

NPA Member Spotlight

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Anne Talbot, PsyD and her generous dedicated driver and husband, Dave Calkins

Anne Talbot, PsyD

How long have you been a member of NPA?

I joined the Nebraska Psychological Association about 30 years ago, shortly after earning my psychologist license—midlife, mid-career, and ready for a new chapter. By then, I'd already spent more than a decade working in health professions, so joining NPA felt like the natural next step in staying engaged and connected in the field.

Why did you join?

It was an easy decision. I saw firsthand how NPA's advocacy, mentorship, and sense of community helped my colleagues thrive, and I wanted to be part of that. Over the years, NPA has been my reliable source for professional growth, inspiration, and staying informed in a field that never stands still.

Where do you work?

Scottsbluff, Nebraska, has been my home and professional base for decades. I co-own Options in Psychology, LLC, with my long-time business partner, Mark Hald, PhD. We started as a team of two psychologists, and together with our master's-level colleagues, have trained and collaborated with more than 30 therapists. Today, our clinic includes eight psychologists and several master's-level clinicians, offering care across the lifespan. I'm also licensed in Wyoming, and my work occasionally takes me across state lines—and sometimes three time zones!

What do you love about being a psychologist?

Psychology has always been both a calling and a continual source of learning for me. I appreciate the complexity of the work and the privilege of helping people navigate real challenges. Building a practice in rural Nebraska wasn't part of my original plan—my early ambitions leaned toward urban centers like New York or even the UK and Europe—but settling here has brought a level of professional fulfillment and genuine community connection that I deeply value.

Hobbies and Interests?

These days, I still run, though at a slower pace and for fewer miles than I did when training for three marathons and over 14 half-marathons. I especially enjoy hiking and running on Saddle Rock Trail at Scotts Bluff National Monument, where the scenery and fresh air help spark new ideas. I'm also an avid vegetable gardener and a recent enthusiast of pollinator gardening, thanks to my daughter.

My husband Dave is the creative force in our family—a filmmaker, musician, and wildlife photographer. I'm his roadie and assistant director, always happy to help behind the scenes and share in the adventure. We've traveled widely and collaborated on projects, including a short film about Bosnia I produced around 2015 with Dave's input. I'm currently reconnecting with Coventry, UK, my birthplace, which has become a center for peace and reconciliation. Travel is part of my DNA, and I'm always eager for new experiences, whether it's across the Atlantic or across the Nebraska prairie and up and down the Rocky Mountains.

What do you most like about being a member of NPA?

It's the people who make NPA exceptional—a diverse group of passionate and wise psychologists. I was first recruited to the board by a psychologist who was from Scottsbluff and Gering, (past NPA President, Shannon Black!), and have since served as board member, committee chair, president-elect, president, and past-president. Each role has brought meaningful connections with mentors and colleagues. My term as president was succeeded by an impressive group of women – Diane Marti, Katie Carrizales, Sarah King, and Cate Jones-Hazledine. I am proud to note that three of these last five presidents are from western Nebraska, and this strong western leadership pipeline continues with Devynn Campbell, who joins the board this year as Member at Large – Greater Nebraska!

The longstanding exchanges with such a broad range of psychologists serving on the board over the years, as well as the wide range of members involved in research, clinical practice and advocacy from whom I'm always learning, and for whom I have everlasting respect, are unmatched by other associations for me. I'm especially committed to advancing prescriptive authority for specially trained psychologists in Nebraska—shout-outs to Dan Ullman, our newest colleague Megan Lawhon, and the hardworking RxP Committee; the Professional Affairs Committee led by Kate Linder; and one of our longest-serving board members, Dave Carver, a dear friend and colleague. I want to also recognize Will Spaulding, Joe Swoboda, Lori Wall, and Jim and Lynda Madison who have each contributed so much to NPA and to me over many years! So many people to remember with not enough room to name all of them! And of course, special thanks to our outstanding Executive Director, Carmen Skare, who keeps everything running smoothly and energetically. Carmen is truly a nonpareil!

What might surprise people about you?

I'm sometimes surprised myself by where my interests and opportunities have led me. From Coventry, England, to Pennsylvania, Massachusetts (where I earned a nursing degree at Boston College), Colorado (for a master's in psychiatric nursing and later a doctorate at the University of Denver), New York, and finally Nebraska—now also co-located in Indiana. My husband and I split our time between Scottsbluff and Indianapolis, enjoying grandparent life with our daughter, son-in-law, and two granddaughters, all while continuing to do the things we've always loved.,

Why do you find NPA inspiring and worthwhile?

NPA is much more than an association—it's a family of professionals who support, challenge, and inspire one another. The advocacy work, legislative efforts, and commitment to recruiting and retaining psychologists—especially in rural areas—make NPA vital to our state. I've seen firsthand how NPA helps us grow, adapt, and make a real difference.

If you're an early, mid, or late-career psychologist, I encourage you to stay active, share your wisdom, and help keep NPA the vibrant, dynamic, and exemplary association it is. We accomplish so much more when we work together.