



DCPA NEWSLETTER

SUMMER

ISSUE



DC Psychological
Association
Estd. 1947

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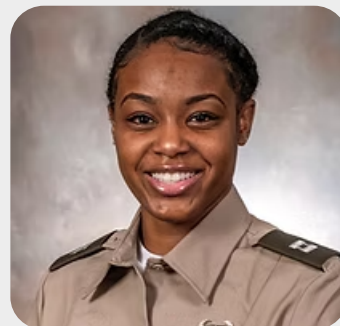
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Letter From the President



PRESIDENT
SYRETTA R. JAMES, PH.D., ABPP

President's Corner: First Quarter Reflections & The Path Forward

As we wrap up the first quarter of the year and are well into the second quarter, I am honored to send you greetings as the President of the DC Psychological Association (DCPA). Stepping into this leadership role has been both inspiring and humbling, and I remain deeply grateful for the trust you have placed in me. This quarter has already revealed a renewed sense of energy and possibility across our organization, and I am excited to share both reflections and the direction we are charting for the months ahead.

A Board Renewed, Recharged, and Fully Seated

One of the most significant accomplishments of this quarter is that every role on DCPA's Board is now filled by devoted, passionate, and highly energized professionals who have stepped forward with purpose and commitment. Their presence signals a new chapter marked by stronger governance, clearer alignment, and deeper engagement. Even as we navigate transition and growth, the Board members are working hard behind the scenes to ensure DCPA remains the strong, collaborative, and professional-focused association it has been. New to the Board is a student member strategically placed to ensure student members are well represented. Because our future depends on the support and engagement of students and early career psychologists, I am excited about the energy our student Board member brings. The Board members are here to serve, and I am sure they would love to hear from you—even if it is just to share a cup of coffee or some words of wisdom.

Forward Momentum Through Strategic Vision

As we look toward the future, my strategic priorities for our association center on member engagement, professional development, and organizational sustainability. I am especially dedicated to increasing our connection with students and early-career psychologists, ensuring they feel welcomed, supported, and encouraged to grow within our community. Strengthening professional development remains another major priority as we curate meaningful programming that reflects the evolving needs and interests of our membership. At the same time, we are placing greater emphasis on organizational efficiency, including updating and modernizing our Board bylaws to ensure clarity, consistency, and long-term sustainability. Each of these priorities will help us evolve into a more resilient and member-focused association.

A Seamless Transition Through Interim Management

Although the separation from our previous association management company marked a significant shift, I am pleased to share that we have transitioned smoothly into our new partnership with Ten One Strategies as an interim management company. Their team has brought professionalism, structure, and stability during a moment when continuity was essential. They have stepped into this role with confidence and care, allowing our programming, communication, and operations to remain strong. Their work has helped reinforce the notion that even in moments of organizational change, our association remains steady, capable, and ready to meet the needs of our members. I am thrilled to have Ten One Strategies' support during our transition.

President Letter Cont.

Strengthening Our Community Through Engagement

As we move further into the year, I want to extend a heartfelt call for deeper member engagement. In times when the world feels unsettled, our community becomes even more important. We thrive when our members are connected, visible, and engaged.

Whether that engagement is large or small, the DCPA community needs YOU. Even a small gesture, such as inviting a colleague to join the association, sharing our social media posts, or attending a networking social, helps us expand our reach and strengthen our impact. Every effort matters, and every contribution enriches our collective work. Your support is needed now and I am looking forward to your energy.

Professional Development Guided by You

Our professional development offerings are created with your growth in mind, and we want them to reflect what truly matters to you. If there is a topic you would like us to explore—whether clinical innovations, ethical considerations, cultural topics, or emerging research—I encourage you to contact our Executive Director. Your recommendations directly inform the programming that supports your career development and overall professional well-being.

A Warm Invitation to Future Members

If you are reading this newsletter but are not yet a member of our association, I warmly invite you to join our community. Membership provides access to discounted continuing education, peer networking, referral opportunities, and the support of a community committed to shared learning and professional excellence. We would be delighted to welcome you into our growing and evolving family.

Looking Ahead With Gratitude and Hope

As we continue to navigate the changing geopolitical and professional landscape, I remain committed to DCPA's membership. I am also profoundly proud to serve as your President and deeply moved by the resilience and dedication I see in the Board members and the greater DCPA community at large. Together, we will create an engaging, purposeful, and transformative year ahead. Let's continue to work together, and I can't wait to see you at a networking or professional development event soon.

Warmly,

Syretta R. James, Ph.D. , ABPP
President, DC Psychological Association



DCPA

2027 BOARD NOMINATIONS

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Letter From the ED



**EXECUTIVE DIRECTOR
LADARION AMMONS**

Dear DCPA Members,

Over the past 6 months, DCPA has been focused on building a stronger, more connected, and more sustainable association for our members. From governance improvements and educational programming to new partnerships and community engagement opportunities, there is a great deal of momentum across the organization. I wanted to take a moment to share some of that progress and highlight opportunities for you to become involved.

One of our major accomplishments has been the review and modernization of the association's bylaws. This work helps ensure DCPA is well-positioned for the future and provides a strong foundation for the association. Our next step will be strengthening policies and procedures to support consistency, transparency, and effective leadership. At Ten One Strategies, we take our role as your

Association Management Company seriously and are committed to helping DCPA remain a strong, sustainable organization.

Collaboration has been another major focus this year. We have continued building relationships with psychological associations across the country, creating opportunities to share ideas, resources, and educational programming that benefit our members. Closer to home, we have enjoyed several successful collaborations with the Department of Psychology at The Catholic University of America and look forward to expanding those efforts in the future.

Professional development remains a priority. We are excited about the upcoming Trust workshop and other continuing education opportunities designed to provide practical tools, valuable learning experiences, and resources that support psychologists throughout their careers.

Looking ahead, DCPA is exploring a potential pro bono partnership that could create meaningful opportunities for psychologists to serve the community while increasing access to care and support. We are excited about the possibilities and look forward to sharing more information as plans develop.

Most importantly, we want you involved. Whether through leadership, committee service, advocacy, educational programming, mentoring, or volunteer opportunities, DCPA thrives because of its members. If you are interested in becoming more engaged, have ideas to share, or would like to support any of our initiatives, please reach out. We would love to hear from you.

Thank you for your membership and for all you do to advance psychology and mental health in the District of Columbia. Together, we are building a stronger association and a stronger profession.

Warm regards,
LaDarion Ammons, J.D.
Executive Director
District of Columbia Psychological Association



DC Psychological
Association
Estd. 1947

By-Law Update Review

[Red Line Review Here](#)

[Clean Version Here](#)

[Vote on Bylaws Review](#)

Letter From the President-Elect

Dear Valued Members,

I am grateful to all of you for your ongoing support of DCPA. I look forward to serving as your board president in 2027 and having the opportunity to collaborate with all of you to in advancing DCPA's mission towards supporting the science and practice of psychology in the DMV. As we look forward to the future, my fellow board members and I are working diligently to ensure that we continue to grow our membership, advance the operations of our committees, and continue to provide excellent continuing education opportunities for our members.

Currently, the board and I are looking to relaunch several of our committees that we see as essential for providing vital resources as well as volunteer opportunities to our members. Most notably, we hope to have a fully operational membership and marketing committee and an ethics committee in the coming months. Currently, the chair positions for both the Membership and Marketing Committee and Ethics Committee are vacant.

The membership and marketing committee is crucial for DCPA's role in engaging, retaining, and recruiting association members and assessing the wants and needs of our members. We are currently seeking out an energetic and enthusiastic candidate to take on the membership and marketing chair position and hope to fill the position in the coming months.

For years the ethics committee and its volunteer members have served to answer ethical questions for DC psychologists. We feel that the ethics committee continues to be a vital and valuable resource for our association members and we are eager to find a candidate who possesses a strong passion for professional ethics to take over as our new ethics committee chair. Dr. Douglas Favero served as our ethics committee chair for many years. I wish to express my heart felt gratitude to Dr. Favarro for his years of dedication and service to DCPA and the ethics committee. This year, Dr. Favero decided to step down from the position in hopes of passing the torch to a new candidate. Dr. Favero has graciously offered to provide mentorship and support to our future ethics chair.

Thankfully several of our committees are currently active and are doing great work. I wish to express my gratitude to all the committee chairs and volunteers who dedicate their time and efforts to the association and its mission. They truly make DCPA a great association.

I hope that many of you will consider volunteering for one of our vacant chair positions. As a committee chair you will provide vital services that are meaningful to our members. This is also be a great opportunity for you to become an active and engaged member of our association.

On behalf of DCPA, I want wish all of you a very Happy Pride Month! I thank all of you for making DCPA a wonderfully diverse and inclusive organization dedicated to equality and justice. However you choose to celebrate this month, I hope that it is filled with joy, meaningful moments, and learning.

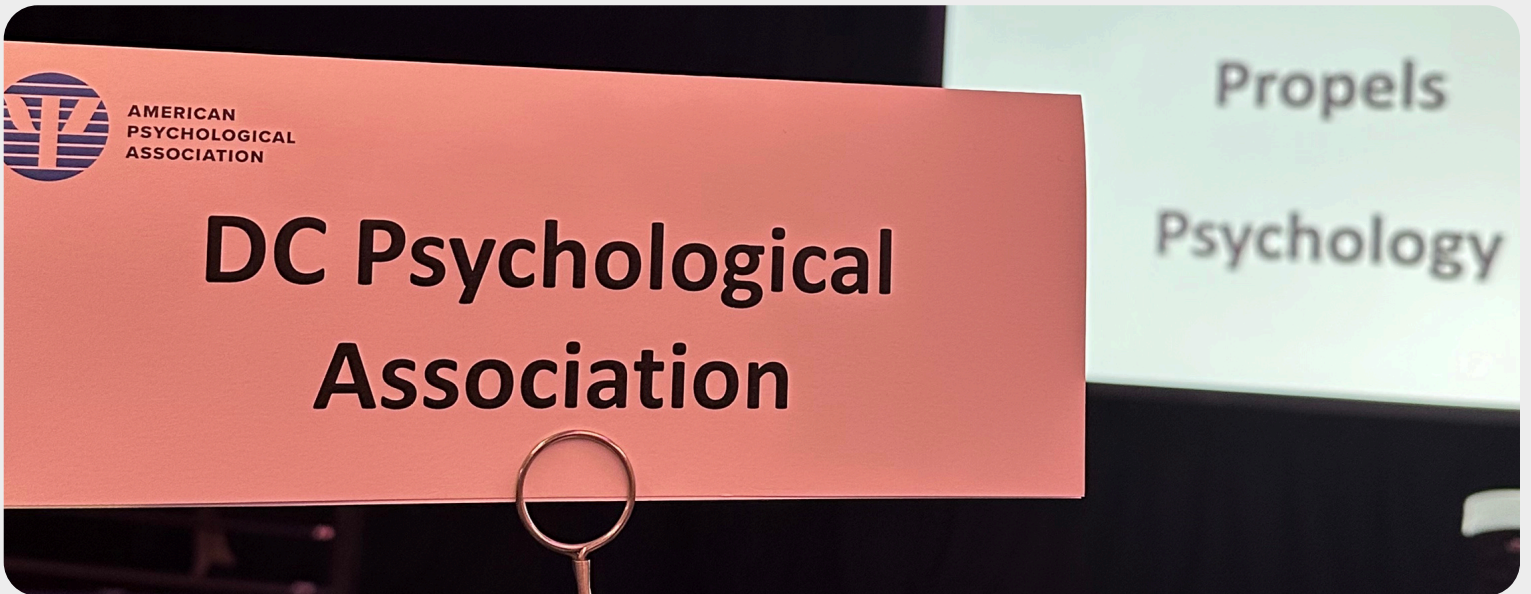
Kind Regards,

Michael O'Heron, PhD
President-Elect



**PRESIDENT-ELECT
MICHAEL O'HERON**

Practice and SPTA Leaders Conference



REPRESENTING AND ELEVATING MPA AT PSLC WASHINGTON, DC



The DC Psychological Association proudly recognizes Executive Director LaDarion Ammons for his recent presentation at the Practice & Science Leadership Conference (PSLC) in Washington, DC.

PSLC brings together psychological association leaders from across the country to collaborate, share insights, and strengthen the future of the profession. LaDarion's participation and presentation highlighted his commitment to advancing association leadership, fostering innovation, and supporting psychologists through effective organizational strategy. Through his work, LaDarion continues to elevate DCPA's presence on a national stage while bringing valuable knowledge and perspective back to benefit our members here in Mississippi. His leadership reflects a strong dedication not only to DCPA, but to the broader psychological community.

DCPA is honored to have LaDarion representing DC and is grateful for his ongoing commitment to growth, collaboration, and excellence.



The District of Columbia Psychological Association proudly recognizes our President, Dr. Syretta James, for her participation as a panelist at the Practice & Science Leadership Conference (PSLC) in Washington, DC.

PSLC brings together psychological association leaders from across the country to collaborate, share ideas, and strengthen the future of the profession. Through her contributions on the panel, Dr. James represented DCPA with insight, professionalism, and a deep commitment to advancing psychology and association leadership.

Her participation reflects DCPA's dedication to fostering meaningful conversations, supporting innovation, and amplifying the voices of psychological leaders on a national stage. Dr. James' leadership continues to elevate our organization while bringing valuable perspectives and collaborative opportunities back to benefit our members and the communities we serve.

DCPA is proud to have Dr. James representing our association and is grateful for her ongoing commitment to excellence, advocacy, and the advancement of the psychological profession.

From a Seat at the Table to Serving in Leadership

I am the current secretary on the DCPA Board, former Member-At-Large, and former chair of the Mentorship committee. When I was first presented the opportunity to take on these roles, I had little idea of what to expect; I had never been part of a professional organization before, let alone in a leadership position. I quickly became fond of the other Board members, felt passionate about the causes that DCPA supports, and felt a strong urge to get others in my network involved as well so that they too could benefit from what DCPA provides.



SECRETARY
DIPANA JAIN, PSY.D.

Chairing a committee was a great initial way to get involved in the leadership of the organization. It allowed me to direct my energy towards a specific cause I felt was important to me in my career, which was connecting mentors to mentees. We received inquiries from psychology students of all levels as well as early career psychologists requesting to be matched to mentors to help them with navigating graduate school, research, job hunting, and much more. I was inspired to see the amount of DCPA members who volunteered their time and energy to be mentors, given everyone's busy schedules. It only spurred my desire to work harder and one day be one of those seasoned psychologists who are able to impart their wisdom, alleviate anxieties, and connect others to opportunities. This tied into my role as a Member-At-Large: Clinical, as I was able to use my experiences so far doing therapy and clinical supervision in my own career to advance the interests of others in private practice and beyond.

In 2026 I have stepped into the role of Secretary of DCPA, in charge of keeping records and oversee procedures and documents. This has allowed me to deepen my knowledge of the inner workings of the organization and be involved in decision making regarding our future directions. I have learned that this is an exciting time to be involved in DCPA; we are at a pivotal point in history when it comes to policies that may affect the field of psychology for years to come. Since our organization is still growing, each individual voice can leave a sizeable impact on both DCPA itself and on psychology in the DMV region and beyond. Serving in leadership, whether on our Board or as a committee chair can lead to an even greater ability to shape future generations of psychologists to come. I have found that my time in DCPA leadership has enhanced my experience as a psychologist by increasing my connection to the community as well as giving me countless opportunities to learn from others in the organization, and encourage others who are seeking these benefits to join us!

Dipana Jain, Psy.D.
DCPA Secretary



Dr. Bryant is a licensed New Hampshire and Massachusetts-based clinical and forensic psychologist, with board certification in Forensic Psychology by the American Board of Professional Psychology. She received her B.A. from the University of West Florida, her M.A. and Ph.D. in clinical psychology from Duquesne University, and completed a forensic postdoctoral fellowship at the University of Massachusetts Medical School Law and Psychiatry Program.

Working in both criminal and civil arenas, Dr. Bryant has maintained a private practice in clinical and forensic psychology for nearly two decades and has provided psychological services in a variety of forensic and therapeutic settings.

Dr. Bryant is a Fellow with the American Academy of Forensic Psychology, and formerly served as President and Executive Director of the New Hampshire Psychological Association (NHPA). She also served on the NHPA Ethics Committee for over ten years, received the Margaret M. Riggs Award for Distinguished Contribution to Psychology in the State of New Hampshire, and was awarded the Karl F. Heiser APA Presidential Award for Advocacy. Dr. Bryant brings extensive experience in forensic, clinical, and ethical consultation, academic instruction, and professional presentation to her role on the risk management team.

Sequence XVI: Risk, Relationship, and Responsibility: Ethics and Risk Management in the Web of Modern Practice

- 6 Ethics Continuing Education Credits
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Registration opens at June 10th

Workshop is November 13th via Zoom from 9:00 a.m. - 4:00 p.m.

Workshop Description

Psychological practice today unfolds within an increasingly complex and interconnected landscape—one that places unprecedented demands on both new and experienced clinicians. Expanding scopes of practice, rapidly evolving technologies, interjurisdictional care, and continued ethical and regulatory scrutiny have fundamentally reshaped what it means to practice responsibly. The challenge goes beyond understanding ethical principles to applying them skillfully, compassionately, and coherently across overlapping roles, systems, and expectations where decisions in one area often ripple outward into others.

This workshop offers an integrated, systems-informed framework for navigating complexity with clarity and confidence, supporting thoughtful, care-driven decision-making that protects clients, preserves trust, and sustains clinicians over time.

Three interconnected dimensions of contemporary practice will be explored. Participants will examine the relational foundations of ethical work, including informed consent as an ongoing process and the management of multiple relationships and boundary complexities that arise when professional roles and contexts intersect. The focus then turns to the digital and interjurisdictional landscape, addressing ethical responsibilities related to artificial intelligence (AI), digital privacy, and practicing across regions and regulatory contexts—where actions in one setting can have implications far beyond it. The workshop concludes with the legal and regulatory dimensions of modern practice, including documentation, multi-state practice considerations, and responding skillfully to licensing board complaints as professional reach and responsibility expand.

Throughout, the emphasis is on helping clinicians make integrated, ethical, and defensible decisions in a complex environment without becoming reactive, overly cautious, or disconnected from care. Participants will leave with practical strategies, renewed clarity, and a steadier sense of how to strengthen their professional structures and practice ethically, responsibly, and sustainably within today's evolving landscape.

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David A. Jobes, PhD, ABPP

FRIDAY, 18 SEPTEMBER 2026 | 12:00 - 3:15 PM ET | LIVE WEBINAR

The National Register & CESPPA are partnering to bring high-quality webinars designed to financially support State, Provincial, and Territorial Psychological Associations (SPTAs).

End of Year Social hosted by DCPA Students



Beauty, brains, and a brand new library card.

DCPA Students took over the Library of Congress Jefferson building at their Live! At the Library event. We had a great time connecting with DCPA leadership and exploring the Great Hall.

There's nothing quite like networking under those golden ceilings. Stay tuned for the next meet-up!



Four ways parents can help teens use AI safely

Compiled by APA Staff



Your teenager is already using [artificial intelligence](#) daily—often without even realizing it. Unlike social media, where teens know they’re talking to people, AI works invisibly through predictive text, chatbots, and personalized recommendations, shaping their experiences in ways teenagers don’t recognize.

APA’s health advisory, “[Artificial Intelligence and Adolescent Well-being](#),” reveals both promising opportunities and important challenges with AI technology for teens. With adolescence (ages 10–25) constituting a critical period of brain development, understanding how to navigate AI thoughtfully can help maximize benefits while avoiding potential pitfalls.

“Like social media, AI is neither inherently good nor bad,” says APA Chief of Psychology Mitch Prinstein, PhD. “But we have already seen instances where adolescents developed unhealthy ‘relationships’ with chatbots. Some adolescents may not even know they are interacting with AI, which is why it is crucial that developers put guardrails in place now.”

1. Some teens are getting too attached to AI companions

Psychology shows adolescents are less likely than adults to question chatbot responses and may struggle to distinguish programmed empathy from genuine understanding. Early research indicates some teens are developing strong attachments to AI companions, which can interfere with learning real-world social skills, says clinical psychologist Mary Alvord, PhD, founder of Alvord, Baker & Associates, LLC, and a member of the health advisory’s expert panel.

“It’s easy for teens to mistake a chatbot’s programmed responses for real empathy,” Alvord notes. “But no matter how friendly or helpful AI seems, it can’t replace the emotional depth of a human relationship. Parents can play a key role in helping teens tell the difference—and in encouraging real-world connections.”

What parents can do: Ask your teen to show you AI tools they’re using. Help them understand that these provide programmed responses, not genuine relationships. Encourage face-to-face interactions and ensure AI supplements rather than replaces human connection.

2. AI health information can be misleading, yet convincing

When teens seek health information online, which data show they frequently do, AI can produce inaccurate information that seems authoritative. This polished presentation can make false or controversial health information particularly convincing, potentially leading to impulsive decisions or delayed treatment, says Linda Charmaraman, PhD, founder/director of the Youth, Media, & Wellbeing

Four ways parents can help teens use AI safely

research lab at the Wellesley Centers for Women and another member of the health advisory's expert panel.

"Teens may be seeking out a clear cut, universal answer when there is so much in the gray zone," Charmaraman says. "Teens are still learning how to weigh credibility, and AI can blur those lines by sounding confident and reliable. Parents can help by encouraging curiosity: 'Who's behind this advice?' or 'Is this information relevant to teens like me?' are great questions to ask together."

What parents can do: Remind your teen that AI health information should never substitute for professional medical advice. Encourage them to verify health information with you, a health care provider, mental health professional, or another trusted adult before acting on it.

3. Teens' data is being used; privacy at risk

AI systems collect extensive personal information from teens—including behavioral patterns and preferences—often using it for targeted advertising or sharing with third parties. Teens may not realize how their data is being used or how AI can sometimes perpetuate biases, notes Jessica Hamilton, PhD, assistant psychology professor at Rutgers University-New Brunswick and another member of the health advisory's expert panel.

"Most teens don't realize how much of their personal data is being tracked—and how that information can be used to influence what they see, buy, or even how they feel," Hamilton says. "Parents don't need to be tech experts, but they can help their kids ask smart questions about the apps they use and who's benefiting from their data."

What parents can do: Review privacy settings together on devices and apps. Look for AI-powered features and understand what data is collected. Choose platforms with strong privacy protections and help your teen understand how their data might be used.

4. AI can be a valuable learning tool

AI offers genuine educational benefits when used thoughtfully. It can assist with brainstorming, organizing information, and providing personalized feedback. Your goal is to help students use AI to enhance their learning while still developing their own analytical abilities. However, it's crucial that students don't become overly dependent on AI, which could impede development of their own knowledge and skills. The goal should be using AI tools to supplement, not replace, traditional learning approaches.

What parents can do: Encourage your teen to actively question AI-generated content rather than accepting it at face value. Help them understand AI's limitations and ensure they're building their own problem-solving skills alongside using these tools.

Moving forward

Ask your teen to show you the AI tools they're using. Stay curious about their experiences. Model thoughtful AI use when you encounter it yourself.

"We have an opportunity to get AI right for young people in ways we didn't with social media," Prinstein notes. "By understanding both the benefits and risks now, parents can help their teens navigate this technology safely while maximizing its positive potential."

Psychology Advocacy Network

ACTION ALERT

Please urge your Members of Congress to block, and the Administration to withdraw, proposed regulatory changes that will impact federal funding for psychological research, education, training, workforce development, and access to behavioral health services.

Specifically, a sweeping new proposed rule from the Office of Management and Budget (OMB) would significantly reshape how all federal grants and other financial assistance is awarded and managed across the entire government. **The proposal does this by:**

- Codifying the administration's efforts to increase control and oversight of federal grantmaking by giving unprecedented authority over grantmaking to political appointees.
- Making peer review advisory, rather than determinative, shifting decision authority away from traditional expert-driven processes.
- Restricting public access to information about federally funded programs and research.
- Prohibiting federal funding on a range of "ideological" issues, and shifting the federal approach toward a standardized, non-identity-specific model of assistance.
- Expanding the administration's authority to terminate active grants at any time, for any reason.
-

All together, these changes—which apply to all discretionary federal grants and financial assistance programs—pose a serious risk to scientific independence, public health, and the integrity of evidence-based decision-making.

This would be particularly harmful to already vulnerable populations, including those in rural and frontier communities, who disproportionately rely on federal investments in education, public health, infrastructure, broadband, and housing.

APA Services Ask: Here are three actions you can take to stand up for scientific integrity and protect communities across the country who rely on services and care supported by federal funding.

- Read our summary of the proposed rule.
- Use our action alert to ask Congress to halt this proposal and protect critical federal funding. Not only does Congress appropriate funds for these programs, but it plays an essential oversight role in ensuring federal investments are used in alignment with agency missions.
- Submit comments to OMB in opposition to this proposed rule by July 13, 2026. Public comments, which can be submitted anonymously, are a crucial part of the regulatory process and a way for agencies to hear from the public. Review our toolkit for detailed guidance and talking points on how to submit your own, personalized comment on the proposed rule. In this policy landscape, your personal narrative will be more impactful than a pre-written message.
-

The time to act is NOW! Psychology's voice is needed now more than ever to defend the integrity of federal research, and protect access to behavioral health services and financial assistance programs vital to populations across the U.S.

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[Renew or Join Today](#)



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