



**Coming Together:
Psychological Science
and the Practice of Healing**

WASHINGTON STATE PSYCHOLOGICAL ASSOCIATION

2018 Fall Convention

Nov. 2 - 4, Hilton Hotel, Bellevue



Washington State
Psychological Association

Welcome!

On behalf of the Washington State Psychological Association Board of Trustees, we would like to welcome you to the 2018 WSPA Fall Convention. Building off of last year's successful event, the Convention Committee worked hard to choose high-quality CE presentations that address this year's theme: "Coming Together: Psychological Science and the Practice of Healing." As you browse through the program, you will find 16 presentations, including two providing Ethics credits.

Our Keynote speaker this year is AnnaLisa Gellerman, JD. Ms. Gellermann is the new chief deputy commissioner for the Office of the Insurance Commissioner (OIC). She will speak on the grant the OIC received to address issues of mental health parity violations and uncover any barriers to behavioral health services that may exist for Washington consumers.

On Friday, we will present the winners of the Washington Psychologist Awards and the winner of the student poster session during lunch. At the end of the day on Friday, there are two additional free events in Grand Salon A that you won't want to miss. All WSPA members are invited to attend our Annual Stakeholder's Meeting. At this meeting, members will get an overview of and update on membership, finances, and goals, and will hear Dr. Lucy Homans' last legislative update as our Director of Professional Affairs (DPA). Immediately following this meeting will be a cocktail reception to celebrate Dr. Homans as she retires as our DPA after 25+ years. The reception will feature a no-host bar and light hors d'oeuvres.

We'd like to thank our three corporate convention sponsors, The Trust Insurance, the U.S. Army, and THIRA Health, plus our member sponsor, Eastside Psychological Associates. We would also like to thank our exhibitors and ask all attendees to please visit their tables, learn about their services, and thank them for exhibiting at the convention. Without the support of sponsors and exhibitors, WSPA would not be able put on a quality convention for you.

In addition, a big thank you goes out to the 2018 Convention Committee, CE Approval Committee, the office staff and the WSPA board of Trustees and for their endless support and encouragement.

Please enjoy the convention and plan on attending next year's Fall Convention set for October 11 - 13, 2019.



Sonia Venkatraman, Ph.D.
WSPA President



Marvo Reguindin
Executive Director

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October 16, 2018

Washington State Psychological Association Board of Trustees
9 South Washington St., Suite 201
Spokane, WA 99201



Dear WSPA Board of Trustees:

Congratulations to the Washington State Psychological Association (WSPA) on the occasion of your Fall Convention. This year's theme, *Coming Together: Psychological Science and the Practice of Healing*, nicely captures the value of what we do in our profession – using the best psychological science to improve people's health and well-being – and the importance of bringing together our expertise to truly have an impact.

The broad array of programming being offered across WSPA's three-day Convention provides an exciting snapshot of some of the many ways that psychologists are tackling major issues that impact our profession as well as society at large. From exploring psychology's role in addressing the opioid crisis to learning about the use of evidence-based treatments for specific, often underserved, populations, the presentations and conversations taking place at the Fall Convention are critical as we position ourselves to address the challenges and opportunities we face as a field.

I understand that this year's Convention is particularly special, as it is the last one involving Lucy Homans, Ed.D., in her role as the Director of Professional Affairs (DPA) before her retirement this December. As DPA for the WSPA since 1992, Dr. Homans not only was responsible for answering the broad range of member questions and concerns regarding clinical practice, but also was involved in WSPA's legislative affairs and professional development for members. Moreover, she has been integral to shaping the DPA program across the country. I join you in thanking Dr. Homans for her many years of service to WSPA and the field of psychology.

The American Psychological Association (APA) looks forward to continued work with the WSPA to promote and support the profession of psychology, in part through working with the WSPA's Executive Director, Marvo Reguindin, in his role as Executive Committee Secretary on the APA Council of Executives of State and Provincial Psychological Associations (CESPPA). Together, we can truly apply psychological knowledge to advance the field and improve people's lives. Again, congratulations on a successful Fall Convention!

Sincerely,

A handwritten signature in black ink that reads "Arthur C. Evans, Jr., PhD".

Arthur C. Evans, Jr., PhD
Chief Executive Officer

Special Event: Reception for Dr. Lucy Homans Friday Nov. 2 in Grand Ballroom A

“Do not go where the path may lead. Go instead where there is no path and leave a trail.”

- Ralph Waldo Emerson

If you asked any long-time member about Lucy Homans, they would give you a testimonial glowing with appreciation and admiration for her work and dedication to WSPA. For 25 years, Dr. Homans served dual roles as WSPA's Director of Professional Affairs (DPA) and Legislative Consultant. She also had a private clinical practice for 15 years, closing it to concentrate on DPA work for WSPA. Her previous work in the offices of state officials certainly contributed to her knowledge and effectiveness in this role.

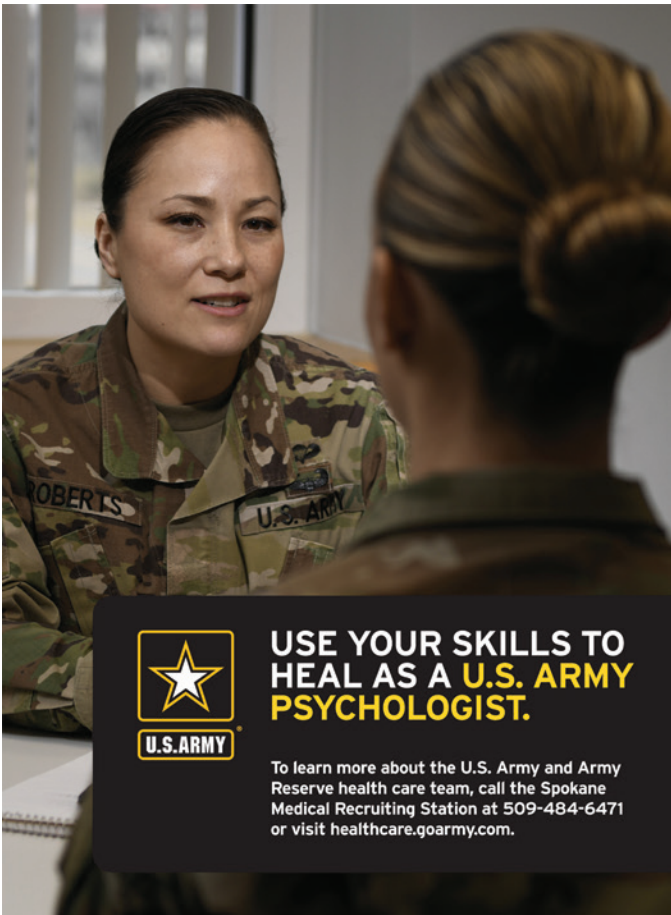


As one of sixteen DPAs in the country, Lucy helped to develop and evolve the DPA position as a resource for the American Psychological Association state psychological affiliates, often serving as a resource and mentor herself to newer DPAs. The duties of each DPA are tailored to the needs of each state psychological association; for WSPA, she developed the position into a major membership benefit, something we will ensure continues with her successor. For WSPA, Lucy was the first and foremost person to answer all member questions and concerns regarding professional questions and clinical practice – whether the member worked in independent practice, group practice clinics or medical centers, or in public care systems. If she didn't know the answer, she knew whom to ask. Her legislative duties included working closely with our lobbyist and others on legislation affecting the practice of psychology, the psychologist licensing statute, or any legislation involving access to and delivery of mental health services in Washington State. She also monitored relevant legislation, facilitated collaboration with other associations and groups with regard to specific bills, testified before Legislative committees and met with Legislators about bills of importance to psychology as needed, and provided input to state agencies on significant policy matters.


We hope you can join us!

WSPA Board of Trustees

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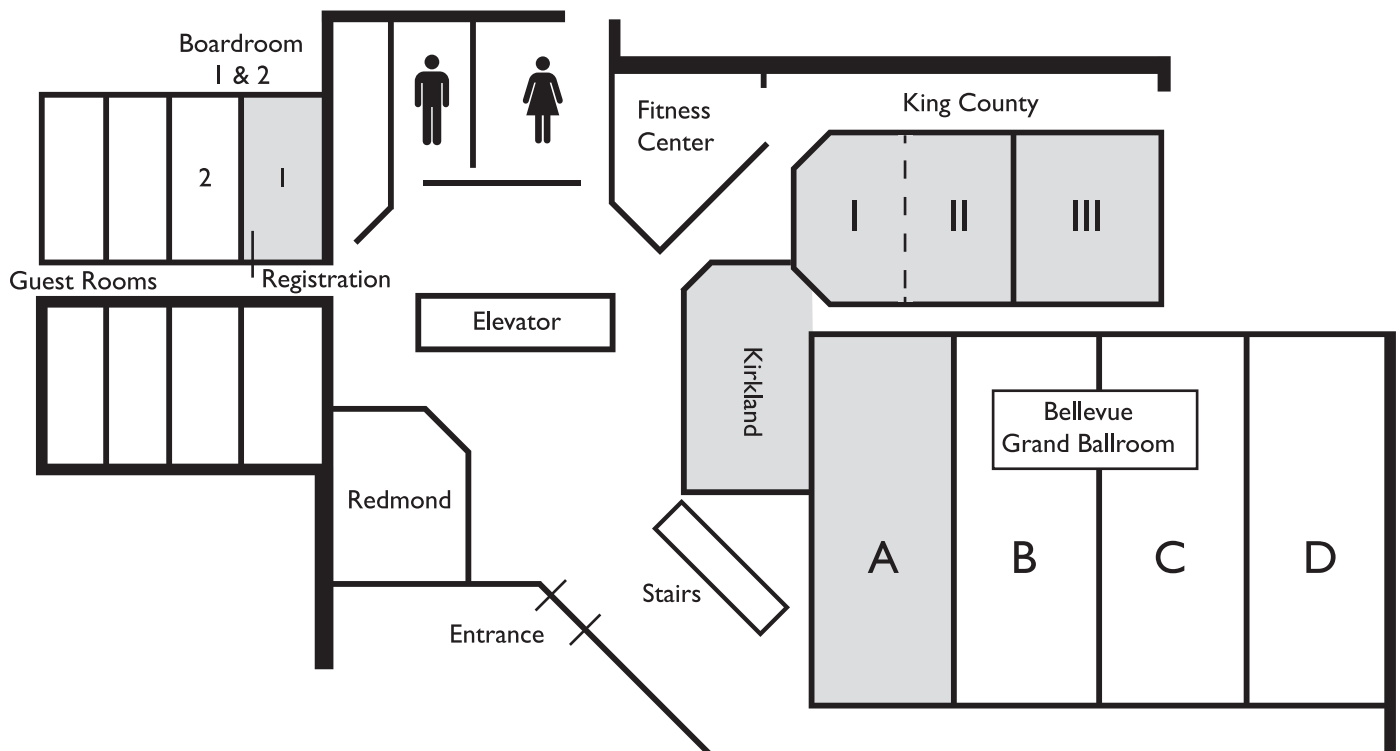
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WSPA 2018 Fall Convention Schedule

Friday, Nov. 2	Grand Ballroom Salon A	King County 1 & 2	King County 3	Kirkland Room
All day	Registration in Boardroom 1			
7:30 am - 8:30 am	Breakfast			
8:30 am - 9:00 am	Welcome - Dr. Sonia Venkatraman			
9 am - 10:30 am	Keynote - AnnaLisa Gellermann, JD			
10:30 am - 10:50 am	Break and Exhibitors - main foyer			
10:50 am - 12:20 pm		Working with Injured Hispanic Laborers: Cultural Considerations and Successful Techniques - Nora K. Marks, Ph.D., Maui Garza, Psy.D.	More than Al-Anon and Nar-Anon: Therapeutic Approaches and Techniques to Help Families of Loved Ones with Addictions - Christeine Terry, Ph.D	Children and Psychotropic Medications: A Guide for Psychologists - Steven E. Curtis, Ph.D., NCSP, MSCP, Gwendolyn Barnhart, Ph.D., Lori Woehler, BA
12:30 pm - 2:00 pm	Awards Lunch			
2:00 pm - 3:30 pm		Psychology's Role in Addressing the Opioid Crisis - Elena Eisman, Ed.D., ABPP	Executive Function in ASD: Current Research and Interventions - Tanya St. John, Ph.D.	Considerations When Treating Asian Americans - Sally Chung, Psy.D.
3:30 pm - 3:50 pm	Break and Exhibitors - main foyer			
3:50 pm - 5:20 pm		TMS, ECT, and Ketamine: When Medications and Therapy Aren't Enough - Jesse Adams, MD; Rebecca Allen, MD, MPH	Compassion Fatigue: Caring for Others Without Losing Yourself - Elizabeth York, Ph.D.	Core Competencies in Relational Psychoanalysis: A Qualitative Research Study - Roy Barsness, Ph.D.
5:30 pm - 6:30 pm	All-member Annual Meeting			
6:30 pm - 8:00 pm	Cocktail reception honoring Dr. Lucy Homans.			



WSPA 2018 Fall Convention Schedule

Saturday, Nov. 3	King County 1 & 2	King County 3	Kirkland Room
All day	Registration in Boardroom 1		
7:45 am - 8:45 am	Breakfast - King County Foyer (7:15 am - 9:00 am)	Ethical, Legal, and Professional Considerations for Early Career Psychologists - G. Andrew Benjamin, JD, Ph.D., ABPP, Stephen Feldman, JD, Ph.D. (By special invitation only)	
9:00 am - 10:30 am	Evidence-Based Assessment and Treatment of OCD in Adults (3 hours) - Travis Osborne, Ph.D.	The Duty to Protect: Ethical, Legal, and Professional Considerations (3 hours)- G. Andrew Benjamin, JD, Ph.D., ABPP Stephen Feldman, JD, Ph.D.	Diagnosing and Treating PTSD: Military and Veteran Considerations (3 hours) - MAJ Thomas Patterson, Psy.D.
10:30 am - 10:50 am	Break and Exhibitors - main foyer		
10:50 am - 12:20 pm	Evidence-Based Assessment and Treatment of OCD in Adults (continued)	The Duty to Protect: Ethical, Legal, and Professional Considerations (continued)	Diagnosing and Treating PTSD: Military and Veteran Considerations (continued)
12:30 pm - 2:00 pm	ECP Lunch - Chelan 3rd Floor Attendee lunch - Vancouver 3rd Floor		
2:00 pm - 3:30 pm	Psychological Evaluation of Asylum Seekers: Foundational Skills (3 hours) - Ivan Molton, Ph.D., Beth Farmer, LICSW	A Primer on Atypical Antipsychotics: What Psychologists Should Know (3 hours) - David Shearer, Ph.D., MS	Getting the Most out of Your Session: Leveraging the Art and Science of DBT (3 hours) - Kathryn Korslund, Ph.D.
3:30 pm - 3:50 pm	Break and Exhibitors - main foyer		
3:50 pm - 5:20 pm	Psychological Evaluation of Asylum Seekers: Foundational Skills (continued)	A Primer on Atypical Antipsychotics: What Psychologists Should Know (continued)	Getting the Most out of Your Session: Leveraging the Art and Science of DBT (continued)
Sunday, Nov. 4	King County 1 - 3		
(Daylight Saving Time ends 2:00 am Sunday. Set your clock back 1 hour before you go to bed!)	Working with Couples and Families, Risk Management with the Suicidal Patient, and Legal and Ethical Issues Presented by Retirement - Daniel Taube, JD, Ph.D. (Lunch provided 12:00 pm - 12:30 pm in Kirkland Room)		
9:00 am - 3:30 pm			



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Friday Workshop Information

Keynote Speaker

CE Credits: 1.5

Presenter: AnnaLisa Gellermann, JD

Time: 9:00 am - 10:30 am **Room:** Grand Ballroom A

Biography:

AnnaLisa Gellermann is the Chief Deputy for the Office of the Insurance Commissioner, and is proud to work with Commissioner Mike Kreidler, the longest serving commissioner in the United States.

AnnaLisa has devoted her career to serving the citizens of Washington as a public lawyer, regulatory and executive manager. She joined the OIC in 2013 as the Deputy Director of the Legal Affairs, and then assumed leadership of the Policy and Legislative Affairs Division as well. Prior to joining the OIC, AnnaLisa served as an executive manager of the Insurance Claims Services division at the Washington State Department of Labor and Industries, heading Legal Services, Return to Work Services, Policy, and Pension programs. She also managed the Self-Insured program, overseeing the regulation of nearly 400 of the largest companies in the state that self-insure for workers' compensation coverage. AnnaLisa began her state service as an assistant attorney general under then Attorney General Christine Gregoire. AnnaLisa was later awarded then Attorney General Rob McKenna's first Excellence in Service award.

AnnaLisa has served as a board member with the Washington State Health Insurance Pool, Washington Health Care Facilities Authority, and Behavioral Health Resources, whose mission is to support and strengthen individuals, families and the community by promoting mental health and chemical dependency recovery.

AnnaLisa graduated magna cum laude from Seattle University School of law and earned her undergraduate degree from Western Washington University.

Description:

Access to mental health services remains a barrier for many consumers, in part because the complicated procedures of the insurance industry are often a barrier to providers' ability to accept insurance. Ms. Gellermann, the new Chief Deputy of the Office of the Insurance Commissioner, will describe the role OIC has in the regulation of the insurance industry, including addressing issues of mental health parity violations, as well as the relationship OIC has with psychologists and other mental health providers. She will also speak on a new, 2-year grant the Office of the Insurance Commissioner (OIC) received from the Federal Government to uncover any barriers to accessing mental health and substance use disorder treatments that may exist for Washington consumers.

Working with Injured Hispanic Laborers: Cultural considerations and Successful Techniques

CE Credits: 1.5

Presenters: Nora K. Marks, Ph.D., Maui Garza, Psy. D.

Time: 10:50 am - 12:20 pm **Room:** King County 1 & 2

Biography:

Dr. Nora Marks is a clinical psychologist who practices in Eastern Washington. In her roles as a school psychologist (20 years) and as a clinical psychologist (7 years), she has worked extensively with Hispanic clients and interpreters, providing SSDI, DSHS and private assessments as well as 1:1 therapy with injured Hispanic workers. Dr. Marks owns and manages Columbia Basin Psychological Services.

Dr. Maui Garza also resides in Eastern Washington and is a recent graduate of Cappella's Psy D program and is in the process of licensure. He has much personal and professional experience with Hispanic clients. He provides vocational rehabilitation counseling for LNI and is a forensic vocational expert. Dr. Garza owns and manages M2 Counseling and Consulting.

Description:

Injured Hispanic laborers present a unique set of challenges. Cultural factors are complex and successful interventions involve a multi-dimensional approach that is sensitive to these factors. This workshop explores the cultural and practical aspects of working with this subset of individual who are essential to our agricultural economy. Tips on successful use of translators are discussed.

Learning Objectives:

At the end of this seminar, participants will be able to:

1. Identify psychosocial factors unique to the Hispanic laborer population.
2. Describe therapy interventions appropriate for this population.



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Friday Workshop Information

More than Al-Anon and Nar-Anon: Therapeutic Approaches and Techniques to Help Families of Loved Ones with Addictions

CE Credits: 1.5

Presenter: Christeine Terry, Ph.D.

Time: 10:50 am - 12:20 pm **Room:** King County 3

Biography:

Christeine Terry, Ph.D. is a licensed psychologist specializing in evidence based treatments for substance use disorders for adults and families in private practice and Northwest Hospital. She received her degree from the University of Washington where she received extensive training in Cognitive Behavioral Therapies for SUDs, mood, and anxiety disorders.

Description:

This 1.5 hour workshop will introduce providers to effective strategies for helping family members and spouses of loved ones with Substance Use Disorders (SUDs). Three treatment options for working with family members: peer self-help groups, interventions, and Community Reinforcement and Family Training (CRAFT) will be presented. The research evidence on the effectiveness of each option will be reviewed and the benefits and difficulties of pursuing each treatment option will be examined. Participants will receive resources about each treatment option that they can offer and discuss with their clients. Additionally, participants will learn strategies to better support their clients who have loved ones with SUDs, as well as communication strategies their clients can use to address their loved ones with SUDs.

Learning Objectives:

At the end of this seminar, participants will be able to:

1. Identify 3 treatment options for clients with loved ones with Substance Use Disorders (SUDs) and the research support on the effectiveness of each treatment option.
2. Assess which treatment option to pursue with a client based on the benefits and difficulties of each treatment option, as well as the client's goals regarding their loved one with SUD.
3. Use and teach clients effective strategies for coping with a loved one with SUD.
4. Access and provide resources to clients with loved ones with SUDs.

Children and Psychotropic Medications: A Guide for Psychologists

CE Credits: 1.5

Presenters: Steven E. Curtis, Ph.D., NCSP, MSCP, Gwendolyn Barnhart, Ph.D. and Lori Woehler, BA

Time: 10:50 am - 12:20 pm **Room:** Kirkland

Biography:

Steve Curtis, Ph.D., NCSP, MSCP is an Affiliate Faculty member of the Psy.D. Clinical Psychology Program at Antioch University, Seattle (now APA approved), a Licensed Clinical Psychologist, and a Nationally Certified School Psychologist. He completed his undergraduate studies at UCLA, doctoral studies at Utah State University, pre-doctoral internship/post-doctoral fellowship in Child Clinical Psychology at the University of Washington School of Medicine, and Postdoctoral Master of Science in Clinical Psychopharmacology at Alliant International University. He is currently completing requirements to become a New Mexico Conditional Prescribing Psychologist at the Family Practice Clinic of Memorial Medical Center in Las Cruces. Dr. Curtis is assisted in this workshop by Psy.D. doctoral students, Gwendolyn Barnhart, Ph.D. and Lori Woehler, BA.

Description:

Psychologists frequently receive referrals from health-care providers asking for an evaluation of a child's attention, anxiety, depression, learning, or other neurodevelopmental struggles. Common questions are "Does this child have ADHD?" "Does this child have depression and/or anxiety?" "Is medication indicated?" When we receive these referrals, what are our roles as psychologists? What ethics are involved? What information is helpful to know when collaborating with physicians and other prescribers? In this workshop, we will present information (e.g., historical context, controversies, ethical issues, types of medication, research findings, and specific recommendations) to help attendees to work effectively in this area.

Learning Objectives:

This workshop is designed to help you:

1. To become familiar with medications commonly prescribed to children and intended uses.
2. To learn how psychologists can play an important role with children prescribed psychotropic medication.

All CE Evaluations will be done online. Please visit WSPApsych.org to complete your workshop evaluations.



Washington State Psychological Association (WSPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. WSPA maintains responsibility for this program and its content.

Friday Workshop Information

Psychology's Role in Addressing the Opioid Crisis

CE Credits: 1.5

Presenter: Elena J. Eisman, Ed.D., ABPP

Time: 2:00 pm - 3:30 pm **Room:** King County 1 & 2

Biography:

Elena J. Eisman, EdD, ABPP is the Director of the American Psychological Association's Center for Psychology and Health. The Center for Psychology and Health, an APA center of excellence, has as its mission to integrate and disseminate APA's work in the broadly defined area of psychology's contribution to health. She is the point person for the APA Opioid initiative. She is also the Associate Executive Director for Governance Operations at APA, overseeing the staffing of the Committee for the Advancement of Professional Practice.

Formerly, Dr. Eisman was the Executive Director and Director of Professional Affairs for the Massachusetts Psychological Association for over 20 years. In that capacity, she worked extensively on psychology's role in state healthcare reform and served on state-wide commissions, committees and task forces. She chaired the Massachusetts Mental Health Coalition for 15 years. She held a faculty position at the Massachusetts School of Professional Psychology, worked as a private practitioner, as well as Chief Psychologist in a Community Mental Health Clinic. She has written and presented in the areas of healthcare, professional policy, advocacy, credentialing, and psychology education.

Description:

There is a great urgency on the part of state policy makers and healthcare professionals to respond to the tragic rise in deaths and disability resulting from the use of opioids and related substances. Statistics on the effectiveness of the methods currently in use pale in comparison to the projected rise in deaths. Interestingly, psychologists can contribute in ways not generally recognized in large scale evaluations. This workshop will address how psychologists can make an impact, how you can get training in these areas of practice, and how we can work with other provider disciplines to be recognized for our value. APA has set a priority on demonstrating psychology's value on both individual and systems levels. Many of you are dealing with these issues in your practice, workplace or family. We are working with divisions and SPTAs to look at workforce development as well as shifting the public dialogue to include early intervention, integrated approaches and family support. We have systems knowledge and experts who address workplace drug issues, social determinants, health disparities and other public health problems. These resources will be discussed.

Also discussed will be the needs for the future and how quickly they are changing. The impact of technology, value-based

payments and growing competition create a need for a much more nimble response to these changes. What does psychology, with our rich and varied ways of addressing problems of behavior, need to do to meet the demands and take advantage of the opportunities? Many have called psychology a "large tent" organization due to our richness of approaches and scientific inquiry. We look at the opioid crisis through many different lenses. We can help, but do we have enough of a trained workforce? These are issues to be discussed during this presentation.

Learning Objectives:

1. Participants will be able to identify 5 ways in which psychology can contribute to addressing the opioid crisis.
2. Participants will be able to describe a change they can make in their practice to accommodate some of the opportunities available in assisting with the opioid crisis in Washington State.

Executive Function in ASD: Current Research and Interventions

CE Credits: 1.5

Presenter: Tanya St. John, Ph.D.

Time: 2:00 pm - 3:30 pm **Room:** King County 3

Biography:

Dr. St. John is Licensed Clinical Psychologist and Research Scientist at the University of Washington Autism Center. Dr. St. John has devoted her career to understanding autism across the lifespan, with a particular emphasis on toddlers and young children, and executive functions.

Description:

"Executive Function in ASD: Current Research and Interventions", will review the current research on executive function in children with ASD, discuss the potential impacts of poor executive function on individuals with ASD, and review current executive function interventions used in clinical practice. Attendees of this talk will leave with essential information for conceptualizing and treating children on the autism spectrum.

Learning Objectives:

1. Analyze current research on executive function in children with ASD
2. Recognize the impacts of executive function challenges on children with ASD
3. Integrate current executive function interventions for children with ASD into their own practice

Friday Workshop Information

Considerations When Treating Asian Americans

CE Credits: 1.5

Presenters: Sally Chung, Psy. D.

Time: 2:00 pm - 3:30 pm Room: Kirkland

Biography:

Sally Chung, Psy.D. is a clinical psychologist whose journey of immigration and acculturation led her to research cultural identity development and “tiger mother” parenting in graduate school. She is a member of the Asian American Psychological Association and is interested cultural identity, mental health stigma, and APPI representation in society.

Description:

Asian Americans comprise the fastest growing minority group in the United States and Seattle’s Asian American community is comprised of more than double the national figure (13% vs. 5.8%). They are also the least likely minority group to come into our offices. Come learn more about the barriers that prevent Asian Americans from seeking help, cultural values that may be confusing or difficult to understand, the impact of the model minority myth, and issues related to immigration and acculturation. This presentation hopes to deepen cultural competence and knowledge of Asian and Asian American culture and increase therapeutic effectiveness when working with this population.

Learning Objectives:

1. List two barriers to seeking therapy for Asian/Asian American community
2. Discuss the model minority myth and how it impacts Asian/Asian Americans

TMS, ECT, and Ketamine: When Medications and Therapy Aren’t Enough

CE Credits: 1.5

Presenters: Jesse Adams, MD; Rebecca Allen, MD, MPH

Time: 3:50 pm - 5:20 pm Room: King County 1 & 2

Biography:

Jesse Adams, MD is a pediatric neuropsychiatrist who, in addition to his work treating children with comorbid neurologic and psychiatric disorders, specializes in TMS and ECT treatment of adolescents and adults with treatment-resistant disorders. He attended the University of Washington School of Medicine, and

completed a Behavioral Neurology & Neuropsychiatry fellowship at Stanford University, as well as a Child & Adolescent Psychiatry fellowship at Seattle Children’s Hospital.

Rebecca Mae Allen, MD, MPH, is a neuropsychiatrist specializing in neurostimulation, including both Electroconvulsive Therapy and Transcranial Magnetic Stimulation. She completed her undergraduate degree at Stanford University, her MD and MPH at Oregon Health and Science University, and psychiatry residency at the Harvard Longwood Psychiatry Residency Training Program. Just before moving to Seattle, she completed a 2-year Behavioral Neurology and Neuropsychiatry fellowship at the Harvard Medical School program at Brigham and Women’s Hospital. She has been working at Seattle Neuropsychiatric Treatment Center since 2017.

Description:

When antidepressants and psychotherapy are unhelpful, many patients - and providers - find themselves at a loss for next steps. For many such patients, electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS) have offered substantial relief. More recently, ketamine infusions have also emerged as an intriguing and potent treatment option for some with resistant depression. Drs Jesse Adams and Rebecca Allen will review the relevant literature and efficacy of TMS, ECT, and ketamine for treatment-resistant conditions.

Learning Objectives:

1. Participants will be able to describe the relative efficacy of ECT, TMS, and ketamine for treatment-resistant depression
2. Participants will be able to list at least two disorders effectively treated by ECT, TMS, and ketamine
3. Participants will be able to describe, in general, the rates of notable side effects for ECT, TMS, and ketamine

All CE Evaluations will be done online. Please visit WSPApsych.org to complete your workshop evaluations.



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Friday Workshop Information

Compassion Fatigue: Caring for Others without Losing Yourself

CE Credits: 1.5

Presenter: Elizabeth R. York, Ph.D.

Time: 3:50 pm - 5:20 pm Room: King County 3

Biography:

Dr. Elizabeth York is an Industrial/Organizational Psychologist who specializes in trauma and trauma recovery. She is also a traumatic brain injury survivor and TBI caregiver. She draws upon this experience as it inspires and informs her research and work with those affected by trauma.

Description:

“Compassion Fatigue is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.”

— Dr. Charles Figley, Tulane Traumatic Institute

When caregivers focus on others without practicing self-care, destructive behaviors can surface. Apathy, isolation, masked or denied emotions, and substance abuse head a long list of symptoms associated with the secondary traumatic stress disorder, now labeled Compassion Fatigue. This workshop offers information on recognizing the condition, and strategies for authentic, sustainable self-care, aiding in their goal of providing healthy, compassionate care to those whom they serve.

Learning Objectives:

Workshop participants will:

1. Recognize the symptoms and effects of secondary traumatic stress/Compassion fatigue (STS/CF),
2. Describe the impact a care provider's STS/CF symptoms may have on patients and clients,
3. Develop coping skills and strategies to mitigate the effects of STS/CF
4. Access resources that support caregivers in their efforts to provide healthy, compassionate care for their clients

Core Competencies in Relational Psychoanalysis/Psychotherapy: A Qualitative Study

CE Credits: 1.5

Presenter: Roy E. Barsness, Ph.D.

Time: 3:50 pm - 5:20 pm Room: Kirkland

Biography:

Roy E. Barsness is in Independent Practice and is a Professor at The Seattle School of Theology and Psychology, the Brookhaven Institute for Psychoanalysis, the Relational Psychoanalysis and Psychotherapy Group, Seattle and was formally the Clinical Director at Seattle Pacific University and a Clinical Associate Professor at the University of Washington, Department of Psychiatry. He is the author of Core Competencies in Relational Psychoanalysis: A Guide to Practice, Study and Research.

Description:

This workshop offers the results of a recent Qualitative Research Study on psychoanalytic technique providing standards of practice with as clear a focus as other evidenced-based treatments. In this workshop the seven core competencies evidenced in the research: therapeutic intent, therapeutic stance/attitude, analytic listening/attunement; working within the relational dynamic, the use of patterning and linking; the importance of working through the inevitable enactments and ruptures inherent in the work; and the use of courageous speech through disciplined spontaneity, will be discussed. The results published in my text entitled: Core Competencies in Relational Psychoanalysis: A Guide to Practice, Study and Research (Taylor and Francis, 2018) will be guide the structure of the presentation and discussion.

Learning Objectives:

1. Apply qualitative research skills within their own studies and practices that can assist in codifying non-behavioral, existential, relational modalities.
2. Apply relationally-oriented practices with as clear a frame and purpose as evidenced-based models to a variety of populations with sensitivity to one's own unique culture, religion and sexuality.

All CE Evaluations will be done online. Please visit WSPApsych.org to complete your workshop evaluations.



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Saturday Workshop Information

Ethical, Legal, and Professional Considerations for Early Career Psychologists

CE Credits: 1

Presenters: G. Andrew H. Benjamin, JD, Ph.D., ABPP & Stephen Feldman, JD, Ph.D.

Time: 7:45 am - 8:45 am Room: King County 3

Biography:

While working with families engaged in high-conflict litigation and lawyers suffering from various mental health and drug abuse problems, and in various governance positions, Dr. Benjamin has received multiple awards from such groups as the Washington State Bar Association, the Washington State Psychological Association, and the APA.

A Clinical Professor of Psychology and Affiliate Professor of Law at the University of Washington, he has published 72 peer-reviewed articles in Psychology, Law, and Psychiatry journals. He is the author of five books published by APA, and one book published by Sage. Two of his lectures about issues related to child custody are posted: <http://www.youtube.com/user/TheFoundation1020?feature=mhee>. More information about him can be obtained at: <http://www.linkedin.com/in/andybenjamin>

Dr. Feldman has practiced and taught law for over 30 years. He has served on the law faculties of Harvard, Georgetown, Nebraska, and Seattle Universities. He is a consultant to the Washington State Bar Association as a clinician with legal expertise, and reversing hats, as a consultant to the Washington State Psychological Association as an attorney with clinical expertise. He also consults with counseling services and private practitioners throughout the state.

Description:

This workshop will address common ethical, legal and professional questions that arise for early career psychologists.

Learning Objectives:

In light of the Ethical, Legal, and Professional Considerations for Early Career Psychologists, participants at a minimum will learn how to meet the standards of practice for Washington Psychologists for:

1. Sufficient case documentation; and
2. Avoiding multiple relationships.



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Saturday Workshop Information

Evidence-Based Assessment and Treatment of OCD in Adults

CE Credits: 3

Presenter: Travis Osborne, Ph.D.

Time: 9:00 am - 12:20 pm **Room:** King County 1 & 2

Biography:

Travis Osborne, Ph.D. is the Co-Director of the Anxiety Center at the Evidence Based Treatment Centers of Seattle (EBTCS). Dr. Osborne is a specialist in evidence-based treatment for anxiety and obsessive-compulsive disorders, with a particular expertise in exposure-based treatments. He is passionate about the treatment of OCD and is a graduate of the International OCD Foundation's Behavioral Therapy Training Institute (BTI), volunteers his time as a consultant to the OCD and Hoarding Support Group of Seattle, and is the co-founder and co-director of Camp DCO, an annual camp for teenagers and adults with OCD.

Description:

The purpose of this workshop is to provide attendees information about the evidence-based assessment and treatment of OCD. Although very effective treatments now exist for OCD, the majority of mental health professionals do not have training in these treatments and many individuals with OCD do not receive state-of-the art care. Attendees will learn about: (1) common symptom presentations/subtypes of OCD; (2) common clinical issues that arise when treating OCD; and (3) the cognitive-behavioral model of OCD; and (4) core components of the gold-standard psychotherapy for OCD - exposure and response prevention (ERP). Most graduate programs do not provide training in treatment of OCD, so this material will likely be new for at least some attendees.

Note: this workshop was previously presented at Bastyr University in Spring 2016.

Learning Objectives:

1. Participants will be able to identify common subtypes of OCD.
2. Participants will be able to describe the cognitive-behavioral model of OCD.
3. Participants will be able to explain the rationale for exposure-based treatment for OCD.
4. Participants will be able to describe the components of ERP treatment for OCD.

The Duty to Protect: Ethical, Legal, and Professional Considerations

CE Credits: 3

Presenters: G. Andrew H. Benjamin, J.D., Ph.D., ABPP and Stephen Feldman, J.D., Ph.D.

Time: 9:00 am - 12:20 pm **Room:** King County 3

Biography:

While working with families engaged in high-conflict litigation and lawyers suffering from various mental health and drug abuse problems, and in various governance positions, Dr. Benjamin has received multiple awards from such groups as the Washington State Bar Association, the Washington State Psychological Association, and the APA.

A Clinical Professor of Psychology and Affiliate Professor of Law at the University of Washington, he has published 72 peer-reviewed articles in Psychology, Law, and Psychiatry journals. He is the author of five books published by APA, and one book published by Sage.

Dr. Feldman has practiced and taught law for over 30 years. He has served on the law faculties of Harvard, Georgetown, Nebraska, and Seattle Universities. He is a consultant to the Washington State Bar Association as a clinician with legal expertise, and reversing hats, as a consultant to the Washingtons State Psychological Association as an attorney with clinical expertise. He also consults with counseling services and private practitioners throughout the state.

Description:

Volk v. Washington changed how psychologists in Washington must work with a client who threatens any type of physical violence, even a vague threat of violence. During this three hour workshop participants will learn how to assess the risk of violence, even a vague threat. The workshop will focus on what type of data should be obtained and how to document the assessment adequately. Based upon the assessment, appropriate steps must be delineated for addressing the risk of violence. Further documentation of these steps as well as a justification for the steps taken must also occur.

Learning Objectives:

In light of the judicial activism that changed to duty to protect in Washington, participants will be able to meet the new standard by:

1. Engaging in sufficient assessment of the threats of violence, even vague threats, and its documentation;
2. Implementing appropriate interventions based upon the assessment; and
3. Creating sufficient ongoing documentation of the interventions.

Saturday Workshop Information

Diagnosing and Treating PTSD: Military and Veteran Considerations

CE Credits: 3

Presenter: MAJ Thomas J. Patterson, Psy.D.

Time: 9:00 am - 12:20 pm **Room:** Kirkland

Biography:

MAJ Thomas J. Patterson is an Army psychologist and the Director of Training for the Psychology Internship at Madigan Army Medical Center. He is a certified Prolonged Exposure Therapy Trainer and travels to teach Army providers this empirically-supported treatment for PTSD.

Description:

Posttraumatic stress disorder (PTSD) is a more common diagnosis among military service members and veterans than the general population. Cultural competence is crucial for effective psychological assessment and intervention, including competence towards those who hold military or veteran identities. This workshop discusses the unique aspects of military and veteran culture and provides an introduction to how to diagnose and treat PTSD in a military and veteran population. Practical resources such as the Posttraumatic Stress Disorder Checklist 5 (PCL5) and Joint DOD/VA Clinical Practice Guidelines are incorporated into this workshop.

Learning Objectives:

1. Participants will be able to apply knowledge of military culture to build rapport with clients.
2. Participants will be able to assess for the presence of posttraumatic stress disorder (PTSD) in a military/veteran population.
3. Participants will be able to select evidence-based treatments for PTSD in a military/veteran population.

Psychological Evaluation of Asylum Seekers: Foundational Skills

CE Credits: 3

Presenters: Ivan Molton, Ph.D. and Beth Farmer, LICSW

Time: 2:00 pm - 5:20 pm **Room:** King County 1 & 2

Biography:

Ivan Molton, Ph.D., is a licensed clinical psychologist and acting professor at the University of Washington where he works in the field of behavioral medicine and neuropsychology. Dr. Molton has been an active volunteer at Northwest Health and Human Rights where he has performed numerous psychological evaluations of asylum seekers.

Beth Farmer, LICSW, is a licensed clinical social worker and the Director of Refugees Northwest, a program of Lutheran Community Services Northwest. Beth has been working with refugees and asylum seekers for more than a decade and has taught numerous workshops on the psychological evaluation of asylum seekers.

Description:

This training is designed to give an overview of the asylum process in the United States, and the role that mental health clinicians can play in helping someone pursue asylum. The basics of a mental health evaluation for an asylum applicant are reviewed, with special emphasis on the nexus between the evaluation and the legal standard for asylum. Participants also have an opportunity to volunteer in the future of this field.

Learning Objectives:

1. Describe the basics of the asylum process in the US and why a psychological evaluation may be useful in this process.
2. Utilize a basic framework when conducting a psychological evaluation of an asylum seeker.
3. Understand when to apply validated measurement tools during a psychological evaluation of an asylum seeker.



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Saturday Workshop Information

A Primer on Atypical Antipsychotics: What Psychologists Should Know

CE Credits: 3

Presenter: David Shearer, Ph.D., MS

Time: 2:00 pm - 5:20 pm Room: King County 3

Biography:

Dr. Shearer is a clinical and prescribing psychologist working as a civilian at Madigan Army Medical Center (MAMC) in Tacoma, Washington. He is embedded in a large family practice clinic and has been actively prescribing for the past ten years. Dr. Shearer is the Director of Behavioral Sciences and a faculty member for the Department of Family Medicine Residency Program at MAMC. He is a faculty member of the Army Psychology Internship Program also at Madigan. Research interests include psychopharmacology education and the combination of psychological with psychopharmacological treatments.

Description:

This program will provide an overview of the class of medications called atypical antipsychotics. The participant will become familiar with the medications in this class, how they are thought to work, FDA approved uses, proposed “off label” use, and the relative risk/benefit analysis for different disorders/symptoms. The participant will learn the signs of metabolic syndrome, extrapyramidal side effects and other possible adverse effects. The program will review evidence for and against the use of this class of medications for a variety of behavioral health problems.

Learning Objectives:

1. Participants will be able to identify the core physical findings in “metabolic syndrome.”
2. Participants will be able to describe at least three appropriate, FDA approved, uses for atypical antipsychotics as a class.
3. Participants will be able to identify one way that atypical antipsychotics are different from conventional antipsychotics and one way that they are similar.
4. Participants will be able to explain the primary antipsychotic action of atypical antipsychotic medication.
5. Participants will be able to name at least two behavioral health conditions for which atypical antipsychotics are frequently used “off label” (not FDA approved).

Getting the Most out of Your Session: How to Leverage the Art & Science of DBT

CE Credits: 3

Presenter: Kathryn E. Korslund, Ph.D., ABPP

Time: 2:00 pm - 5:20 pm Room: Kirkland

Biography:

Dr. Korslund completed her postdoctoral fellowship under the direction of Dr. Marsha Linehan, developer of Dialectical Behavior Therapy (DBT). She was a co-investigator with Dr. Linehan on several federally funded research studies on DBT and served as the Associate Director of Dr. Linehan’s clinical research and training center for over 15 years. Dr. Korslund is a recognized expert on DBT and provides training and consultation nationally and internationally. She is the founding President of the DBT-Linehan Board of Certification.

Description:

Dialectical Behavior Therapy (DBT) is an established evidence-based treatment designed for individuals who present with multiple complex mental health problems and challenging behaviors. The treatment is integrative, balancing the change-focused strategies of cognitive-behavioral therapy with acceptance-based principles derived from eastern Zen practices, western contemplative spirituality and validation based psychotherapy. This three-hour program is designed to help therapists apply research based elements of DBT to get the most out of their sessions. The program will summarize the research on DBT and discuss principles and core strategies suitable for integration into other forms of cognitive behavioral therapy. DBT practitioners will learn how to strive toward DBT adherence through discussion of key strategies and their application. The program will blend lecture with opportunity for group discussion.

Learning Objectives:

1. Learn the philosophy, principles, and assumptions underlying DBT that are relevant to delivery of treatment in other CBT approaches.
2. Become acquainted with the research supporting DBT’s evidence base and how to translate the science into practical intervention.
3. Learn key strategies used in DBT to maximize delivery of DBT sessions and/or facilitate other CBT approaches.

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Sunday Workshop Information

Legal and Ethical Risks and Risk Management in Professional Psychological Practice Sequence VII: Working with Couples and Families, Risk Management with the Suicidal Patient, and Legal and Ethical Issues presented by Retirement

CE Credits: 6

Presenter: Daniel O. Taube, J.D. Ph.D.

Time: 9:00 am - 3:30 pm **Room:** King County 1 - 3

Biography:

Daniel O. Taube earned his J.D. from Villanova University in 1985 and his Ph.D. in clinical psychology from Hahnemann University in 1987, as a member of the Hahnemann/Villanova Joint Psychology and Law Graduate Program. He is a Full Professor at the California School of Professional Psychology, San Francisco at Alliant International University, past Psy.D. Program Director, founder and coordinator of the Forensic Family Child Track and member of the Child/Family Track. His areas of professional focus include ethical and legal issues in professional practice, child protection, addictions, and disability and parenting. In addition to his teaching and research interests, he has been in private practice for 23 years, has served on the APA Ethics Appeals Panel for the past 20 years, and taught graduate and professional level courses on ethical and legal issues in professional practice for 25 years. Dr. Taube regularly consults with a wide range of practitioners and community agencies regarding standards of practice and ethical concerns.

Description:

The times they are a changing. The continued dominance of managed care companies over third party reimbursement and the new uncertainty created by the Affordable Care Act in both the private and public sectors have increased the complexity of the legal and regulatory environment faced by psychologists. In this unpredictable environment, the need to avoid adverse disciplinary events remains an important priority and an active risk management strategy is still an essential element of professional practice.

After a brief introduction describing The Trust's Risk Management Philosophy and Strategy, this workshop will focus on three specific topic areas: working with couples and families, working with potentially suicidal clients, and the ethical and legal challenges of developing a professionally and personally appropriate retirement strategy. The workshop is applicable to psychologists working in all types of settings where health services are provided.

The Trust policy holders will receive a 15% premium discount on their Trust Sponsored Professional Liability Insurance for the next two consecutive years.

Learning Objectives:

1. Discuss The Trust Risk Management Philosophy, including strategies for identifying high risk situations and managing professional practice risks.
2. Identify strategies for managing potential conflicts in conjoint treatment with couples and families.
3. Identify risk management strategies in working with children with particular emphasis on the risks associated with divorced or divorcing families.
4. Identify essential risk management strategies for assessing and managing outpatient suicide risk.
5. Identify "post-vention" strategies for managing risk after a patient suicide.
6. Identify "self care" strategies for psychologists who have suffered the loss of a patient to suicide.
7. Describe the different professional retirement pathways.
8. Identify the advantages and disadvantages of various strategies in planning for your own personal and professional retirement.
9. Describe how to effectively and ethically close a professional practice.



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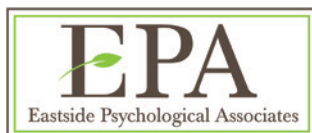
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