

Practice *Update*

Promoting and supporting practicing psychologists

December 12, 2025

To subscribe, visit apaservices.org/practice/update. To view this email as a web page, [click here](#).

We're powering down until the new year: This is our last issue of *Practice Update* for 2025, and we'll be back on January 9. In the meantime, visit the [APA/APA Services Response Center](#) often for timely updates and resources on federal policy relevant to psychologists. We are grateful for your readership and all the thoughtful feedback—see you in 2026.



POPULATION HEALTH

A New Pathway for Reimbursement of Supervised Doctoral Psychology Trainees

Washington State has created a new credential—the Licensed Psychological Associate—for psychological trainees (practicum students, interns, and postdocs) actively accruing hours toward licensure under supervision as part of a doctoral program or participating in a postdoctoral experience. When the credential becomes effective on January 1, these trainees will be able to deliver reimbursable behavioral

health services under licensed supervision through Medicaid and commercial insurance. The credential is the result of an ongoing partnership between APA Services and the Washington State Psychological Association and will significantly expand the state's behavioral health workforce. [Read the full story.](#)



PRACTICE MANAGEMENT

APA's Guidance for the Evaluation of AI Scribes

This brand-new free resource helps clinicians determine whether an AI scribe for clinical documentation could aid clinical settings and how to select a high-quality tool that complies with ethical standards and privacy laws. [Read the full guidance.](#)



PRODUCT SPOTLIGHT

Paid for by Upheal

UphealOS is here


Are you satisfied with your EHR?

UphealOS is the operating system for private-pay therapists. Replace your EHR, billing, notes, scheduling, forms, and telehealth with one connected system. Built by therapists and powered by AI, to help you work faster and focus on clients.

ADVERTISEMENT

Practice management software with AI inside.

"It's



Try it Free


ADVERTISEMENT

THE FRAUD FALLOUT

9-CE On-Demand Training Series

CE THROUGH:
NBCC | APA | ASWB

6 MODULES



Mental Health. For Life.

ADVOCACY FOR PRACTITIONERS

Florida Moves to Restrict AI-Delivered Therapy

Following recent meetings between APA representatives and Florida Governor Ron DeSantis—a dialogue initiated after recent congressional testimony on the harms of AI chatbots—DeSantis has announced a new proposal for an Artificial Intelligence Bill of Rights for the state. The proposal seeks to “prohibit entities from providing ‘licensed’ therapy or mental health counseling through artificial intelligence,” a restriction that also extends to using AI to imitate licensed professionals. This provision is a direct result of our advocacy efforts to ensure patient safety and protect psychological practice. APA Services staff will continue to monitor this legislation as it moves through the Florida state legislature. [Learn more about the proposal.](#)



GENEROSITY

What Happens in Your Brain When You Give a Gift?

The most recent issue of APA's *Psychology for a Better You* newsletter is live and free for anyone on LinkedIn. In step with the season, this month's issue delves into psychological research on why generosity feels so good—and why it sometimes causes stress. [Read the full issue](#) for insights on why gifting can tilt toward stress or joy, and strategies to fuel optimism and boost well-being.

How satisfied are you with *Practice Update*?

[Extremely dissatisfied](#)

[Somewhat dissatisfied](#)

[Neither satisfied nor dissatisfied](#)

[Somewhat satisfied](#)

[Extremely satisfied](#)

ADVERTISEMENT

ADVERTISEMENT

Note Designer

Write Better Notes. Faster.

Trusted by thousands of your colleagues for over a decade!

Advancing "Ethical AI" for Professional Integrity

Affordable, Customizable, Comprehensive & Secure

✓ **Free Demo**
no credit card required

Try Now!

AI-Powered Notes

Always Available-
Always Optional



Heard

APA MEMBER SPECIAL OFFER

Be ready for tax season

Get up to 30% off annual plans and save over \$600!

Book free consult

EXPIRES 12.31.2025

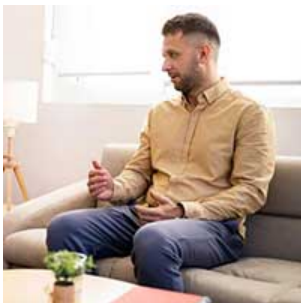




MEDICARE

CMS Releases Updated Guidance on Telehealth Claims

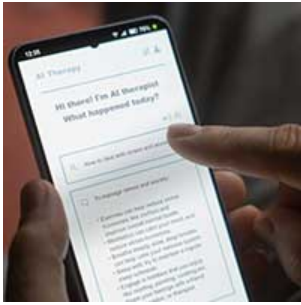
The Centers for Medicare and Medicaid Services (CMS) has released updated guidance to practitioners on the status of Medicare claims for services furnished by telehealth. The guidance incorporates policies from Congress' restoration of the telehealth flexibilities, which temporarily lapsed during the government shutdown. The guidance also incorporates new CMS policies from the October 31 release of the Medicare Physician Fee Schedule Final Rule for Calendar Year 2026. Learn more. A full analysis of the Physician Fee Schedule Final Rule will be available in January.



YEAR IN REVIEW

Psychologists Increase Uptake of AI Tools, But Cautions Persist

The APA 2025 Practitioner Pulse Survey reveals a growing ease with AI for practice management alongside ongoing privacy misgivings. Aside from AI, clinician reports indicate that the mental health crisis isn't over. Nearly half (45%) saw an increase in the severity of their patients' symptoms. Clinician capacity appears to be stabilizing postpandemic, with plateaus or declines in burnout rates, waitlist length, and the ability of providers to meet patient demand. Read the full story.



TECH

New Funding Opportunity to Study AI and Mental Health

OpenAI has announced a \$2 million grant program to support independent research on the intersection between AI and mental health. As the public increasingly is turning to AI for emotional support, there is a critical need for scientific research to help guide AI development and safety guardrails. OpenAI is seeking research focused on the potential risks and benefits of AI within the context of mental health to help guide the development of a safer AI ecosystem. [Get the details.](#)

RURAL HEALTH

Call for Public Comments: Resolution on Prioritizing the Behavioral Health Needs of Rural Communities

APA's Committee on Rural Health and the Council of Representatives Rural Health Caucus are requesting comments for a proposed resolution addressing the urgent behavioral health needs of rural communities across the United States. Constructive comments are welcome, including recommendations and concerns about how the resolution can best reflect the needs and priorities of rural communities as APA advances stronger advocacy, telehealth, school-based, and community-based mental health solutions for rural America. Feedback is due January 8 to allow time for the resolution to be further revised as needed in preparation for the February Council of Representatives meeting. [Add your comments.](#)

QUICK STUDY

New findings to power your work

A meta-analysis of 79 randomized trials showed that depression and anxiety apps have a relatively high uptake rate of 92.4%, but a modest adherence rate of 61.8%, according to a study in *JAMA Psychiatry*. Adherence was higher in trials that included personalization features (69.3%), symptom monitoring tools (66.9%), recommended-use instructions (67.4%), or cognitive behavioral therapy-based content (66.5%). Posttest attrition rates were 18.6%, with follow-up attrition rising to 28.4%. Factors that reduced attrition included reminders, human contact, and the absence of gamification features.

Veterans with posttraumatic headache (PTH) are at higher risk of suicidal ideation and attempts compared with veterans with headache-free traumatic brain injury (TBI), according to a study in *Lancet Regional Health Americas*. Veterans with PTH were at 1.45 times higher risk of suicidal ideation and 1.66 times higher risk of suicide attempts compared with matched controls with headache-free TBI. There was no significant difference in risk of suicide death in veterans with PTH compared to those with TBI without headache.

When we forgive others for a past offense, we experience less intensity in our negative feelings about the event, suggests research in the *Journal of Experimental Psychology: General*. In two online studies, 452 participants recalled real-life personal offenses they had either forgiven or not. They completed questionnaires about the recall of the event, to which the researchers assigned a vividness score. Participants who had forgiven the person who wronged them reported less negative affect when remembering the event.

About a quarter of U.S. service members and veterans who start psychotherapy for posttraumatic stress disorder quit before they finish treatment. But not all therapies are equal in their appeal, with some effective approaches reporting the highest dropout rates, according to research published in *Psychological Trauma: Theory, Research, Practice, and Policy*. In a meta-analysis of 181 studies covering 232 PTSD treatments and more than 124,000 military participants, researchers found an average of 25.6% of veterans and service members dropped out before finishing the recommended course of treatment for all PTSD therapies. However, rates differed significantly among the therapies. [Read the press release](#).

DID YOU KNOW?

APA opens each new year with a full scan of psychology's biggest trends and shifts—look for our 2026 Trends Report in early January. In case you missed it, here is [last year's trends report](#).

Practice Update covers the latest news and trends relevant to the broad range of practicing psychologists. [Share with a colleague](#) and follow APA on [Instagram](#) and [LinkedIn](#). Send feedback to pracupnewslet@apa.org.

APA Membership

Get the help you need to succeed in today's challenging environment. [Start your membership today](#).



PsycCareers

PSYCHOLOGY JOBS AND RESOURCES

NEUROPSYCHOLOGICAL PRACTICE FOR SALE IN CHARLESTON SOUTH CAROLINA , SHELDON LEVIN PH.D LLC, Mount Pleasant, South Carolina

Clinical Psychologist performing Psychological Evaluations , Grandis Evaluation Center, PC, North Carolina

[MORE](#)



AMERICAN
PSYCHOLOGICAL
ASSOCIATION
SERVICES, INC.

© APA Services, Inc.

750 First Street, NE, Washington, DC 20002

apaservices.org/practice

APA Services, Inc. is a legally separate companion organization to the American Psychological Association (APA). APA Services, Inc. supports advocacy and psychologists' economic and marketplace interests in ways that APA cannot. For more information, visit www.apaservices.org.

[Unsubscribe](#) | [Manage your email preferences](#)

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.