continuing Professional Development (CPD) regulations became effective on January 1. The CPD model consists of 15 CPD activities under four different categories. Thirty-six hours of continuing education is still required for license renewal. For more information on CPD and the different categories, go to [www.psychology.ca.gov/laws\\_regs/cpd\\_reg\\_advisory.shtml](http://www.psychology.ca.gov/laws_regs/cpd_reg_advisory.shtml).

Great news in the Licensing Unit! The Licensing Unit is fully staffed! The past year was difficult for the staff to be responsive to licensees while being short-staffed. The Licensing Unit immediately implemented short-term and long-term changes to help improve response times. Thank you for your patience while we implemented these new measures and hired new staff!

The Board of Psychology is hosting the next full Board meeting on April 7, 2023. This will be a virtual meeting via Webex. We look forward to seeing you at a Board of Psychology meeting soon!

Lea

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## How to RESTORE Our Well-Being

By Shacunda Rodgers, Ph.D., Board Member, Board of Psychology



Greetings, dear colleagues,

Although you will be reading this newsletter sometime in the spring, I am writing this column in January, and in this moment, this great state of ours has just endured catastrophic storms resulting in rain, wind, flooding, downed trees

and powerlines, mudslides, sinkholes, loss of homes, businesses, possessions, and even lives. Despite the worst of the storms to have seemingly passed, we have continued to experience ongoing rain, albeit less intense. However, even minimal amounts of rain can still prove to be hazardous, as the ground in some areas may be unable to hold any more moisture.

This over-saturation is an apt metaphor for where many of us are with the constant barrage of stressors we have been enduring over the years. We, too, have become flooded by the turmoil and uncertainty, and will need to stay rooted in our coping strategies and healing practices to ensure that our internal emotional levees don't break under the pressure. How do we achieve a sense of internal homeostasis after years and years of disruption?

In their book, *Emotional Inflammation: Discover Your Triggers and Reclaim Your Equilibrium During Anxious Times*, psychiatrist Lise Van Suleren and co-author Stacey Colino suggest strategies to regulate ourselves and find the ground beneath us, even when it's constantly shifting, or overly saturated in our case. In defining emotional inflammation, they write:

“You won't find the term emotional inflammation in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the standard guide for the classification of mental health disorders. But it's a condition afflicting millions of women and men who are currently living in our noisy, chaotic, confusing, and often contentious world. The symptoms can include a maelstrom of anticipatory anxiety, nameless dread, an ongoing state of high alert, or new levels of hyperactivity, agitation, or hypervigilance. Others experience post-traumatic or even what I have dubbed pre-traumatic stress symptoms.”

To cope with and reduce the intensity of emotional inflammation, the authors suggest practicing techniques to RESTORE your well-being:

### **R: RECOGNIZE YOUR FEELINGS**

As psychologists, we understand the importance of recognizing the various emotions that may be present in our responses to any given situation, that these emotions can be nuanced, and that it is possible to have multiple emotions at the same time. All of our emotions are valid and naming them can be the first step in our healing.

### **E: EVALUATE YOUR TRIGGERS**

Again, as psychologists, we also know how impactful it can be to have clarity about those situations that elicit a predictable set of emotional responses. The authors note that the better we understand our triggers, this contributes to greater self-awareness and enables us to cope ahead of time, which can certainly reduce the intensity of our habitual responses.

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**S: STEADY YOUR BODY’S NATURAL RHYTHMS**

Here, the authors discuss the importance of regulating our sleep, setting time limits for our technology use, being intentional about getting enough sunlight (real or artificial) during the day, and enough darkness (without the lights of our computers, tablets, smartphones, or televisions disrupting it) at night. They suggest that returning to our body’s natural circadian rhythm can be a simple yet profoundly effective way of getting ourselves back on track.

**T: THINK YOURSELF INTO A SAFE SPACE**

Van Susteren and Colino suggest that we regulate our intake of information by controlling its flow, particularly since so much of it is emotionally charged. I recall Jack Kornfield, meditation teacher and author, telling us at a meditation retreat, “Don’t let the 24-hour news cycle course through your nervous system.” I hadn’t quite thought of it in that way and have been able to step back a bit in an effort of self-care and self-preservation. In response to the information that we do take in, however, the authors encourage the use of critical thinking skills—to explore the information from a variety of perspectives, not just seeing it through the lens of the reporting source and analyzing it rather than reacting to it. Lastly, they talk about the importance of the reframe as a way of challenging any cognitive distortions that may be present in our thinking in response to the information we’re consuming.

**O: OBEY YOUR BODY**

The authors outline a number of ways we can care for our physical body that can have a settling and restorative impact on our emotional well-being. Some of these practices include eating well, being intentional with caring for your gut biome, engaging in movement versus being sedentary, getting “doses” of oxytocin by receiving a hug from a loved one, practicing deep breathing, and surrounding yourself with aromatherapy, should that feel supportive.

**R: RECLAIM THE GIFTS OF NATURE**

Nature, as discussed in the previous newsletter, has tremendous healing properties. The authors emphasize the restorative power of immersing yourself in green environments, which gives us access to phytoncides. They define phytoncides as, “aromatic, airborne particles with antimicrobial properties, emitted by plants and trees to defend themselves against pests such as germs and insects. In humans, exposure to phytoncides for even a few hours has been found to decrease stress, deepen feelings of relaxation, and improve immune function.” Other strategies they suggest include engaging in the practice of night sky watching and recalling a time when you experienced a sense of awe and wonder related to the beauty of nature—and spending time savoring that memory. Lastly, they suggest that it can be helpful to incorporate nature into our homes and offices as a way of keeping our connection going.

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### **E: EXERCISE YOUR POWER**

Lastly, Van Susteren and Colino encourage readers to take these healing practices a step further by engaging in action that helps to make the world a better place. They suggest that “the goal is to do what you can that’s in sync with your values, skills, or talents to improve matters in some way .... Taking action can provide an immediate mood boost and sense of relief because it lowers the effort expended in trying to bury or ignore the anxiety you’re feeling.” They also usher in a “call for civility,” by asking us to examine our word choice, facial expressions, tone of voice, and nonverbal gestures as we engage with others, particularly around sensitive topics.

As I have returned to my mindfulness practice time and time again over these last few years, I notice that my heart continues to land on reflections related to kindness, warmth, and care, which certainly relates to the authors’ emphasis on civility in our interpersonal interactions and discourse. I firmly believe that discourse doesn’t always have to result in discord. Moreover, if we can use compassion as a bridge between ourselves and others, we could mend hurts (both of the present and past), and envision together a world where there is peace, ease, and well-being because we genuinely care for one another and want suffering to cease. If this care is rooted in tenderness and compassion, it can dissolve the walls of separation between us, and help us to understand that it

will take all of us doing our part to bring about the healing necessary to restore harmony and balance to humanity and the world. I hope writing this newsletter article each quarter contributes in some small way to leaving an imprint of kindness on the world.

With this notion of compassion and care, I’ll close with a quote by meditation teacher Larry Yang, which always reminds me that we can all do something in order to leave things a little better than how we found them. It has become a vow of sorts for me, and I am happy to share it with you. He writes:

***“May I be loving, open, and aware in this moment;  
If I cannot be loving, open, and aware in this moment,  
may I be kind;  
If I cannot be kind, may I be nonjudgmental;  
If I cannot be nonjudgmental, may I not cause harm;  
If I cannot not cause harm, may I cause the least harm possible.”***

May these reflections on restoration and compassion provide some measure of comfort to each of you as we all continue to navigate this uncharted terrain of uncertainty and unpredictability. I’m sending wishes for healing and wholeness to each of you. Be well in the meantime, and I’ll see you in the next newsletter.





## **EPPP Part 2—Skills: Update**

*Sheryll Casuga, Psy.D., CMPC, Board Member*



I consider it an honor to chair the Examination for Professional Practice of Psychology (EPPP) Ad Hoc Committee with Board members Mary Harb-Sheets, Ph.D., and Seyron Foo. I serve in this role carrying with me my personal experience having gone through the licensing exam process. This experience informs my leadership and advocacy on the Committee. In the coming months, I vow to continue listening to California stakeholders, and to persistently engage with Association of State and Provincial Psychology Boards (ASPPB) to address ongoing concerns with the upcoming changes related to the EPPP Part 2.

Given the recent changes to the national examination, below is an overview of the history and context around the EPPP Part 2, as well as what is next for the Board with respect to these changes.

### **1) EPPP PART 2 AND ITS PURPOSE**

The exam is developed and owned by ASPPB. In the past year, ASPPB has been administering two examinations for psychologists: 1) the EPPP (Part 1—Knowledge) and the EPPP (Part 2—Skills). Currently, California only requires the EPPP Part 1 for psychology licensure. At this time, the EPPP Part 2 is an optional exam for participating states and provinces.

According to ASPPB, the EPPP Part 2 is used to evaluate the competency skills of a candidate applying for licensure in psychology. This skills-based assessment includes questions about applied, real-world situations psychologists face in practice. This provides valuable information to licensing boards as it assesses the candidate's ability to show what they would do in an applied setting. The exam assesses the following areas: scientific orientation, assessment and intervention, relational competence, professionalism, ethical practice and collaboration, and consultation and supervision. ASPPB has also stated that the skills exam provides a more thorough assessment of competence, as well as a valid, reliable,

and legally defensible measure for boards to assess a universal standard of skills.

### **2) BOARD DISCUSSIONS ABOUT THE EPPP PART 2**

The Board began discussing the possibility of a competency exam as early as 2014. The EPPP Part 2 discussions started in 2017. An EPPP2 Task Force comprised of two board members and stakeholders was created to discuss the implications of this new exam for the Board's licensure process. The Task Force met twice (April and June 2018) and reported their recommendations to the Board in August 2018.

### **3) EPPP2 TASK FORCE—RECOMMENDATION TO THE BOARD**

If the Board were to accept the Task Force's recommendation of implementing the EPPP Part 2 moving forward, this would allow for earlier submission of an application to the Board and determination of whether an applicant has met their academic coursework to qualify for the EPPP Part 1. Once approved, an applicant must take and pass the EPPP Part 1. An applicant who passes the EPPP Part 1 could qualify to take the EPPP Part 2 by submitting their doctoral degree and 1,500 hours of supervised professional experience (SPE) to the Board. Once they pass the EPPP Part 2, they could apply to take the California Psychology Law and Ethics Exam (CPLEE) by submitting an exam request form and another 1,500 SPE hours. An applicant who passes the CPLEE would be required to complete and submit their Request for Initial Licensure form, including required prelicensure coursework and fees.

The Board agreed with the Task Force's recommendation in the event the EPPP Part 2 becomes a mandatory part of the national exam.

### **4) HIGHLIGHTS OF COMMUNICATION BETWEEN THE BOARD AND ASPPB**

When ASPPB rescinded its decision to mandate the EPPP Part 2 a few years ago, it raised additional questions from the Board. On January 29, 2019, ASPPB responded that the Board of Directors had determined

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that the jurisdictional use of the Enhanced EPPP (EPPP Parts 1 and 2) would not be mandated during the initial implementation process, but that this would be revisited to determine whether to continue delivering the EPPP Part 1 as a stand-alone option or only to deliver the Enhanced EPPP. ASPPB also stated that it would take into consideration the time it takes for California to develop and implement regulation changes in making their decision.

The Board raised stakeholder concerns regarding the financial burden that the cost of an additional exam would be for licensure candidates. In response, ASPPB reduced the exam fee for the EPPP Part 2 from \$600 to \$450.

The Board also requested beta testing information from participating jurisdictions to enable the Department of Consumer Affairs (DCA) Office for Professional Examination Services (OPES) to conduct an audit of the EPPP. The audit was completed, and an executive summary was provided to the Board in April 2021.

Overall, the subject matter experts (SMEs) concluded that the content of the EPPP Part 1 assesses general knowledge required for entry-level psychologist practice in California, with the exception of California law and ethics. This general knowledge should continue to be tested on the CPLEE.

The SMEs were impressed by the EPPP Part 2, both by the concept of measuring skills and by the design of the scenario-based items. Additionally, the SMEs favored the EPPP Part 2 over the EPPP Part 1 as a single-examination option. However, the SMEs concluded that while the EPPP Part 2 assesses a deeper measure of skills than those measured by the EPPP Part 1, that alone may not support adoption of the EPPP Part 2. The SMEs further concluded that the skills measured by the EPPP Part 2 may be adequately assessed during supervised clinical experience, and that the EPPP Part 2 could possibly be an unnecessary barrier to licensure. OPES recommended that the Board continue to monitor the beta testing results of the EPPP Part 2 as part of their decision-

making process for adopting the EPPP Part 2 as a requirement for licensure in California in the future.

Most recently, ASPPB's Board of Directors decided and announced the implementation of the EPPP as a two-part exam effective January 1, 2026, for all member jurisdictions. Based on its factual overview, ASPPB is committed to addressing concerns regarding the exam. ASPPB does not believe that the EPPP Part 2 will create a barrier to practice and it promises to smooth the road to licensure amidst a national mental health crisis. ASPPB's core value is to develop a fair, equitable, and accessible exam, and it states that the two-part exam ensures a thorough assessment of competence and promote consumer protection. ASPPB asserts that it will be mindful of cost and confirmed a 25% reduction in the EPPP Part 2 fee, with no current plans to increase the fee.

#### **5. OPTIONS—MAINTAIN A NATIONAL LICENSURE EXAMINATION THROUGH ASPPB (CONSISTING OF TWO PARTS IN 2026) OR CREATE A CALIFORNIA LICENSING EXAMINATION**

If the Board decides to implement the EPPP as a two-part exam effective January 1, 2026, the portability of the license would be unchanged. The Board would require regulatory changes and the current business processes would be revised to accommodate a new examination.

Should the Board decide not to implement the EPPP as a two-part exam, the alternative would be developing a California licensing examination. There would be significant costs associated with the development and administration of such an exam, and using a state-specific exam would limit portability for some candidates who wish to move in or out of California.

#### **6. MOVING FORWARD**

The EPPP Ad Hoc Committee will meet on April 28, 2023, to discuss both options for how to proceed given the future mandatory two-part national examination. A recommendation will be brought before the full Board for discussion at the May 19, 2023 virtual meeting.



## News You Can Use from the Association of State and Provincial Psychology Boards

*Jacqueline Horn, Ph.D., ASPPB Director of Educational Affairs*

### The ASPPB Credentials Bank

“I’m already licensed and plan to stay in CA, so there’s really no reason for me to save my credentials in a bank.” I can’t tell you how many times I’ve heard something like the previous statement only to learn later that things hadn’t worked out as planned and that person was in trouble—no way to “prove” their educational or training experiences to a board of psychology. It is easy to see the importance of students banking their credentials: They will all be in one place, and when it comes time for licensure, all students need to do is request their credentials be sent to the psychology board where they plan to get licensed. But, more senior psychologists, those already licensed and practicing, often make the mistake of thinking they will never need to show their credentials again.

The ASPPB Credentials Bank is a free service for those in training and those who are already licensed. For students, you can bank test scores, supervisor

ratings, course syllabi, and any other information that might be needed during or for your professional career. For those already licensed, not only can EPPP scores, internship and postdoctoral supervision information, licensure information, and work experience be included; but you can also bank your Continuing Professional Development credentials so that when it’s time for licensure renewal, everything is right there in one place to be sent to the Board of Psychology.

Anyone who banks their credentials in the ASPPB Credentials Bank has 24/7 electronic access to them. Anything “deposited” in the bank is protected on a safe, secure, and continuously updated server. Because all documents are primary-source verified by ASPPB, people who use the bank can request their credentials be sent to any licensing board in the U.S., Canada, or U.S. territories, and boards can be assured that those credentials are legitimate.

To find out more about the bank, go to:  
[www.asppb.net/page/TheBank](http://www.asppb.net/page/TheBank).







## Why It's Important to Keep Your Contact Information Up to Date

Liezel McCockran, Continuing Professional Development/Renewals Coordinator

While inaccurate contact information may seem like a minor inconvenience, it can have huge ramifications. It makes it difficult for the Board to reach you with important information regarding your license if there is incorrect or missing contact information on file. The Board utilizes the following to contact our 22,000, and growing, number of licensees:

- **Address of Record (AOR)**—The AOR is available to anyone who asks over the phone, in writing, or via the Board's website. Your AOR will be the address to which all Board correspondence (e.g., Continuing Education (CE) audit notices, pocket licenses) will be sent. The Board recommends that you do not use your residence address as your AOR, as this information will be publicly available.
- **Physical Business or Residence Address**—The physical business or residence address is for the

Board's internal administrative use, and is not made public. If the AOR is a post office box, or mail drop location, then a physical business or residential address must also be reported.

- **Phone and/or Email**—Your phone number and email address is for the Board's internal use to contact you about your license or registration. This information will not be released to the public, nor will it be displayed online.

Pursuant to [California Code of Regulations 1380.5](#), it is your legal obligation to maintain an up-to-date address and email. You may update your contact information online using BreEZe, [www.breEZe.ca.gov](http://www.breEZe.ca.gov). For information on how to log on, please visit [www.psychology.ca.gov/about\\_us/breeze.shtml](http://www.psychology.ca.gov/about_us/breeze.shtml).







## Licensed Mental Health Services Provider Education Program Recipient Profile



My name is Nicole Kirsch and I am a licensed psychologist. I was granted the Licensed Mental Health Services Provider Education Program (LMHSPEP) award in 2019. Since completing my psychology doctorate in

2013 and obtaining my license in 2015, I have worked for nonprofit organizations that support individuals with developmental disabilities.

Currently, I work for the Regional Center of the East Bay, a government nonprofit organization that provides resources to individuals and families with developmental disabilities within the East Bay Area. Although the Bay Area can be considered a resource-rich community, access to services for people with disabilities varies greatly as it relates to race, language, and socio-economic status. As a Spanish-speaking psychologist working for a government organization within the same community that I was raised, my work has enabled me to help bridge that gap.

The Licensed Mental Health Services Provider award has enabled me to meet personal financial goals that would not have been possible over the past year while worrying less about my ability to pay for my federal loans. Supporting the population that I currently serve is where I was meant to work, and the award has continued to make that dream financially possible for me.





## Explanation of Disciplinary Language and Actions

**Gross negligence:** An extreme departure from the standard of care.

**Incompetence:** Lack of knowledge or skills in discharging professional obligations.

**Public letter of reproof:** Formal discipline that consists of a reprimand of a licensee that is a matter of public record for conduct in violation of the law.

**Accusation:** A formal, written statement of charges.

**Stipulated settlement of decision:** The case is formally negotiated and settled prior to hearing.

**Surrender:** To resolve a disciplinary action, the licensee has given up his or her license, subject to acceptance by the Board of Psychology.

**Suspension from practice:** The licensee is prohibited from practicing or offering to provide psychological services during the term of suspension.

**Revoked:** The right to practice has ended due to disciplinary action.

**Revocation stayed, probation with terms and conditions:** “Stayed” means the revocation is postponed. Professional practice may continue so long as the licensee complies with specific probationary terms and conditions. Violation of any term of probation may result in the revocation that was postponed.

## Administrative Citations:

October 1 to December 31, 2022

The Board did not issue any administrative citations for unlicensed practice during this period.

## Disciplinary Actions:

October 1 to December 31, 2022

### SURRENDER

**Trent Edward Cornell, Ph.D.**

*Psychologist License No. PSY 7185, Monterey*

Respondent Dr. Cornell stipulated to the surrender of Psychologist License No. 7185 after the Board filed an Accusation alleging gross negligence, repeated negligent acts, and violations of the rules of professional conduct after Respondent engaged in multiple relationships by providing individual therapy to a patient related to marriage issues, providing individual therapy to the spouse of said patient, and then providing conjoint therapy to both patients, as well as sexually harassing the patient and failing to properly address the erotic transference of said patient. The Decision and Order took effect October 26, 2022.

**Marilee G. Ruebsamen, Ph.D.**

*Psychologist License No. PSY 15068, Saratoga*

Respondent Dr. Ruebsamen stipulated to the surrender of Psychologist License No. 15068 after the Board filed an Accusation alleging gross negligence, repeated negligent acts, and violations of the rules of professional conduct after Respondent withheld information from the parent of minor patients, fostered a personal relationship with said parent and engaged in multiple relationships, undermined professional boundaries in written communications to said parent, created a multiple relationship by becoming an ally to the opposing attorney in a family court proceeding and combining the two professional roles of child therapist and co-parent counselor, wrote unprofessional and diagnostic statements about the parent to the Board, violated the confidentiality of a patient who had previously filed a complaint against Respondent with the Board when Respondent sent an email to the Board about the parent of the minor patients, and engaged in a conflict of interest by referring the minor patients to Respondent’s own husband for psychological testing. The Decision and Order took effect October 26, 2022.

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**Tracy Elizabeth Thomas, Ph.D.**

*Psychologist License No. PSY 25446, Petaluma*

Respondent Dr. Thomas stipulated to the surrender of Psychologist License No. 25446 after the Board filed an Accusation alleging violations of the rules of professional conduct when Respondent violated patient confidentiality, engaged in improper billing practices, failed to provide and/or document providing proper pre-termination counseling, improperly discharged a patient from treatment a month earlier than agreed upon and paid for, failed to maintain boundaries of competence and engaged in multiple relationships by treating a patient as a psychologist and life coach, failed to take reasonable steps to resolve a potentially harmful multiple relationship, failed to provide informed consent to a patient for neuropsychological testing, failed to provide and/or document providing a copy of signed contracts and/or business agreements, failed to document services provided by other employees, failed to create adequate and legible patient records, failed to take reasonable steps to avoid and/or minimize patient harm, and failed to understand a patient's pathology and establish proper boundaries. The Decision and Order took effect October 27, 2022.

**PROBATION**

**Lauren Ashley Shapiro, Psy.D.**

*Psychologist License No. PSY 29059, Orange*

Respondent Dr. Shapiro stipulated to placing Psychologist License No. 29059 on probation for five years, subject to its revocation if Respondent fails to comply with the terms and conditions of

probation, after the Board filed an Accusation alleging Respondent engaged in gross negligence when Respondent used controlled substances and/or dangerous drugs to an extent that impaired Respondent's ability to perform the work of a psychologist with safety to the public and/or interfered with the delivery of competent psychological services, in that Respondent repeatedly arrived late or did not show to client sessions, failed to create and/or maintain adequate patient records, and administered an Minnesota Multiphasic Personality Inventory test to a co-worker and discussed the testing results with the co-worker. The Decision and Order took effect November 10, 2022.

**PUBLIC REPROVAL**

**Jan C. Harrell, Ph.D.**

*Psychologist License No. PSY 7026, Woodland Hills*

Respondent Dr. Harrell stipulated to the issuance of a public letter of reproof against Psychologist License No. 7026, with cost recovery and coursework terms, after the Board filed an Accusation alleging Respondent was disciplined by the Oregon Board of Licensed Professional Counselors and Therapists for violating the rules of the Oregon



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Board when Respondent failed to create client records concurrently with the services provided, failed to include in the notes a formal or informal assessment of the client, counseling goals or objectives, and progress notes for each therapy or counseling session, and failed to hold in confidence all information obtained in the course of professional services and failed to limit access to client records. The Decision and Order took effect December 22, 2022.

## Regulatory Update

Below are the Board's pending and recently approved regulatory changes and their status in the formal rulemaking process.

### **Title 16 California Code of Regulations (CCR) Sections 1381.9, 1397.60, 1397.61, 1397.62, 1397.67—Continuing Professional Development**

**Status:** On June 29, 2022, the Office of Administrative Law (OAL) approved the Continuing Professional Development regulatory package and filed the changes with the Secretary of State's Office, to be effective October 1, 2022. Licensees that renew between January 1, 2023 and December 31, 2023, can use either the old method of 36 hours of traditional CE or the new CPD model.

This regulatory package does the following:

Changes the continuing education guidelines and requirements that must be completed by licensed psychologists from the Continuing Education model to the broader Continuing Professional Development model.

### **Title 16 CCR Sections 1381.9, 1381.10, 1392—Retired License, Renewal of Expired License, Psychologist Fees**

**Status:** This package was published in the OAL notice register with the comment period ending on November 30, 2021, and hearing on December 1, 2021. The Board submitted this package to OAL for

their final review on May 9, 2022, and withdrew this package on June 20, 2022, due to the need for a modified text. The Board noticed this package for a 15-day comment period due to the issuance of a modified text. The public comment period was from July 5, 2022 to July 21, 2022. The Board voted to approve this package in August 2022. The package was submitted back to OAL on September 1, 2022, and approved by OAL on October 13, 2022. This provision became effective January 1, 2023.

This regulatory package does the following:

This proposal allows a licensee to apply to have their license placed in a "retired" status. It also provides for one reinstatement of a retired license, should a licensee change their mind.

### **Title 16, CCR Section 1397.37 (Shares—Ownership and Transfer) and 1397.39 (Corporate Activities)**

These regulations were nonsubstantively updated for punctuation, grammar, and to revise pronouns for gender neutrality. As changes without regulatory effect, they were approved by OAL with an immediate effective date of January 19, 2023.

### **Title 16, CCR Section 1391.1, 1391.2, 1391.5, 1391.6, 1391.8, 1391.10, 1391.11, 1391.12, 1392.1—Psychological Associates**

**Status:** This package was published in the Office of Administrative Law Notice Register on June 17, 2022, which began the 45-day comment period. This comment period ended on August 2, 2022. On September 14, 2022, the Board noticed this package for a 15-day comment period due a change in the underlying data. This comment period ended on September 30, 2022. The Board reviewed and approved this package at the November 2022 Board meeting. This package was filed with OAL on December 12, 2022. This package will be discussed at the May 19, 2023 meeting as further modifications to the text were recently addressed in a 15-day notice.

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This regulatory package does the following:

Conforms the California Code of Regulations to statutory changes made in SB 1193 (Hill) (Chapter 484, Statutes of 2016) and SB 801 (Archuleta, 647, Statutes of 2021). SB 801, effective January 1, 2022, removed the title “psychological assistant” and replaced it with “registered psychological associate.” SB 1193 created a single registration with the Board of Psychology, independent from supervisor(s) or employer(s). This regulatory package updates this process and clarifies the existing statutory psychological associate registration fee.

**Title 16, CCR Sections 1391.13 and 1391.14—Inactive Psychological Associate Registration and Reactivating a Psychological Associate Registration**

**Status:** This package is in the Initial Review Stage. Staff received feedback from Legal Counsel on September 17, 2019, and have incorporated the recommended changes. Staff is waiting to submit the package back to Board Counsel until the Sunset Psychological Associate regulatory package is further through the regulatory process. Upon approval by Board Legal Counsel, the package will be submitted for the Initial Departmental Review which involves reviews by DCA Legal Affairs Division, DCA Budget Office, DCA’s Division of Legislative Affairs, DCA Chief Counsel, DCA Director, and the Business Consumer Services and Housing Agency.

This regulatory package does the following:

Allows a psychological associate to request that the Board place their active registration in an inactive status. In addition, the proposed regulations would allow the Board to place the registration in an inactive status when the registrant has no primary supervisor. While the registration is in an inactive status, it will stop the time counting towards the cumulative total of six years registration limitation. The Board is also proposing the adoption of the process for reactivating an inactive psychological associate registration.

**Title 16 CCR Section 1395.2—Disciplinary Guidelines and Uniform Standards Related to Substance-Abusing Licensees**

**Status:** Drafting Phase. This phase includes preparation of the regulatory text and collaborative reviews by Board staff and legal counsel.

This regulatory package does the following:

Updates the Board’s disciplinary guidelines including conforming changes pursuant to AB 2138, conviction and substantial relationship criteria, and the Department’s Uniform Standards for Substance Abusing Licensees.

**Title 16 CCR sections 1380.3, 1381, 1381.1, 1381.2, 1381.4, 1381.5, 1382, 1382.3, 1382.4, 1382.5, 1386, 1387, 1387.1, 1387.2, 1387.3, 1387.4, 1387.5, 1387.6, 1387.10, 1388, 1388.6, 1389, 1389.1, 1391, 1391.1, 1391.3, 1391.4, 1391.5, 1391.6, 1391.8, 1391.11, and 1391.12—Pathways to Licensure**

**Status:** Drafting Phase. This phase includes preparation of the regulatory package and collaborative reviews by Board staff and legal counsel.

This regulatory package does the following:

Streamlines the licensing process and removes unnecessary barriers for applicants and the supervisors who support their training.

**Title 16 CCR sections 1380.6, 1393, 1396, 1396.1, 1396.2, 1396.3, 1396.4, 1396.5, 1397, 1397.1, 1397.2, 1397.35, 1397.37, 1397.39, 1397.50, 1397.51, 1397.52, 1397.53, 1397.54, 1397.55—Enforcement Provisions**

**Status:** Drafting Phase. This phase includes preparation of the regulatory package and collaborative reviews by Board staff and legal counsel.

This regulatory package does the following:

This regulatory package would update the Board’s enforcement provisions.

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## **REGULATION ADVISORY: CONTINUING PROFESSIONAL DEVELOPMENT**

Effective January 1, 2023, the California Board of Psychology requires licensees to complete 36 hours of continuing professional development biennially. This regulatory change amends Title 16 of the California Code of Regulations sections 1381.9, 1397.60, 1397.61, 1397.62, 1397.67.

In 2012, the Association of State and Provincial Psychology Boards presented a new model of Continuing Education. In 2012, the Legislature asked the Board to discuss with the Joint Sunset Review Committee its efforts to date to address continuing competency and what it expects to accomplish in near future regarding this issue. The Board's response was that it was working to replace the single requirement of traditional continuing education courses with a more robust continued competency model. In 2015, the Board noticed a regulatory change that established the framework for CPD. The Board made the decision to withdraw the proposed regulatory package and make substantial modifications based on licensee concerns. The Sunset Extension Bill in 2017 established the four different categories of learning activities that met the requirements for CPD. In June of 2017, the Board began the public process of promulgating regulations. The CPD regulatory package has now been approved and the transition from CE to CPD will go into effect January 1, 2023.

CPD is a broader concept, referring to the continuing development of the multifaceted abilities needed for quality professional performance in one's area of practice. This model consists of 15 continuing professional development activities grouped under four different categories. This change does not affect the required 36 hours required for renewal.

NOTE: Licenses that expire in 2023 can be renewed by completing either the traditional continuing education, or CPD.

### **SUMMARY OF CHANGES:**

#### **SPECIFIC TOPIC AREAS REQUIRED**

##### **Laws and Ethics**

Licensees must complete a minimum of four hours of training in the subject of laws and ethics as they apply to the practice of psychology. The requirement can be met using any combination of CPD categories.

##### **Cultural Diversity/Social Justice**

Licensees must complete a minimum of four hours of training in the subject of cultural diversity and/or social justice as they apply to the practice of psychology. The requirement can be met using any combination of the four CPD categories.

##### **Remaining CPD Activities Available**

The following is a summary of CPD learning activities:

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CE/CPD ACTIVITY	MAXIMUM # OF HOURS ALLOWED EACH RENEWAL PERIOD	HOURS CREDITED BY ACTIVITY
<b>CPD Learning Category #1—Professional Activity</b>		
<p><b>Peer Consultation</b></p> <p>Including, but not limited to case consultation, reading or research groups.</p> <p>Licensees shall maintain a record of hours. The record shall include the following: date(s), type of activity, and total number of hours.</p>	<p>1 hour minimum, if used 18 hours maximum</p>	<p>1 hour of activity = 1 hour credited</p>
<p><b>Practice Outcome Monitoring</b></p> <p>Assessing patient/client outcomes via protocol, including the use of repeated standardized outcome assessment protocols to assess patient/client outcomes.</p> <p>Licensees shall maintain a record of this activity as documentation of compliance. This record shall include the following: date(s) of monitoring, client identifier, and how outcomes were measured.</p>	<p>9 hours maximum</p>	<p>1 patient/client of practice outcome monitoring = 1 hour credited</p>
<p><b>Professional Services</b></p> <p>Including, but not limited to, serving on psychological association boards or committees, editorial boards or peer-reviewed journals related to psychology, scientific grant review teams or board member of regulatory body, program development and/or activities in service of psychology.</p> <p>Licensees shall maintain a record of this activity as documentation of compliance. This record shall include the following: board or program name, role of licensee, dates of service, and term of service (six months or one year).</p>	<p>4.5 hours minimum, if used 12 hours maximum</p>	<p>1 year = 9 hours credited 6 months = 4.5 hours credited</p>
<p><b>Conference/Convention Attendance</b></p> <p>Attendance at professional gatherings, either in person or via electronic means, that consists of multiple concurrent or sequential free-standing presentations related to the practice of psychology.</p> <p>Licensees shall maintain a record of this activity as documentation of compliance. This record shall include the following: name of conference/convention attended, proof of registration, and date(s) of conference/convention attended.</p>	<p>6 hours maximum</p>	<p>1 full conference day attendance = 1 hour credited</p>

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CE/CPD ACTIVITY	MAXIMUM # OF HOURS ALLOWED EACH RENEWAL PERIOD	HOURS CREDITED BY ACTIVITY
<p><b>Examination Functions</b></p> <p>Serving in any function related to examination development for the Board or for the development of the EPPP.</p> <p>Licensees shall maintain a record of this activity as documentation of compliance. This record shall include the following: name of exam, dates of service, and number of hours.</p>	<p>12 hours maximum</p>	<p>1 hour of service = 1 hour credited</p>
<p><b>Expert Review/Consultation</b></p> <p>Expert Review/Consultation means serving in any expert capacity for the Board.</p> <p>Licensees shall maintain a record of this activity as documentation of compliance. This record shall include the following: dates of service and number of hours.</p>	<p>12 hours maximum</p>	<p>1 hour of service in expert capacity = 1 hour credited</p>
<p><b>Attendance at a California Board of Psychology Meeting</b></p> <p>Attendance at a California Board of Psychology Meeting (full Board or Committee).</p> <p>Licensees shall maintain a record of hours as documentation of compliance. This record shall include the following: date of meeting, name of meeting, and number of hours attended. A psychologist requesting CPD credit pursuant to this subdivision shall have signed in and out on an attendance sheet providing their first and last name, license number, time of arrival and time of departure from the meeting.</p>	<p>8 hours maximum</p>	<p>1 day of Board of Committee meeting = 6 hours credited</p> <p>For Board or Committee meetings that are 3 hours or less, 1 hour of attendance = 1 hour credited</p>
<b>CPD Learning Category #2—Academic</b>		
<p><b>Academic Coursework</b></p> <p>Completing and earning credit for a graduate-level course related to psychology from an institution whose degree meets the requirements of section 2914 of the Code.</p> <p>Licensees shall maintain a record of this activity. This record shall include a transcript with evidence of a passing grade (C or higher or “pass”).</p>	<p>18 hours maximum</p> <p>Each course counts only once for each renewal period</p>	<p>1 semester unit course = 6 hours credited</p> <p>1 quarter unit course = 4.5 hours credited</p>

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CE/CPD ACTIVITY	MAXIMUM # OF HOURS ALLOWED EACH RENEWAL PERIOD	HOURS CREDITED BY ACTIVITY
<p><b>Academic/Sponsor-Approved CE Instruction</b></p> <p>Academic Instruction means teaching a graduate-level course that is part of a degree program that meets the requirements of section 2914(c) of the Code.</p> <p>Sponsor-Approved CE Instruction means teaching a sponsored CE course that relates to the practice of psychology as defined in 1397.60(c).</p> <p>Licensees shall maintain a record of this activity. This record shall include the following: course syllabus, title of course, name of institution, and dates of instruction.</p>	18 hours maximum	1 quarter or semester academic course = 18 hours credited
<p><b>Supervision</b></p> <p>Overseeing the professional experience of a trainee who is accruing hours towards licensure as a Psychologist, Marriage and Family Therapist, Licensed Clinical Social Worker, Licensed Professional Clinical Counselor, Licensed Educational Psychologist, or Physician and Surgeon.</p> <p>Licensees shall maintain a record of this activity. This record shall include the following: dates of supervision and a trainee identifier.</p>	18 hours maximum	1 hour of supervision = 1 hour credited
<p><b>Publications</b></p> <p>Publications means authoring or co-authoring peer-reviewed journal articles, book chapters, book(s), or editing or co-editing a book, related to psychology or related discipline.</p> <p>Licensees shall maintain a record of this activity. This record shall include the following: either a letter of acceptance for publication, or proof of publication with publication date in the renewal period for which it is being submitted.</p>	9 hours maximum	1 publication = 9 hours credited

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CE/CPD ACTIVITY	MAXIMUM # OF HOURS ALLOWED EACH RENEWAL PERIOD	HOURS CREDITED BY ACTIVITY
<p><b>Self-Directed Learning</b></p> <p>Independent educational activities focused on maintaining, developing, or increasing conceptual and applied competencies that are relevant to psychological practice, education, or science, such as reading peer-review journal articles or books, watching videos or webcasts, or listening to podcasts.</p> <p>Licensees shall maintain a record of this activity. This record shall include the following: date(s), medium (e.g., webinar), topic or title, and total number of hours.</p>	6 hours maximum	1 hour of activity = 1 hour credited
<b>CPD Learning Category #3—Sponsored Continuing Education</b>		
<p>Includes any approved structured, sequenced learning activity, whether conducted in-person or online.</p> <p>The licensee shall maintain proof of attendance provided by the sponsor of the continuing education.</p>	27 hours maximum	1 hour of sponsored continuing education = 1 hour credited
<b>CPD Learning Activity #4—Board Certification</b>		
<p><b>American Board of Professional Psychology (ABPP) Board Certification</b></p> <p>Can count for 100% of required CE in the renewal cycle that certification is awarded.</p> <p>The licensee shall maintain proof of specialty certification.</p>	36 hours	Certification awarded = 36 hours credited
<p><b>“Senior Option” ABPP Board Certification</b></p> <p>Can count for 50% of required CE in the renewal cycle that certification is awarded.</p> <p>The licensee shall maintain proof of specialty certification.</p>	18 hours	Certification awarded – 18 hours credited

For the full text of CPD Regulations: [Notice of Approval, Stamped Form 400, and Order of Adoption \(ca.gov\)](#)

For more detailed information regarding the learning activities, please see the CPD Initial Statement of Reasons: [Continuing Professional Development—Initial Statement Of Reasons \(ca.gov\)](#)

For a discussion of the final regulations and the responses to questions posed during the public comment period, see the Final Statement of Reasons: [www.psychology.ca.gov/laws\\_regs/cpd\\_fsor.pdf](http://www.psychology.ca.gov/laws_regs/cpd_fsor.pdf)

CPD Courtesy Reporting Form: [Continuing Professional Development Reporting Form—California Board of Psychology](#)

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## **REGULATION ADVISORY: RETIRED LICENSE STATUS**

Effective January 1, 2023, the Board will offer a retired license status.

### **History:**

Senate Bill (SB) 1193 (Hill, Chapter 484, Statutes of 2016) was signed by Governor Jerry Brown on September 22, 2016. This bill added section 2988.5 to the Business and Professions Code (BPC), effective January 1, 2017, which gives the Board the authority to issue a license in retired status to a psychologist who holds a current active or inactive license in good standing.

This regulatory change implemented the provisions of BPC section 2988.5 allowing the Board to issue a license in retired status. This status is nonrenewable and requires a one-time payment of \$75 to accompany an application through BreZE or the Board's form [psychology.ca.gov/laws\\_regs/ret\\_status\\_900.pdf](http://psychology.ca.gov/laws_regs/ret_status_900.pdf).

Licensees who choose retired status may return to active status once, using Board form [www.psychology.ca.gov/laws\\_regs/act\\_status\\_905.pdf](http://www.psychology.ca.gov/laws_regs/act_status_905.pdf).

For more information on this regulation, visit our website, at [www.psychology.ca.gov/laws\\_regs/regulations.shtml](http://www.psychology.ca.gov/laws_regs/regulations.shtml).





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## 2023 Meeting Calendar

### BOARD MEETINGS

April 7, 2023  
 May 19, 2023  
 August 18, 2023  
 November 2–3, 2023

### COMMITTEES

#### Licensure Committee

July 21, 2023

#### Legislative and Regulatory Affairs Committee

June 16, 2023

#### Outreach and Communications Committee

September 22, 2023

