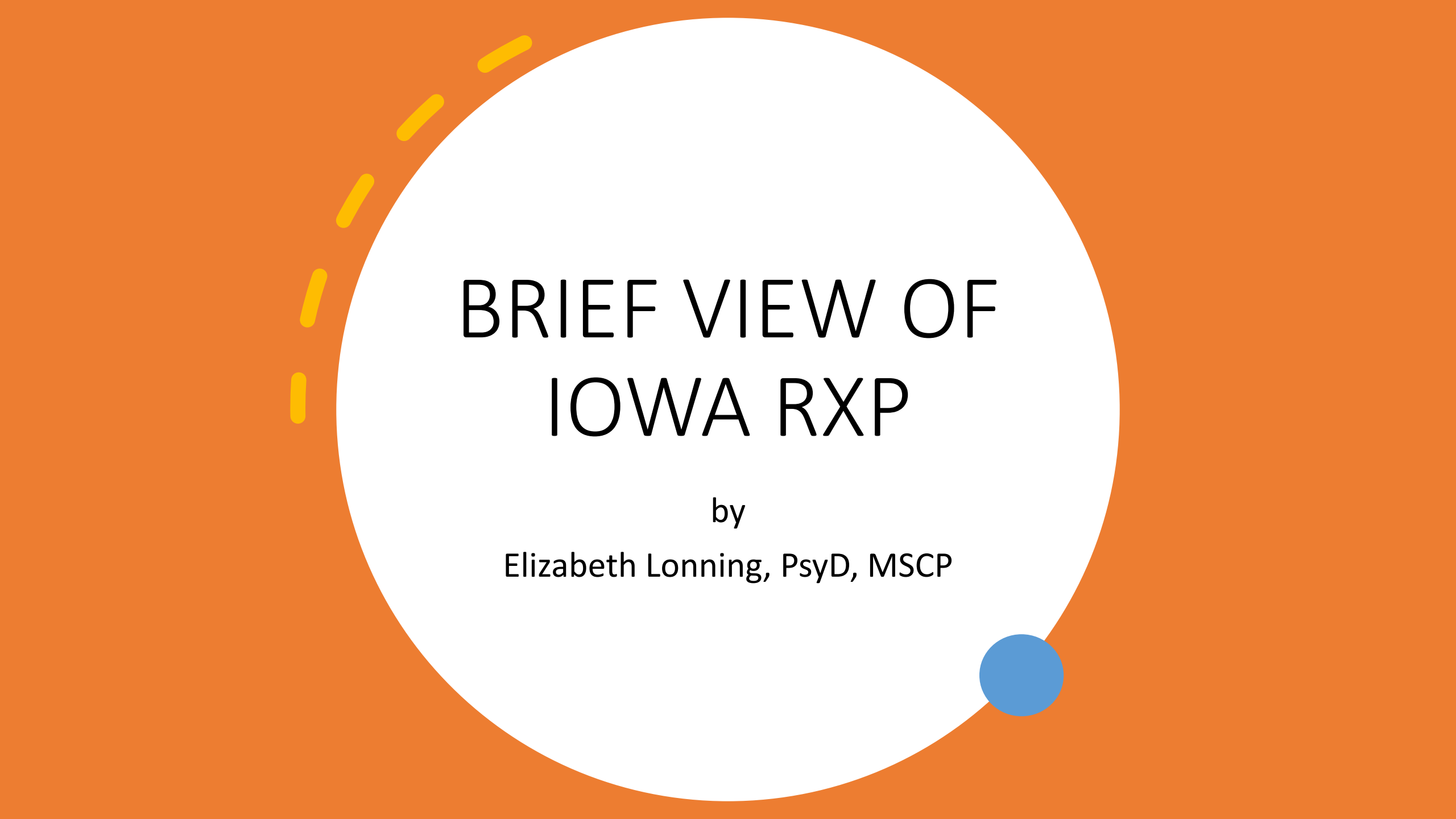




BRIEF VIEW OF IOWA RXP

by

Elizabeth Lonning, PsyD, MSCP

Bio: Dr. Elizabeth Lonning

- Dr. Lonning received her doctorate in counseling psychology in 1993 from the University of Northern Colorado.
- She received her master's in clinical psychopharmacology from Fairleigh Dickinson University in 2010.
- Dr. Lonning is a practicing psychologist and owner of Psychology Health Group in Davenport, IA since 1997.
- She became interested in the RxP movement when she was serving as President of the Iowa Psychological Assn in 2002 during which time New Mexico became the first state to pass legislation allowing advanced trained psychologists prescriptive authority.
- Dr. Lonning currently serves on the APA's RxP Designation committee, is a member of the Training Director Council and is the President-Elect of the APA's Division 55, the Society of Prescribing Psychologists.

FEATURES OF THE IOWA LAW

- Based on the New Mexico legislation
- Requires a post-doctoral master's degree in clinical psychopharmacology. The law does not have 'APA designation' written in it as this was not acceptable to those who opposed the law. This is included in the rules.
- Requires practicum and 2 years of supervision. The second year of supervision was in response to those concerned about prescribing to special populations such as children, the elderly and pregnant women. The second year of the supervision is to focus on prescribing to those populations if the psychologist desires to have those populations as part of their practice.
- Requires an ongoing collaborative practice agreement with a prescribing physician.
- The supervising and collaborative physicians are not limited to psychiatrists. A prescribing psychologist candidate may have more than one supervising physician.

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WEBSITE
FOR LAW

<https://www.legis.iowa.gov/legislation/BillBook?ga=86&ba=HF%202334>



EDUCATION

- Applicants will possess a post-doctoral master of science degree in clinical psychopharmacology from an APA designated program. APA designated programs include, Alliant, FDU, NMSU, Idaho State, CSPP and Drake University in Iowa. The degree shall be a minimum of 30 credit hours not including practicum
- A minimum of 1/3 of the coursework must be completed in a live interactive format

CLINICAL ASSESSMENT EXPERIENCE

- At the beginning of the clinical experience the psychologist shall directly observe the training physician performing clinical assessments.
- At the determination of training physician, psychologist will perform clinical assessments of patients under direct supervision of physician
- At the determination of training physician psychologist will perform clinical assessments without direct supervision

CLINICAL ASSESSMENT EXPERIENCE

- The clinical experience shall consist of a minimum of 600 patient encounters to be completed by the end of practicum.
- Competency in reaching milestones of health history, physical exam and neurological exam must be demonstrated



PRACTICUM

- This must be associated with the psychopharmacology training program and is to be completed in no less than 6 months and no more than 3 years
- The process of observing physician, then physician observing psychologist then psychologist working without direct observation occurs here as well.

PRACTICUM

- Practicum shall consist of a minimum of 400 hours and 100 patients.
- Only face to face evaluation and treatment of patients with mental health disorders and hours spent discussing treatment with training physician may be counted.
- A patient may be counted toward this requirement if the patient has a mental health diagnosis and pharmacological intervention is considered even if no prescription is given

PRACTICUM

- Psychologist will observe, evaluate and treat patients encompassing a range of ages and a variety of diagnoses.
- At least 100 hours of the 400 hours must be completed in a psychiatric setting.
- At least 100 hours of the 400 hours must be completed in a primary care or community mental health setting

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SUPERVISED EXPERIENCE

- Completion of a minimum of 2 years of supervised practice with a minimum of 300 patients diagnosed with a mental health disorder and pharmacological intervention is considered for treatment. A minimum of 100 patients will be treated with psychotropic medication during this time period.
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SUPERVISED EXPERIENCE

- Special populations:
 - Children: Completion of one year of the required 2 years in either pediatric practice, a child and adolescent practice or a general practice treating a minimum of 50 patients who are less than 17 years of age
 - Elderly Patients: Completion of at least 1 year of the 2 years in either a geriatric practice or a general practice with patients across the lifespan including those over age 65



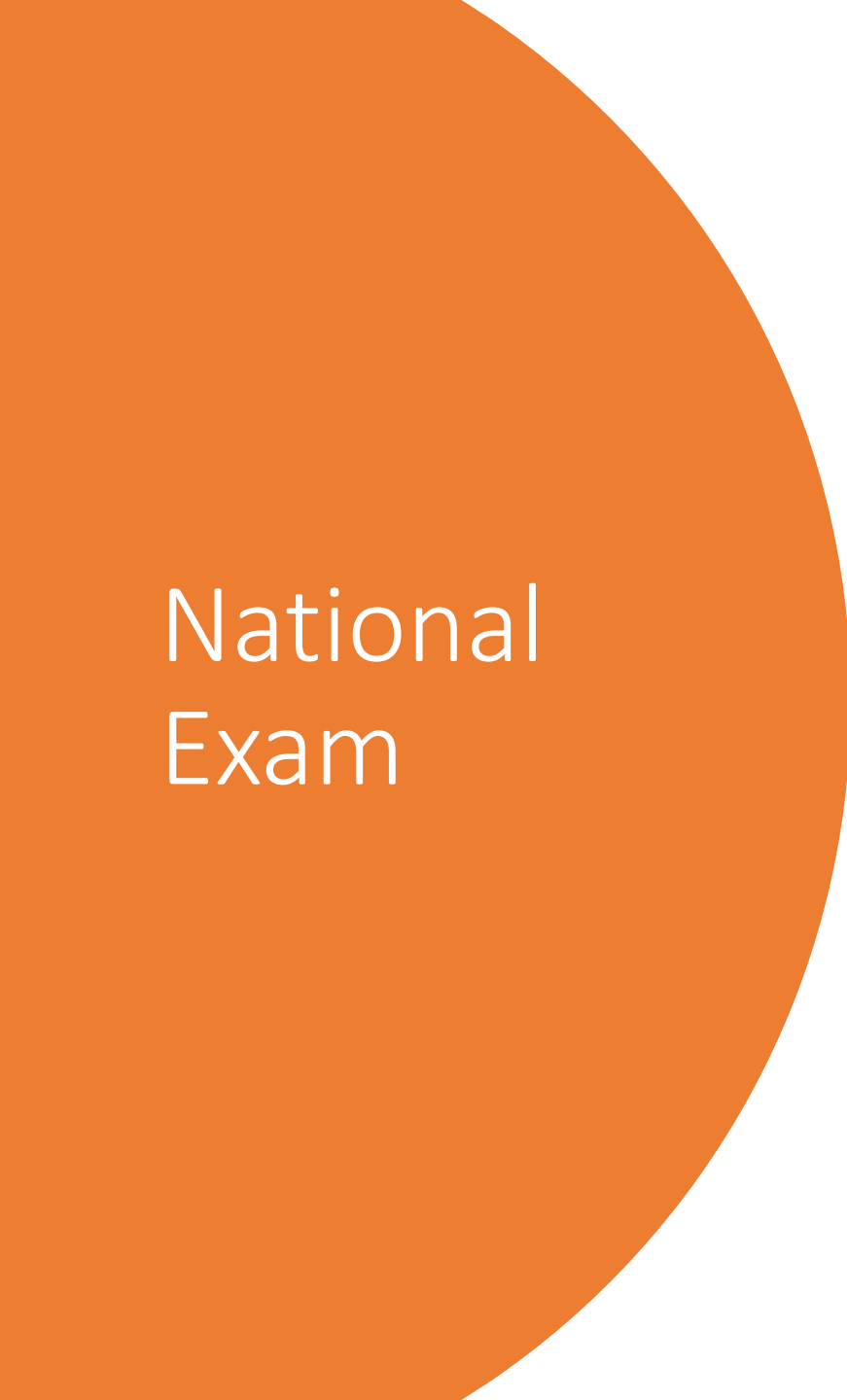
SUPERVISED EXPERIENCE

- Special Populations Continued:
 - Serious Medical Conditions: Serious medical conditions including but not limited to heart disease, cancer stroke, seizures, comorbid psychological conditions and patients with developmental and intellectual disabilities. Complete one year of prescribing psychotropic medications to these patients.
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CONSULTATION AND COLLABORATION

- Prescribing psychologists will consult with the primary care provider of patients. Patients must have a designated primary care provider for a psychologist to be able to prescribe to them.
 - A prescribing psychologist will have a collaborative practice agreement with a physician at all times.
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National Exam

- Prescribing psychologists candidates will also pass a national exam—the Psychopharmacology Exam for Psychologists (PEP) administered by the Association of State and Provincial Psychology Boards (ASPPB)
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WEB ADDRESS FOR ADMINISTRATIVE RULES

- <https://www.legis.iowa.gov/docs/iac/chapter/02-27-2019.645.244.pdf>
- IPA has been successful in making some changes to improve the process:
 - <https://iowapsychology.org/wp-content/uploads/2025/05/HF183-RxP-Changes.pdf>



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CREDENTIALING AND REIMBURSEMENT

- Prescribing psychologists will need to obtain their DEA and CSA certificate and register for a PMP (prescription monitoring program).
 - They will also need to update their CAQH information.
 - Taxonomy code: 103TP0016X – Prescribing (Medical) Psychologist
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CREDENTIALING AND REIMBURSEMENT

- Iowa Medicaid and each private insurance company may have additional re-credentialing to update.
- Prescribing psychologists will bill under E/M codes when they can, this also depends on the individual insurance company. There are psychotherapy add-on codes that can be used along with E/M visits.
 - E.G., 99214 + 90838
- For insurance companies that do not allow prescribing psychologists to be under E/M codes, regular psychotherapy codes are used with an add-on.
 - E.G., 90834 + 90863

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CREDENTIALING AND REIMBURSEMENT

- Prescribing psychologists will also need to contact their liability insurance carrier to add prescribing to their insurance coverage. The cost to add this coverage is minimal.



Current Prescribing Psychologists

- Iowa currently has 4 prescribing psychologists in the state.
- There are 8 other prescribing psychologist candidates at various stages of training.





Continued Work

There is difficulty finding physicians to complete supervision.

Many physicians are part of larger health care systems and the system is not allowing this supervision to take place.

Psychiatrists are most challenging to find.



QUESTIONS AND CONTACT INFO

- If you have questions after today you may contact me at:
- Elizabeth (Bethe) Lonning, PsyD, MSCP
 - doceal@aol.com

