



Psychotherapy Action Network Overview

PsiAN was formed following a multidisciplinary conference held in Chicago in 2017. The conference aimed to explore the threats to psychotherapy posed by legislation, insurance policies, marketplace interests, biases in research and training, and cultural pressures, and also to suggest hopeful directions for collective action. PsiAN was created to carry the momentum forward, and with our growing membership and slate of initiatives, plus our sold-out conference in San Francisco in 2019, we have been gathering steam ever since!

Here's an overview of our initiatives and their corresponding committees, as well as information on how individuals and organizations can become PsiAN members. If you're interested in becoming a part of our team, we welcome you warmly. We are 100% volunteer-powered, so whether you'd like to join a committee, or only have time for a task or small project, your help is needed and appreciated. We are always interested in hearing about new opportunities to promote psychotherapies of depth, insight and relationship, so please contact us if you have ideas for additional initiatives!

Our Committees are structured to reach our 3 main audiences: (1) the general public, (2) policymakers and legislators, and (3) our own professions.

Marketing and Communications Committee

- **The Branding Initiative** aims to change the public discourse around talk therapy. For too long, the most superficial views of human nature and emotional suffering have been allowed to prevail in our public discourse, with a corresponding press to sell quick-fix “treatments” for complex and very personal forms of distress. Our pro bono team of branding, market research and advertising strategy professionals is working to complete research that can give substantive insight into the public's thoughts and feelings about psychological treatment and how best to communicate the advantages and benefits of psychotherapy as a treatment modality.
- **The Rapid Response Initiative** tracks the popular press to pinpoint ways in which psychotherapies of depth, insight and relationship are omitted from discussions of mental health entirely, or in which recommended treatments are limited to “CBT and meds.” We have created a library of position papers that can be sent out quickly by our team to correct biases in magazine articles, news reports, health newsletters, films and other sources of public information.

Professional Education Committee

- **The Education and Accreditation Initiative** works to advocate for clinical program accreditation policies that allocate sufficient time and expertise to the teaching of psychotherapy in graduate programs.
- Our sub-committees are focused on changing existing accreditation policies and requirements in psychology and clinical social work programs, plus a longer-term goal of developing an alternative cross-disciplinary accrediting body.

Children's Committee

- **The Children's Initiative** is focused on defining optimal care for children and their families. This Committee is working on developing materials for pediatricians and parents to explain treatment options, outline benefits and risks, and promote greater awareness and understanding of how and when psychotherapies of depth, insight and relationship can help children and families.

Membership Committee

- **The Membership Committee** aims to reach out to individuals, organizations, schools, institutes, agencies and other groups so that we can grow in strength by continuing to grow in numbers. PsiAN's goal is to be an umbrella organization, spanning disciplines and theoretical orientations, that allows those who care about optimal mental health treatment to speak with one increasingly rich and prominent voice.
- **The Volunteers Committee** helps to welcome new members to PsiAN and connect them with those activities and committees in which they are most interested.

PsiAN Advocacy

- **PsiAN Advocacy** is our 501c4 organization that is focused on educating and connecting with policymakers and legislators. Our Advocacy Toolkit is full of inspiration to activate our members, as well as solid content for them to use when meeting with their elected representatives. One of our current goals seeks to capitalize on the landmark class-action victory in the Wit v UBH lawsuit. Working in concert with other mental health advocacy organizations, we aim to have the standards of care and medical necessity definitions written into legislation to promote a patient-centered environment, where patients' needs come first and clinical care decisions are not in the hands of insurance companies.
- PsiAN participates in Illinois' Mental Health Summit in order to create a voice for psychotherapy in state-level legislation. PsiAN is also an Affiliate Member of the Mental Health Liaison Group, a national advocacy organization.

As you can see, we're busy, and we'd love your help! Feel free to contact us at any point to contribute where you can. Thanks!

Nancy Burke, Linda Michaels and Janice Muhr
Co-Chairs



PsiAN Membership

Membership is available to individuals and organizations at no cost. We welcome all supporters, across disciplines and theoretical orientations. Join us now to help preserve and protect psychotherapy for the next generation.

Organizational Members

Any organization, institution, school and other entity that endorses our mission and guiding principles is welcome to join PsiAN as a Strategic Partner. To join, send us an email at membership@psian.org.

Membership benefits include:

- Inclusion on the Strategic Partners page of our website (<https://psian.org/strategic-partners/>)
- Opportunity to add a representative from your organization to the PsiAN Steering Committee, which meets monthly and provides leadership and guidance to PsiAN and its committees
- Invitation to add individuals from your organization to any PsiAN Committee, and to propose new initiatives or projects for PsiAN to take on

We request that Strategic Partners ask *their* individual members to join PsiAN, via the "Join Us" button on our website (<https://psian.org/join-us/>), which helps strengthen the relationship between the endorsing organization and PsiAN, and fosters a broader community that can more powerfully speak with a unified voice.

Individual Members

Any individual who supports PsiAN's mission is welcome to become a PsiAN member, via the "Join Us" button on our website (<https://psian.org/join-us/>).

Members are invited to lend their expertise and experience on key issues, join Committees to work on specific initiatives, and propose new initiatives or projects. All members are asked to help spread the word and encourage their colleagues and friends to join PsiAN as well.