



Washington State
Psychological Association

Many Voices One Community: Shaping the Future of Psychology Together

WSPA Fall Convention 2019

October 11-13, Hilton Hotel, Bellevue

Welcome!

On behalf of the Washington State Psychological Association Convention Committee and Board of Trustees, we would like to welcome you to the 2019 WSPA Fall Convention. Building on the successful conventions of the past two years, the Convention Committee worked hard to choose high-quality CE presentations that address this year's theme, **Many Voices, One Community: Shaping the Future of Psychology Together**, especially relevant in this time of political and social change. As you browse through the program, you will find 17 different CE programs, including a 6-hour Ethics program on Sunday by The Trust.

Our Keynote speaker this year is Sam Goldstein, Ph.D., a highly acclaimed and nationally renowned practitioner, professor, speaker, author, and editor. Dr. Goldstein is Board-Certified as a pediatric neuropsychologist with areas of specialization in forensics, school psychology, child development, and neuropsychology. He has authored, co-edited, or co-authored many books, book chapters, and peer-reviewed scientific research studies, and has published a number of psychological tests and assessments. We are honored to be hosting such a highly regarded psychologist at our Convention, and we eagerly invite you to attend Dr. Goldstein's keynote presentation, "Behavioral Assessment of Youth: Where Comorbidity is the Norm, Not the Exception."

We are pleased to include special programming for students, newly-licensed psychologists, and early career psychologists. Our student poster session will occur during the day on Friday – Please stop by and visit our poster presenters! On Friday afternoon, students and Early Career Psychologists are welcome to join us for an informal Happy Hour in the hotel lobby for an opportunity to network, meet with leadership, and find out ways to get involved. On Saturday morning, we will again have an Ethics program, which includes a celebration of newly licensed psychologists.

Our annual Washington Psychologist Awards Luncheon and Annual Stakeholder's Meeting will occur on Friday. All WSPA members are invited to attend the Stakeholder's Meeting to get an overview of and update on organizational changes, membership, finances, and goals, as well as federal and state legislative updates. Your presence is valued and highly encouraged!

We'd like to thank our two corporate convention sponsors, The Trust Insurance 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 2019 Convention Committee, Continuing Education Committee, the office staff, and the WSPA Board of Trustees for their endless support and encouragement.

Welcome once again! We are thrilled you are joining us and look forward to the weekend of enriching educational offerings and networking events that will strengthen our community and shape the course of our professional future together.



Dominika Breedlove, Psy.D.
WSPA President



Marvo Reguindin
WSPA Executive Director



Dear WSPA Board of Trustees:

It is with pleasure that I congratulate the Washington State Psychological Association (WSPA) on its 2019 Fall Convention. This year's theme, **Many Voices, One Community: Shaping the Future of Psychology Together** is a perfect reflection of how diversity in our profession, whether in terms of our personal identities or areas of practice and expertise, is a significant strength as we look to the future of our field together.



WSPA has reached many milestones this year! On the WSPA all female Executive Board, I am delighted to see that two members are early career. This demonstrates how Washington psychologists are leading the field of psychology in welcoming and supporting the younger generation and women in leadership roles in our State, Provincial and Territorial Psychological Associations (SPTAs).

Equally exciting is the newly formed WSPA Legislative Advocacy Committee (LAC), which reviewed over 175 bills introduced in the Washington State Legislature this year! Washington State has been at the forefront of transforming and expanding its behavioral health system and WSPA has provided critical information, testimony, and advocacy in support of those efforts. SPTAs play a unique role in legislative advocacy affecting our profession and the communities we serve, from scope of practice to social justice, and WSPA's new LAC is well-poised to continue ensuring that Washington psychologists play an active role in shaping state laws and policy for the benefit of all Washington citizens. A recent impressive accomplishment in this arena is that APA's Practice Directorate recently awarded WSPA a \$5000 Legislative Grant to pursue prescribing privileges for psychologists in Washington State. This is an excellent example of an issue that directly impacts psychologists' scope of practice, while also potentially addressing the urgent and severe shortage of prescribing providers for people in need.

The American Psychological Association is excited about our ongoing relationship with WSPA! We can achieve so many important goals as we work together to have a positive impact on our society and fellow human beings.

Sincerely,

Rosie Phillips Davis, PhD, ABPP

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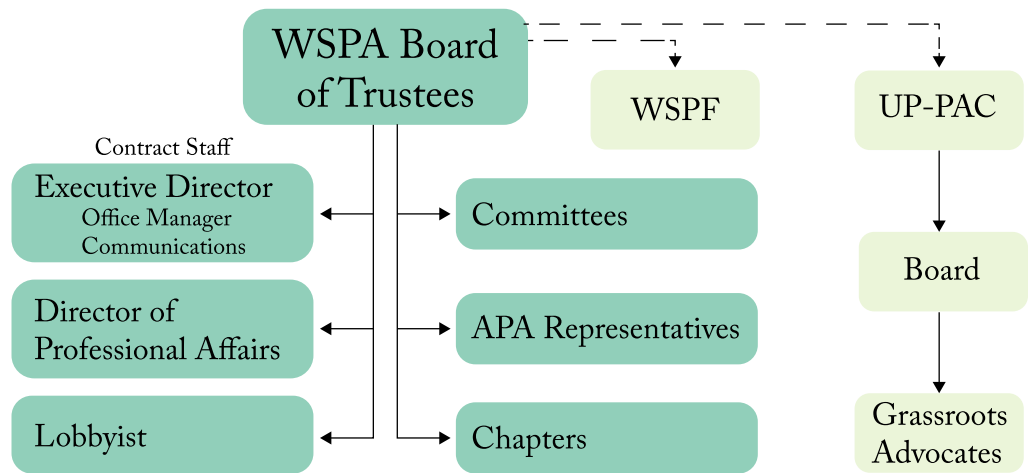
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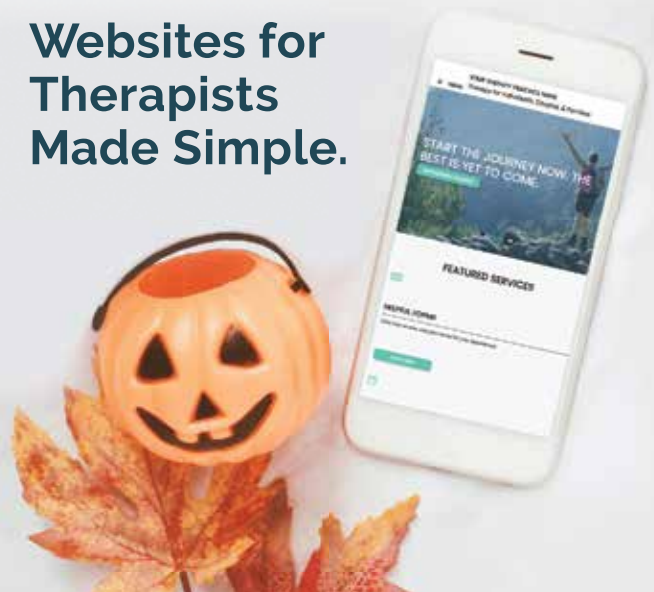
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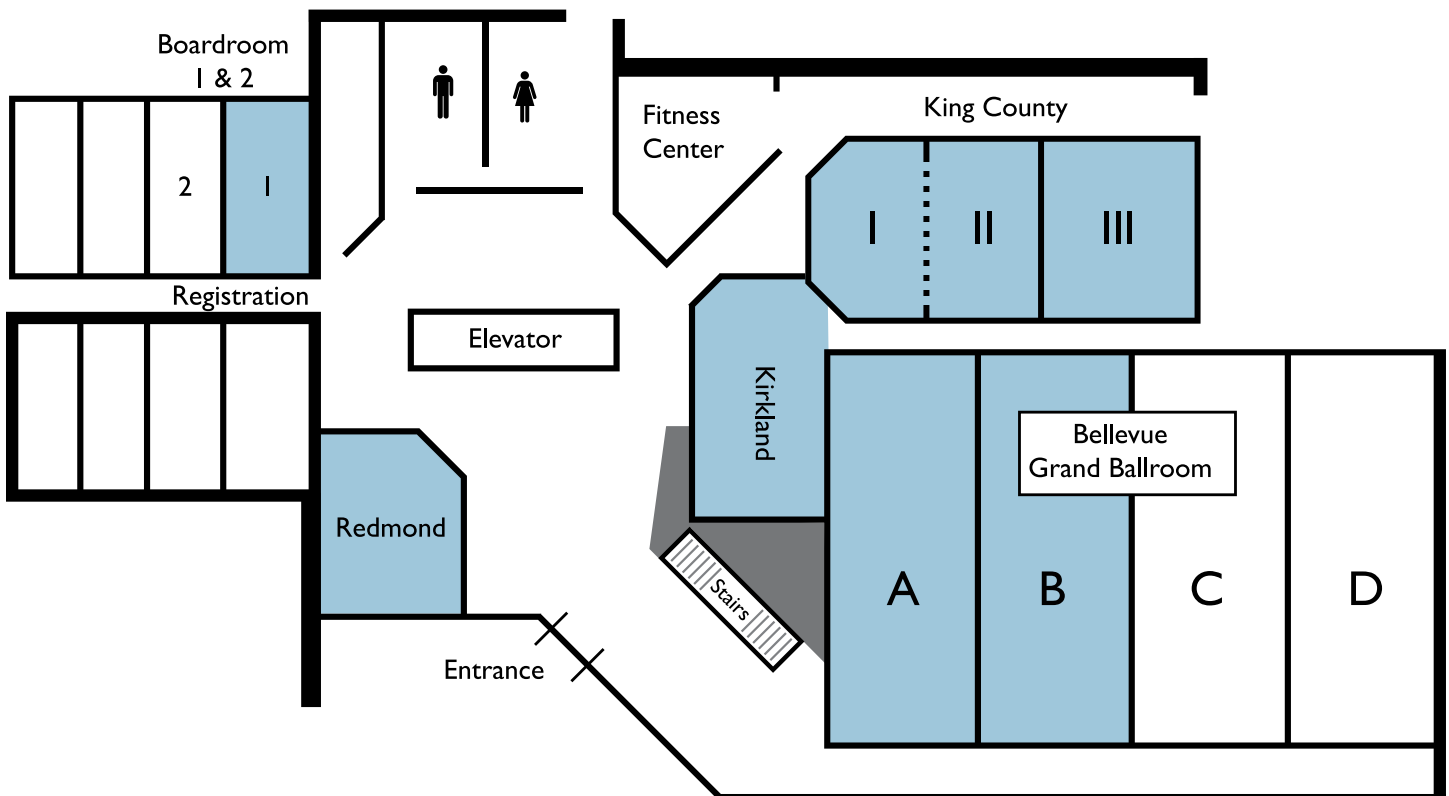


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WSPA 2019 Fall Convention Schedule

Friday, Oct. 11	Redmond Room	King County III	Kirkland Room
All day	Registration in Boardroom 1		
7:30 am - 8:30 am	Breakfast in Grand Ballroom Salon A		
8:30 am - 9:00 am	Welcome in Grand Ballroom Salon A		
9:00 am - 10:30 am	Keynote - Samuel Goldstein, Ph.D. in Grand Ballroom Salon A		
10:30 am - 10:50 am	Student Poster Session in King County I & III; Break & Exhibitors - Main Foyer		
10:50 am - 12:20 pm	Assessment of Functional Impairment in Children: New Data, New Ideas, and the Rating Scale of Impairment - Samuel Goldstein, Ph.D.	The Basics of Opening a Private Practice: Clinical, Ethical, and Management Considerations - Samantha Slaughter, Psy.D.	What Was Old is New Again: An Introduction and Update to Biofeedback, Including Neurofeedback and QEEG - Richard Packard, Ph.D., and Brian Imber, Ph.D.
12:30 pm - 2:00 pm	Awards Lunch in Grand Ballroom Salon A		
2:00 pm - 3:30 pm	Benefits and Mitigated Risks of the Intensive Treatment Format: Taking Care Ethically - Sandra Paulsen, Ph.D.	Understanding Internet Gaming Disorder - Hilarie Cash, Ph.D., LMHC	Decision-Making Capacity Assessments: Theory to Practice - Christopher J. Graver, Ph.D., ABPP-CN and CPT Fawn A. Walter, MS
3:30 pm - 3:50 pm	Student Poster Session in King County I & III; Break & Exhibitors - Main Foyer		
3:50 pm - 5:20 pm	Moral Injury: Assessment, Intervention, and Spiritual Dimensions - James Dillon, Ph.D., Julie Johnson Sharrette, Psy.D., and Samuel Rennebohm, MS, MDiv.	What Can We Gain from the Alternative DSM-5 Model for Personality Disorders? - Cornelia Kirchoff, Ph.D.	Forensic Survival Skills for the Non-Forensic Psychologist - Daniel Rybicki, Psy.D., and G. Andrew Benjamin, JD, Ph.D., ABPP
5:30 pm - 6:30 pm	All-member Annual Stakeholder's Meeting in Grand Ballroom Salon A		
6:30 pm - 8:00 pm	ECP Happy Hour in Lobby		



WSPA 2019 Fall Convention Schedule

Saturday, Oct. 12	Redmond Room	King County III	Kirkland Room
All day	Registration in Boardroom 1		
7:15 am - 9:00 am	Breakfast Seating - King County I & II		
7:45 am - 8:45 am		Ethical, Legal, and Professional Considerations for Early Career Psychologists - G. Andrew Benjamin, JD, Ph.D., ABPP/ Stephen Feldman, JD, Ph.D. (1 hr, by special invitation only)	
9:00 am - 10:30 am	Coloring Inside the (Guide)lines: An Introduction to Awareness for Multiculturally Competent Practice (3 hrs) - Jude Bergkamp, Psy.D.	Comorbid Medical and Psychiatric Illness: Differential Diagnosis and Treatment in Primary Care (3 hrs) - David Shearer, Ph.D., MS.	Size Matters: The Power of Small Steps to Achieve Large Goals (3 hrs) - Robert Maurer, Ph.D.
10:30 am - 10:50 am	Break and Exhibitors - Main Foyer		
10:50 am - 12:20 pm	Coloring Inside the (Guide)lines: An Introduction to Awareness for Multiculturally Competent Practice (continued)	Comorbid Medical and Psychiatric Illness: Differential Diagnosis and Treatment in Primary Care (continued)	Size Matters: The Power of Small Steps to Achieve Large Goals (continued)
12:30 pm - 2:00 pm	Attendee lunch - Grand Ballroom Salon B		
2:00 pm - 3:30 pm	ECT, TMS, and (Es)ketamine: When Medications and Therapy Aren't Enough (3 hrs) - Jesse Adams, MD, and Rebecca Allen, MD, MPH	A Third-Wave Approach to Relationships: Integrative Behavioral Couples Therapy (3 hrs) - Julia Mackaronis, Ph.D.	Compassionate Objectivity: Conducting Culturally Competent, Trauma Informed Forensic Evaluations (3 hrs) - Tyson Bailey, Psy.D. ABPP
3:30 pm - 3:50 pm	Break and Exhibitors - Main Foyer		
3:50 pm - 5:20 pm	ECT, TMS, and (Es)ketamine: When Medications and Therapy Aren't Enough (continued)	A Third-Wave Approach to Relationships: Integrative Behavioral Couples Therapy (continued)	Compassionate Objectivity: Conducting Culturally Competent, Trauma Informed Forensic Evaluations (continued)
Sunday, Oct. 13	King County I - III		
9:00 am - 4:00 pm	Sequence IX: Ethics & Risk Management in Complex Clinical Conundrums - Daniel Taube, JD, Ph.D. (Lunch provided 12:00 pm - 1:00 pm in Kirkland Room)		

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.

Win a Free Registration to a 2020 Spring Workshop

Included in your tote bag is a vendor passport. Get it stamped or signed by each of our vendors and exhibitors, and you will be entered to win a free registration to a stand alone 2020 spring 3 CE workshop. A name is pulled each day of the convention (3 winners); you do not need to be present to win.

Behavioral Assessment of Youth: Where Comorbidity is the Norm, Not the Exception (Keynote Speaker)

CE Credits: 1.5

Presenter: Samuel Goldstein, Ph.D.

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

Biography:

Dr. Goldstein is a neuropsychologist with areas of specialization in school psychology, child development and neuropsychiatric disorders. He is licensed as a psychologist and certified as a developmental disabilities evaluator in the State of Utah. He is board certified as a Pediatric Neuropsychologist by the American Board of Pediatric Neuropsychology. He is listed in the Council for the National Register of Health Service Providers in Psychology. Dr. Goldstein is an Adjunct Assistant Professor in the Department of Psychiatry, University of Utah School of Medicine. (Please see full bio online.)

Description:

Psychologists are increasingly faced with the evaluation of youth (i.e., children and adolescents) demonstrating symptoms, behaviors and impairments characteristic of multiple mental health disorders. For example, youth with Autism typically suffer from two additional psychiatric disorders such as ADHD, Oppositional Defiant Disorder or a Specific Learning Disability. Youth with anxiety, depression or learning disabilities typically suffer from one or two additional disorders. Join Dr. Samuel Goldstein as he: reviews literature demonstrating the increasing presentation of youth meeting multiple diagnostic and eligibility criteria; discusses the prevalence and correlates of various disorders as they present in youth; explores the risk factors associated with increased vulnerability; provides a comprehensive framework to assist psychologists in evaluating the development, emotions, behavior and social relations of complex cases utilizing valid and reliable behavioral, observer and self-report scales and tests; reviews common assessment challenges.

Learning Objectives:

1. Explain youth developmental and mental disorders and comorbidity
2. Use a practical framework, including methods and tools, to assess children presenting with possible multiple disorders/eligibilities
3. Analyze critical variables influencing assessment
4. Assess (or Compare) solutions to common assessment challenges

Assessment of Functional Impairment in Children: New Data, New Ideas, and the Rating Scale of Impairment

CE Credits: 1.5

Presenter: Samuel Goldstein, Ph.D.

Time: 10:50 am - 12:20 pm Room: Redmond

Biography:

Dr. Goldstein is a neuropsychologist with areas of specialization in school psychology, child development and neuropsychiatric disorders. He is licensed as a psychologist and certified as a developmental disabilities evaluator in the State of Utah. He is board certified as a Pediatric Neuropsychologist by the American Board of Pediatric Neuropsychology. He is listed in the Council for the National Register of Health Service Providers in Psychology. Dr. Goldstein is an Adjunct Assistant Professor in the Department of Psychiatry, University of Utah School of Medicine. (Please see full bio online.)

Description:

Impairment has become a primary focus of psychological and educational assessments in the community and schools. Qualification of disability status and/or services under multiple legislations, including the Individuals with Disabilities Improvement Education, Americans with Disabilities and the Social Security Acts all require accurate assessment of impairment above and beyond diagnosis and disability determination. This presentation addresses cutting edge research and evidence based practice of the assessment of impairment in children in school and mental health settings. The history of assessment of impairment as part of the diagnostic process will be guided by a discussion of the World Health Organization impairment standards and recommendations from diagnostic protocols (e.g., Diagnostic and Statistical Manual of the American Psychiatric Association - 5th Edition). The presentation will introduce data from a nationally representative standardization sample of 3,500 children assessing impairment in school, community, and home. The Rating Scale of Impairment will be introduced as a valid and reliable means of assessing impairment in the diagnostic process. The presentation will include an overview of integrating impairment data into a comprehensive assessment, treatment, planning, and monitoring.

Learning Objectives:

1. Describe the history and current theories of impairment in school and mental health assessments
2. Utilize the assessment of impairment in treatment planning and intervention

The Basics of Opening a Private Practice: Clinical, Ethical, and Management Considerations

CE Credits: 1.5

Presenter: Samantha Slaughter, Psy.D.

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

Biography:

Dr. Slaughter is a business consultant, licensed psychologist, and CEO of Integrative Psychological Services of Seattle, a group practice integrating physical health with psychological work. She serves as the Director of Professional Affairs for the Washington State Psychological Association. She was honored by WSPA most recently in 2017, receiving the Sustained Service Award in recognition of her contributions to WSPA.

Description:

Thinking about private practice, but not sure where to start? The goal of this presentation is to leave you with more answers than questions. This presentation will cover the important facets of starting and growing a private practice, including the basic steps for start-up or growth, individual versus group practice, the current models of integrated care, and ethical considerations. Attend this presentation if you are new to private practice or considering how to move from institutional work to private practice.

Learning Objectives:

1. Describe the basic steps to create a solo or group practice
2. Demonstrate an awareness of the current models of integrated care
3. Increase their knowledge of the ethical considerations of starting a private practice

What Was Old is New Again: An Introduction and Update to Biofeedback, Including Neurofeedback and QEEG

CE Credits: 1.5

Presenters: Richard Packard, Ph.D., and Brian Imber, Ph.D.

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

Biography:

Dr. Packard is a licensed psychologist as well as having additional certifications in forensic psychological matters. He earned his B.S. degree from the University of Texas Health Science Center at

Dallas in 1976, his M.S. from East Texas State University in 1978, and his Ph.D. from the University of Washington in 1990. He has held research and clinical faculty positions with the Washington State Department of Corrections and the University of Washington Medical School, Department of Psychiatry and Behavioral Sciences. In his 40-plus years of professional work, Dr. Packard has been involved in a wide variety of clinical and forensic issues as well as maintaining a long-standing interest in furthering effective treatment using a variety of methods. He has worked in numerous settings including inpatient and outpatient, rehabilitation settings, as well as corrections and private practice. Dr. Packard has received professional and academic awards for his research and clinical contributions and is a frequent speaker and presenter at professional and scientific conferences. In recent years, Dr. Packard has returned to an early interest in cognitive neuroscience and the application of these developments in clinical practice.

Dr. Brian L. Imber is a partially licensed practicing clinical psychotherapist at Brain Health Northwest in Seattle, Washington. He specializes in integrating multiple psychotherapies with applied biofeedback to treat clinical and non-clinical issues. Dr. Imber received his Ph.D. in Clinical Psychology with a specialization in Applied Psychophysiology from Saybrook University. He also holds a M.A. in Clinical Psychology and an M.B.A. He has clinical research and application interests in the field of Integrative Psychotherapy, particularly applying biofeedback/neurofeedback to treat peripheral and central nervous system dysregulations, and helping individuals optimize performance in business, sports, education, and the arts. Dr. Imber also integrates and applies Virtual Reality technology to help with the treatment of stress, fears, and phobias.

Description:

This program is intended to introduce the audience to the history, research, mechanisms, applications, and a demonstration of biofeedback for use in a clinical setting. Biofeedback is the process of gaining greater awareness of many physiological functions: brainwaves, muscle tone, skin conductance, heart rate, and pain perception. This introductory level program will discuss the old-new in biofeedback with an emphasis on neurofeedback, along with some easy to use methods that clinicians can incorporate into their work with relatively little training. At a high level, the presenters will discuss the most salient research and efficacy in this field, and the more effective applications. The last 30-minutes of the program will show a live demonstration of neurofeedback.

Learning Objectives

1. Describe the scientific antecedents of applied psychophysiology and biofeedback
2. Apply integrated biofeedback with psychotherapy concepts to common clinical problems and cite supporting research and efficacy



Benefits and Mitigated Risks of the Intensive Treatment Format: Taking Care Ethically

CE Credits: 1.5

Presenter: Sandra Paulsen, Ph.D.

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

Biography:

Dr. Paulsen is the author of *When There Are No Words: Repairing Trauma and Neglect from the Attachment Period*, and *Looking Through the Eyes of Trauma & Dissociation: An Illustrated Guide for EMDR Therapists and Clients*. She co-authored *The Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self*, and *All the Colors of Me: My First Book on Dissociation*. A fellow of the ISST&D, she was invited faculty in numerous international venues, and was invited EMDRIA Masters Series Lecturer. She has taught her several workshops in such places as Japan, Russia, Canada, Scotland, Hong Kong, England, Brazil, Norway, Sweden, South Africa and more. Her clinical practice is limited to brief intensive work on a forested island near Seattle. That practice is canine and equine assisted.

Description:

Some therapists offer intensive treatment as an alternative to the conventional therapy structure of regular brief therapy appointments over months or years. This workshop describes considerations for doing intensive work safely and ethically. Advantages include having time to drop into the felt sense of the bodily held unprocessed experience, some wish to avoid treatment in their own town, and some prefer to work briefly and intensively rather than hassle with weekly appointments with all the travel and chopiness of brief sessions.

Hazards include that when working in implicit memory, the therapist's every nuance can trigger an enactment of early relationship trauma. If time in the intensive runs out before the work is complete, there is a risk of triggering early abandonment issues, even as adult states understand. Other ethical considerations include the use of time (e.g., breaks), scheduling, pricing, communication, accommodations, ergonomics, logistics, daily closure procedures, and follow up checkpoints. The workshop will address the safety and comfort for both therapist and client in the intensive format.

Learning Objectives:

1. Identify whether clients are appropriate for the intensive format
2. Describe four parameters of the intensive treatment structure that need to be defined
3. Define abandonment and betrayal enactment and how to mitigate it in the intensive format
4. Articulate four elements of ergonomics to consider for therapist and client health and safety in the intensive structure

Understanding Internet Gaming Disorder

CE Credits: 1.5

Presenter: Hilarie Cash, Ph.D., LMHC, CSAT

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

Biography:

Dr. Cash is the cofounder and Chief Clinical Officer of reSTART Life, PLLC, a residential program (first in the US and Canada) designed explicitly for adults and adolescents who are experiencing addiction to the Internet and video games. She began her work in the emerging field of Internet addiction in the mid-90's. By 1999, she had co-founded an outpatient clinic called Internet/Computer Addiction Services (now closed) in Redmond, WA. She is the co-author of the 2008 book, *Video Games and Your Kids: How Parents Stay in Control*. All of these ongoing endeavors have brought her recognition as one of the nation's leading experts in the growing field of Internet and video game addiction.

Description:

The World Health Organization will be adding Gaming Disorder to its list of mental diseases in the upcoming ICD-11. Many therapists are not familiar with the diagnosis and treatment of Gaming Disorder (also referred to as Internet Gaming Disorder, Internet Addiction Disorder, Gaming Addiction, Problematic Screen Use, etc.), although most are seeing clients suffering from this disorder. Because so few specialists exist, it is important that non-specialists learn how to treat the problem more effectively or refer when appropriate. This program will provide an introduction to the signs and symptoms, the etiology, the co-occurring disorders, the vulnerabilities and the treatment of Internet Gaming Disorder.

Learning Objectives:

1. Participants will be able to accurately assess for Internet Gaming Disorder.
2. Participants will be able to list three common disorders which co-occur with Internet Gaming Disorder.



Decision-Making Capacity Assessments: Theory to Practice

CE Credits: 1.5

Presenters: Christopher J. Graver, PhD, ABPP-CN and CPT Fawn A. Walter, MS

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

Biography:

Dr. Graver is the Chief of Neuropsychology at Madigan Army Medical Center and a Board Certified Neuropsychologist. He has published and presented workshops on decision making capacity assessments, therapeutic assessment approaches, and functional somatic syndromes. He also serves as a reviewer for several journals, including *The Clinical Neuropsychologist*.

CPT Walter is completing her internship at Madigan Army Medical Center and will earn her Ph.D. from Kent State University in 2019. Her research focuses on health behaviors and positive psychology in healthy and unwell populations. She has presented her research at behavioral medicine conferences for the past six years.

Description:

Decision making capacity can be affected by various conditions such as traumatic brain injury, psychiatric illness, and neurodegenerative diseases. As a health care provider, one may be called upon to assess a patient's decision-making capacity. Yet decision-making capacity assessments (DMCA) require a specialized set of skills that are inconsistently taught in the healthcare field. Isolation from inter-disciplinary teams, lack of confidence, uneasiness managing conflict between family and patients, and fear of liability can result in clinicians failing to correctly identify incapacity in patients. Balancing autonomy and independence with patient safety and well-being is delicate and complex, and may include different levels of tolerance for various aspects of decision making. Theory and research can inform effective clinical approaches, interdisciplinary collaboration, and operational documentation for DMCA. With multiple calls for compulsory training in DMCA for healthcare providers, this presentation aims to provide an introductory overview of the scope of decision-making capacity and practical tools for conducting such assessments as followed through exemplary cases. Several guides and articles on structured approaches to decision making capacity assessment will also be discussed.

Learning Objectives:

1. Apply knowledge of the guiding principles in capacity assessment
2. Identify common DCMA pitfalls
3. Implement a standardized approach to capacity assessment

What Can We Gain from the Alternative DSM-5 Model for Personality Disorders?

CE Credits: 1.5

Presenter: Cornelia Kirchhoff, Ph.D.

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

Biography:

Since receiving her Ph.D. in Clinical Psychology from Washington State University in 2015, Cornelia Kirchhoff has since worked as assistant director at the WSU Psychology Clinic. As clinical faculty, she teaches personality assessment and diagnosis at a graduate level and supervises a wide array of assessment and therapy cases.

Description:

The alternative DSM-5 model for personality disorders addresses problematic classification issues and comorbidities that have plagued the DSM-IV and the current DSM-5 classification model for personality disorders (PD), such as co-occurrence of PDs, heterogeneity within categories, and arbitrary diagnostic thresholds. The alternative DSM-5 model offers several advantages over existing models in diagnosing and treating personality disorders: With the incorporation of the Level of Personality Functioning Scale (LPFS) and the Personality Inventory for DSM-5 (PID-5), diagnoses of PDs have largely become objectified and more reliable and valid. Furthermore, clinical decision making and communication with clients are greatly assisted by the identification of the severity level of personality functioning and specific pathological traits. Focusing on relevant areas of personality based on a trait approach also allows more individualized and targeted interventions which will in turn likely lead to better treatment outcomes for personality disorders. Workshop attendees will be familiarized with the alternative DSM-5 model for personality disorders and its development, as well as advantages over previous diagnostic approaches in the DSM. Using case examples, diagnosing PDs will be exemplified to give practitioners guidelines in the use of the alternative model, determination of the level of personality functioning, and the application of the PID-5 on a trait and dimensional level. The usefulness for treatment planning will also be highlighted.

Learning Objectives:

1. Participants will be able to compare the alternative DSM-5 diagnosis model for Personality Disorders (Sect. III DSM-5) with the current DSM-5 model (Sect. II DSM-5).
2. Participants will be able to describe the clinical utility of the alternative DSM-5 model for therapeutic practice and assessment.

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

Moral Injury: Assessment, Intervention, and Spiritual Dimensions

CE Credits: 1.5

Presenters: James Dillon, Ph.D., Julie Johnson Sharrette, Psy.D., & Samuel Rennebohm, MS, MDiv

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

Biography:

Dr. Dillon received his doctoral degree in Clinical Psychology at the University of Missouri-St. Louis. He completed his pre-doctoral internship at the Jerry L. Pettis Memorial Veterans Medical Center in Loma Linda, CA, and his postdoctoral fellowship in Interdisciplinary Treatment of Substance Abuse at the Puget Sound VA Healthcare System in Seattle, WA. Dr. Dillon has worked in correctional and military settings. Currently, he works in the Veterans Intensive PTSD Program at the Puget Sound VA Healthcare System American Lake Division, and private practice in Seattle. His professional interests include trauma and PTSD, moral injury, the influence of culture on psychological development, gender, and LGBT issues.

Description:

The construct of moral injury has become an area of interest to many clinicians and researchers working with individuals impacted by combat exposure. While there may be an increased awareness of moral injury among professionals working within the U.S. Department of Defense (DOD) and the Department of Veterans Affairs (VA), those working outside of these institutions may have limited access to information on this topic. Since many veterans receive their care outside of the VA system, it is crucial that community providers have access to this burgeoning area of study and clinical intervention. Presenters will provide a definition of moral injury, summarize current research trends in the study of Moral Injury, and describe how this overlaps with and is distinct from Posttraumatic Stress Disorder (PTSD). Current methods of assessment will be introduced, along with the challenges in the area of assessment/evaluation of moral injury. An overview of interventions addressing moral injury will be provided. The final section of the presentation will focus on working with spiritual distress, commonly identified as a core feature of moral injury. Presenters will define this concept and its relationship to moral injury by presenting several theoretical perspectives and discussing corresponding implications for clinical work. Time will also be spent discussing ways of working within a patient's spiritual tradition to facilitate healing and growth.

Learning Objectives:

1. Summarize current research trends in the study of Moral Injury and how this overlaps with and is distinct from Post-Traumatic Stress Disorder
2. Identify current assessment measures and recognize ongoing challenges in the assessment/evaluation of moral injury
3. Be able to provide an overview of the Adaptive Disclosure intervention and other modalities for treating moral injury
4. Identify ways in which Moral Injury impacts and may be impacted by an individual's religious or spiritual identity

Forensic Survival Skills for the Non-Forensic Psychologist

CE Credits: 1.5

Presenters: Daniel Rybicki, Psy.D., and G. Andrew Benjamin, JD, Ph.D., ABPP

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

Biography:

Dr. Rybicki has over 30 years of experience as an expert witness and evaluator for family, criminal, civil, and dependency court cases. He has served in multiple jurisdictions including those in California, Illinois, Indiana, Oregon and Washington, and has testified over 400 times. Dr. Rybicki specializes in complex custody cases such as high conflict or relocation cases and cases where there are allegations of alienation, personality disturbance, sexual abuse, substance abuse, or domestic violence. In addition to extensive experience in psychological assessment (over 8,000 evaluations), Dr. Rybicki continues to provide work product review, consultation and serves as a rebuttal witness or expert witness throughout Washington.

Dr. Benjamin works with families engaged in high-conflict litigation and lawyers suffering from various mental health and drug abuse problems, in various governance positions, and as director of the Parenting Evaluation Training Program at the University of Washington. A Clinical Professor of Psychology and Affiliate Professor of Law at the University of Washington, Dr. Benjamin 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. He has received multiple awards from such groups as the Washington State Bar Association, the Washington State Psychological Association, and the APA.

Friday Workshop Information

Description:

Ethical and practice pitfalls abound when treating or evaluating psychologists encounter litigation situations. Some of those may suddenly appear with an unexpected phone call or letter while more formal contacts such as subpoena or deposition and testimony demands are issued to the psychologist. This can be a frightening and overwhelming event for those who are unprepared. However, with some simple survival skills and basic knowledge, the psychologist can respond in an ethical and methodical fashion to meet those challenges. This workshop will provide such guidance by examining four components: initial contact and requests; deposition and interrogatories; trial testimony parameters; and elements of the art of testifying. Attention to record keeping, documentation of contacts, scope of practice, and basis for opinions represent central domains which will be addressed. Additional information regarding relevant statutory guidelines and limitations will be presented.

Learning Objectives:

1. Describe the risks of rapid response or advocacy in cases involving litigation
2. Apply recommendations to ethically and professionally respond to records requests
3. Discuss methods for deposition and trial testimony to reduce malpractice risks



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Ethical, Legal, and Professional Considerations for Early Career Psychologists

CE Credits: 1

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

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

Biography:

Dr. Benjamin works with families engaged in high-conflict litigation and lawyers suffering from various mental health and drug abuse problems, in various governance positions, and as director of the Parenting Evaluation Training Program at the University of Washington. A Clinical Professor of Psychology and Affiliate Professor of Law at the University of Washington, Dr. Benjamin 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. He has received multiple awards from such groups as the Washington State Bar Association, the Washington State Psychological Association, and the APA.

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:

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

Learning Objectives:

1. Use the standards of practice for Washington Psychologists for sufficient case documentation
2. Apply the standards of practice for Washington Psychologists for avoiding multiple relationships

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

Coloring Inside the (Guide)lines: An Introduction to Awareness for Multiculturally Competent Practice

CE Credits: 3

Presenters: Jude Bergkamp, Psy.D., Lindsay Olson, BS, & Abigail Martin, BA

Time: 9:00 am - 12:20 pm Room: Redmond

Biography:

Dr. Bergkamp is actively engaged in research and implementation of cultural competency principles in both large organizations and higher education. He has consulted with both the Washington State Department of Social and Health Services and the Department of Corrections on cultural competency initiatives.

Lindsay Olson is a doctoral student in clinical psychology at Antioch University Seattle engaged in research on privilege awareness with Dr. Bergkamp at Antioch University Seattle. She has previously presented their research at the American Psychology Association convention and is developing her dissertation project on this topic with children.

Abi Martin is a doctoral student in clinical psychology at Antioch University Seattle engaged in research with Dr. Bergkamp on privilege awareness. She has presented their research at the American Psychological Association convention and is constructing a developmental social privilege awareness scale, using an intersectional lens, for her dissertation.

Description:

This presentation is intended as an introduction to the newest multicultural guidelines (American Psychological Association, 2017) for practitioners, trainees, and educators alike seeking to increase cultural competence through intrapersonal awareness. This interactive program will engage participants in a personal exploration of social identity in relation to individual, professional, organizational, and societal paradigms of privilege and power which participants will then apply to a clinical case analysis presented during the program. The presentation intends to increase practitioner and trainee awareness of historical and contemporary experiences of privilege, power, and oppression in an accessible format while modeling an encouraging and engaging approach to self-analysis and discussion with peers.

Learning Objectives:

1. Participants will be able to describe two new APA multicultural guidelines relevant to their role as a clinical psychologist.
2. Participants will be able to analyze their social identity locations with an emphasis on privilege and power.
3. Participants will be able to apply the above two guidelines to a clinical case scenario as it relates to their social identity locations.

Comorbid Medical and Psychiatric Illnesses: Differential Diagnosis and Treatment in Primary Care

CE Credits: 3

Presenters: David Shearer, Ph.D., MSCP, and Scott Grogan, DO, MBA, FAAFP

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

Biography:

Dr. Shearer is a clinical and prescribing psychologist for the Department of the Army at Madigan Army Medical Center (MAMC) in the state of Washington. He serves as a core faculty member and Director of Behavioral Sciences the MAMC Family Medicine Residency. He is the Chair of the WSPA Prescribing Psychology Taskforce and his lectures and research focus on topics related to clinical psychopharmacology.

LTC Grogan is a graduate of Ohio University Heritage College of Osteopathic Medicine. He completed both Family Medicine residency and his faculty development fellowship at Madigan Army Medical Center in Tacoma, WA. He completed his MBA in 2013, served as research director and Associate Residency Director at Eisenhower Army Medical Center in Augusta, GA before returning as Residency Director at Madigan Army Medical Center in March 2016.

Description:

Psychologists are increasingly expected to take medical comorbidity into consideration when treating patients. The present lecture will highlight several common co-occurring medical and psychiatric conditions. The presenters will discuss psychopharmacological treatments for common co-occurring psychological conditions such as anxiety, depression, and bipolar disorder. Case examples will be used to illustrate the complex interplay between medical and psychological disorders.

Learning Objectives:

1. The attendee will be able to list at least 3 common medical disorders that are frequently comorbid with psychological disorders.
2. The attendee will be able to explain how knowing the basic signs and symptoms of common medical disorders can help psychologists differentiate between medical symptoms, drug side effects and psychological syndromes.
3. The attendee will be able to describe how at least one common medical disorder can be mistaken for an underlying psychiatric disorder.

Size Matters: The Power of Small Steps to Achieve Large Goals

CE Credits: 3

Presenter: Robert Maurer, Ph.D.

Time: 9:00 am - 12:20 pm

Room: Kirkland

Biography:

As the Director of Behavioral Sciences for Providence Family Medicine and a faculty member with the University of Washington School of Medicine, Dr. Maurer has studied how individuals, families, and organizations sustain their excellence in health, relationship, and work. He is also an Associate Clinical Professor at the UCLA School of Medicine. He has served as a consultant to Walt Disney Studios, the US Air Force and Navy, Costco, American Express, Four Seasons Hotels, Make-A-Wish, and Habitat for Humanity. He is the author of the books, *One Small Step Can Change Your Life*, *The Spirit of Kaizen*, and *Mastering Fear*. His work as a clinical psychologist has resulted in the development of an extensive series of programs designed to meet the challenges of building and sustaining excellence and well-being.

Description:

Human beings have a natural desire to change and improve. We also have a natural desire to resist change and to cling to the familiar. How do we reconcile these tendencies and maximize our potential as individuals, clinicians, and work groups?

A small, but highly important body of research has studied people to have succeeded in work, relationships, and health. These studies have revealed surprising insights into how to overcome our resistance to change and to create a climate of continual improvement. This workshop explores these findings and provides an opportunity to experience tools for personal and professional successful changes. The topics covered include an exploration of strategies for change in individual, clinical, and organizational settings, including how fear can be used to assist change; how to make change easy and effective, and interventions for helping clients who lack motivation to change.

Learning Objectives:

1. Participants will be able to describe the research findings on the effectiveness of small steps to accomplish large goals.
2. Participants will be able to explain the biology and psychology of the mechanisms by which small steps can create large results.
3. Participants will be able to describe and implement the strategies for explaining the rationale for using small steps to a client.
4. Participants will be able to identify the applications of small steps in counseling, education, business, and spiritual practices.

ECT, TMS, and (Es)ketamine: When Medications and Therapy Aren't Enough

CE Credits: 3

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

Time: 2:00 pm - 5:20 pm **Room:** Redmond

Biography:

Dr. Adams 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 2-year Child & Adolescent Psychiatry fellowship at Seattle Children's Hospital.

Dr. Allen is a neuropsychiatrist specializing in neurostimulation, including both ECT and TMS. 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. 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 and rates of side effects of ECT, TMS, and esketamine for treatment-resistant depression.
2. Participants will be able to list at least two disorders effectively treated by ECT, TMS, and esketamine.
3. Participants will be able to identify typical clinical criteria for consideration of ECT, TMS, or esketamine treatment.

A Third-Wave Approach to Relationships: Integrative Behavioral Couples Therapy

CE Credits: 3

Presenter: Julia Mackaronis, Ph.D.

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

Biography:

Dr. Mackaronis works as a licensed clinical psychologist in the outpatient Mental Health Clinic at the Mann-Grandstaff VA Medical Center in Spokane, WA, and is a clinical instructor with the Spokane Psychiatry Residency. She earned her Ph.D. in clinical psychology from the University of Utah, completed her predoctoral internship at the Albuquerque VA, and completed a fellowship with an emphasis in Integrative Behavioral Couples Therapy at the Seattle VA. She serves on the WSPA Board of Trustees and is also a proud member of WSPAs Chapter 1, which is a vibrant and engaging community of psychologists in Spokane.

Description:

Many practitioners are familiar with the "third wave" of cognitive-behavioral therapy (CBT) therapies, including Acceptance and Commitment Therapy and Dialectical Behavior Therapy. Another third wave therapy with empirical support, Integrative Behavioral Couples Therapy (IBCT), is less well known but of potentially great utility to psychologists working with couples. Evidence suggests that IBCT may lead to improved outcomes for couples over traditional behavioral couples therapy. These improvements appear to arise from the "integrative" aspect of IBCT, which begins therapy with a 4-session assessment and feedback process to identify a couple's natural differences, emotional sensitivities, external stressors, and problematic patterns of behavior. IBCT therapy sessions then integrate third wave concepts with behavioral interventions, such as increased awareness and acceptance of vulnerability and related feelings, and "interactional mindfulness" that allows couples to recognize and name their own patterns without falling prey to them. This program will review the evidence base for IBCT, include explanation of and opportunities to practice IBCT assessment and therapy interventions, discuss how to use the idiographic IBCT case formulation approach to integrate diversity-related issues into couples therapy. This is an intermediate workshop that assumes familiarity with either third wave therapies for individual patients, or couples therapy.

Learning Objectives:

1. Describe clinical benefits of acceptance-based interventions for couples based on principles of learning
2. List the four elements of an IBCT "DEEP" case formulation
3. Contrast the two primary IBCT intervention categories: empathic joining and unified detachment

Saturday Workshop Information

Compassionate Objectivity: Conducting Culturally Competent, Trauma Informed Forensic Evaluations

CE Credits: 3

Presenter: Tyson Bailey, Psy.D., ABPP

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

Biography:

Dr. Bailey is a clinical and forensic psychologist who is a partner in a trauma-informed group practice serving King and Snohomish Counties. He conducts forensic evaluations in civil, criminal, and family law settings. He will be the president-elect of APA Division 56 in 2020 and is an associate editor for the Psychological Trauma: Theory, Research, Practice, and Policy. He is also an action editor and editorial board member for Psychological Injury and Law.

Description:

Forensic practice can be daunting given the complexity of the issues and the high stakes nature of the interactions between psychology and the legal field. Whether psychologists are considering starting a forensic practice or refining their skills, understanding the differences between therapeutic and forensic processes is important. Objectivity is seen as a critical characteristic of forensic evaluators; however, can

also be experienced as cold or detached, which may have an impact on evaluation results. This presentation will discuss processes that can help maintain objectivity through a lens that does not lose the complexities of identity and personal experiences of the person being evaluated. We will also discuss how to communicate this information to the triers of fact, as this is often required in forensic practice. For example, culturally competent, trauma-informed expert testimony can be decisive in both the guilt and penalty (mitigation) phases of criminal cases. In civil cases, it can help juries better understand both seemingly negligent behavior of defendants and adverse impacts of defendants' behavior on plaintiffs.

Learning Objectives:

1. Participants will be able to describe the basics of forensic practice, with particular focus on the importance of avoiding dual relationships and maintaining objectivity.
2. Participants will be able to apply cultural competence frameworks and explain their importance to competent forensic practice.
3. Participants will be able to discuss how trauma and posttraumatic reactions may impact the forensic assessment process.
4. Participants will be able to compare common psychological assessment measures and explain their limitations in a forensic setting.



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Sunday Workshop Information

Sequence IX: Ethics & Risk Management in Complex Clinical Conundrums

CE Credits: 6

Presenter: Daniel O. Taube, JD, Ph.D., ABPP

Time: 9:00 am - 3:30 pm Room: King County I - III

Biography:

Dr. 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:

For almost 25 years, The Trust has been providing continuing education workshops and individual consultations, with a focus on improving psychologists' risk management skills and strategies. These workshops have evolved from basic concepts to a more applied, integrated, and strategic approach to help you protect yourself from adverse disciplinary and legal actions. For this newest workshop, The Trust Risk Management Program reviewed data from over 70,000 consultations provided to date in order to determine which issues and questions are most pressing for today's psychologists. Topics will include boundaries and multiple relationships, challenging terminations, working with children in the midst of family conflict, coping with disciplinary complaints, and psychotherapy patient requests for legally-related documentation.

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Learning Objectives:

1. Describe basic principles of risk management, as applied to several specific clinical situations that frequently arise in professional practice
2. Identify high risk boundary violations and multiple relationship situations

3. Recall important considerations when making therapeutic termination decisions
4. Evaluate potential risks when working with children in high-conflict families
5. Formulate a plan for responding to disciplinary or legal complaints
6. Identify issues and strategies when psychotherapy patients make quasi-forensic requests



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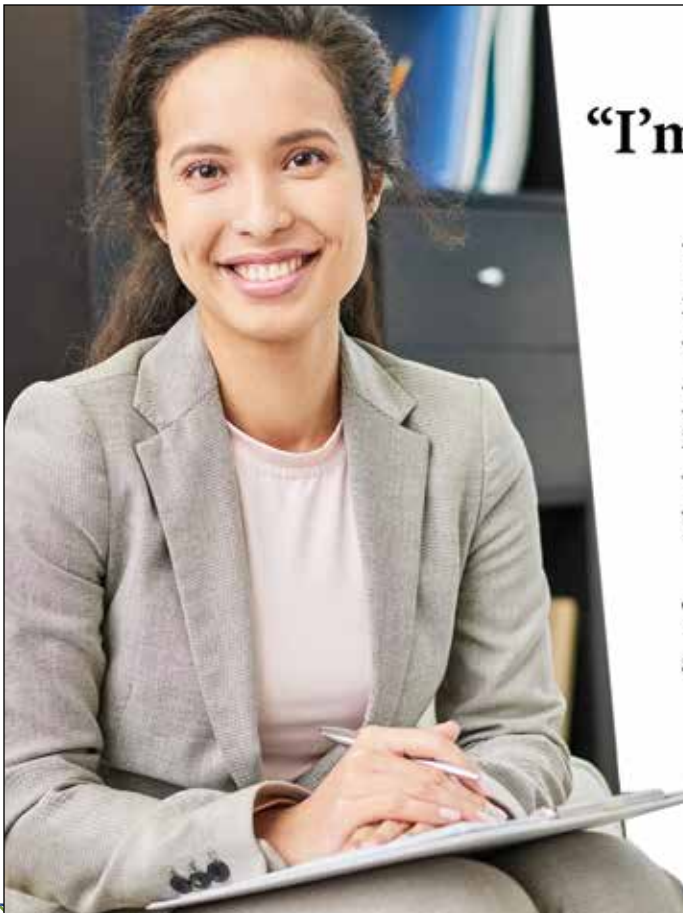
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