Oregon Psychological Association
ANNUAL CONFERENCE • MAY 6-7, 2016

Staying Relevant and Adapting to a Changing World

OREGON CONVENTION CENTER – PORTLAND, OR
A Message from the Conference Chair

Welcome to the 2016 OPA Annual Conference. Our conference theme Staying Relevant and Adapting to a Changing World seeks to inform psychologists and mental health professionals about the evolving psychology landscape. We hope you enjoy our distinguished keynote speakers, Dr. Steven López and Dr. Julie Rosenzweig, and make time to connect with old friends and meet new colleagues. With presentations covering a wide range of topics in multiple practice settings, it is hoped that upon leaving our conference this year, you will have new information to integrate into your practice, you will be more informed about the many ways OPA is working to advocate for you, and you will feel more connected to the community of psychologists and mental health professionals here in Oregon. Have a great conference!

— Shahana Koslofsky, PhD, OPA Conference Chair and President Elect

Schedule of Events*

FRIDAY, MAY 6

8:00 – 8:45 AM

 continuaBreakfast with Tabletop Exhibits
While you are enjoying your continental breakfast and visiting with colleagues and friends, meet with exhibitors and learn about new products and services that can be of help to you.

8:45 – 9:00 AM

 Welcome & Opening Remarks by Conference Chair Shahana Koslofsky, PhD

9:00 AM – NOON

 General Session – Shifting Cultural Lenses in Clinical Practice

BY STEVEN LÓPEZ, PHD, PROFESSOR OF PSYCHOLOGY AND SOCIAL WORK AND DIRECTOR OF CLINICAL TRAINING AT UNIVERSITY OF SOUTHERN CALIFORNIA

This presentation will present key aspects of a model of cultural competence that we refer to as Shifting Cultural Lenses (SCL). We first apply a definition of culture that is tied to people’s social worlds and their individual experiences of those worlds. This broader definition requires that clinicians look to their clients’ social worlds to figure out what matters to them, rather than to assume that given their client’s ethnic group, a particular cultural belief, value or practice applies. By doing so, therapists focus on the individual experience of culture instead of group notions of culture. Second, the SCL model has clear behavioral guidelines. Across all treatment domains, from engagement to treatment methods, clinicians are taught three main behavioral skills: (a) to access their client’s views; (b) to state explicitly the therapist’s view as an alternative view, not necessarily as the authoritative view; and (c) to negotiate a shared understanding of the presenting problem and its treatment. In this program we will illustrate each of the in-session behaviors that are thought to reflect this model. A clear conceptualization of culture and the delineation of specific behavioral indicators of cultural competence should assist clinicians to integrate cultural matters in a systematic manner.

Steven R. López is a Professor of Psychology and Social Work at USC and Director of Clinical Training within the Clinical Science program. He teaches undergraduate and graduate students how to consider cultural issues in their everyday lives and in their research and practice. His research addresses how to improve mental health services for people in Mexico and Latinos in Los Angeles County. He has published over 90 journal articles and book chapters during his 33-year career as an academic. In addition, Dr. López maintained a clinical practice for several years in both public and private mental health facilities. For 12 years he has been the Director of an NIH-funded summer research training program in Puebla, Mexico and he is currently the Principal Investigator on an NIMH-funded project to reduce the duration of untreated psychosis among Latinos in the San Fernando Valley.
NOON – 1:30 PM
▶ Lunch & Awards Presentations

1:30 – 3:00 PM
Breakout Sessions A (Please choose one)

A1 Developing a Community Campaign to Reduce the Duration of Untreated Psychosis in Latinos

BY STEVEN LÓPEZ, PHD, PROFESSOR OF PSYCHOLOGY AND SOCIAL WORK AND DIRECTOR OF CLINICAL TRAINING AT UNIVERSITY OF SOUTHERN CALIFORNIA

Psychotic disorders are a considerable burden to persons with the disorders as well as to their families and society overall. New programs have been developed to identify and treat persons early in their course of illness to prevent the disorder from becoming a debilitating chronic condition, however, the programs have received mixed support. In this presentation, we will discuss some of the possible reasons for the limited evidence in support of such programs. We will also point out the need to target high-risk communities and present a new community campaign specifically targeting Spanish-speaking Latinos. Applicability to other racial/ethnic minority groups will be considered.

A2 OBPE Town Hall

BY FRAN FERDER, PHD, CHAIR; PETER GROVER, PHD, VICE-CHAIR; PATRICIA BJORKQUIST, PHD; SANDRA JENKINS, PHD; ANNE-MARIE SMITH, PHD; DOROTHY MELLON, PUBLIC MEMBER; JON WEINER, ESQ.; PUBLIC MEMBER; AND OBPE STAFF.

This panel presentation by OBPE board members and staff will brief attendees on the latest OPBE initiatives and challenges. The panel will leave time for questions and dialogue with attendees.

A3 Treating the Child with Developmental Challenges: Using Neurofeedback to Address the Symptoms of ADHD, SPD and ASD

BY CAROL MARKOVICS, PHD AND JENNIFER MARKOVICS, PHD

Children with neurodevelopmental challenges such as attention deficit and hyperactivity disorder (ADHD), sensory processing disorder (SPD), and autism spectrum disorder (ASD) display many overlapping and unique symptoms that reflect an underlying neurobiological dysregulation. Neurofeedback (or EEG biofeedback), a completely non-invasive method of optimizing brain self-regulation, is an increasingly validated and accepted treatment for these deregulatory symptoms. This session will present the most current research showing the efficacy of neurofeedback for children in the treatment of symptoms associated with ADHD, SPD, and ASD. This session will also discuss a few case studies showing how Infra-Low Frequency (ILF) neurofeedback has helped improve symptoms in children with ADHD, SPD, or ASD.

3:00 – 3:15 PM
▶ Break with Tabletop Exhibits

3:15 – 4:45 PM
Breakout Sessions B (Please choose one)

B1 The Psychology of Animal Hoarding

BY CATHERINE MILLER, PHD AND KIRK MILLER, DVM, CLINICAL INSTRUCTOR, OREGON HUMANE SOCIETY

Animal hoarding is defined as having a large number of companion animals and failing to provide minimal standards of nutrition, sanitation, shelter, and veterinary care. The Humane Society for the United States believes that approximately 250,000 animals are victims in hoarding situations each year. One likely reason that animal hoarders continue to engage in hoarding, even following prosecution, is that they are experiencing significant mental health symptoms, including trouble with reality testing, addictive behaviors, and attachment problems. In this presentation, a psychologist and a veterinarian will present together on what animal hoarding looks like (using real cases from the Oregon Humane Society), how to assess the mental health issues associated with this behavior, and what treatments are likely to be needed. The Oregon Humane Society knows of no psychologists currently working to assess and treat animal hoarders. This presentation will attempt to encourage psychologists to get more involved in this new area of practice, as psychological skill sets are sorely needed to help reduce the extremely high recidivism rate of animal hoarding.
B2 Bringing Neuropsychology to Primary Care

BY ROBERT FALLOWS, PSYD, ABPP-CN

This presentation will discuss how the integration of psychological services into primary care settings has been a continual development over the past couple decades. The effect of this has brought about improved access to care, earlier interventions, and advances in time limited directive treatments. Despite this, neuropsychology has traditionally remained in either neurology or psychiatry practice groups when primary care providers are on the front lines of evaluating and treating dementia, mild cognitive impairment, and traumatic brain injury. This presentation will provide an overview of a recent switch that was made from psychiatry to primary care, emphasizing necessary changes in the practice model and methods of adapting to the fast pace and sometimes intrusive nature of primary care. Furthermore, techniques for managing training of psychology students in this environment will be discussed.

B3 Ethical Issues and Risk Management in Couples Treatment**

BY MARK BURTON, PSYD

Working with couples is clinically challenging, but also raises a number of perplexing ethical and risk-management dilemmas. Dr. Burton will address relevant issues, such as: couples work as coaching or psychotherapy, billing health insurance, using separate or commingled files, discovering infidelity in the context of confidentiality, conflicts of allegiance, and coordinating care with other professionals. Attention will be given to integrating ethical case management with good clinical practice.

4:45 – 6:30 PM

OPA Reception and Legislator Meet & Greet

Join fellow OPA attendees for this special event in the unique Skyview Terrace of the Oregon Convention Center. This reception is also an opportunity for psychologists to meet and mingle with one of our state legislators in a casual reception setting. Light hors d’oeuvres and a beverage will be available compliments of OPA and the Psychologists of Oregon Political Action Committee (POPAC). Don’t miss this opportunity to meet colleagues and legislators from across the state or just enjoy a relaxing pause between conference and your dinner plans.

SATURDAY, MAY 7

- Student Saturday! –

OPA gives a special welcome to students to conference participation this day!

8:00 – 8:30 AM

Continental Breakfast with Tabletop Exhibits

8:30 – 10:00 AM

General Session - Are You Neuro-Minded? Reflections on Neuroscience and Psychotherapy

BY JULIE ROSENZWEIG, PHD, LCSW

Integrating contemporary neuroscience into psychotherapy can be challenging. With a steady stream of scholarship about brain structures and functions, the neurobiology of emotions, complex trauma, and mind-body interactions, it is difficult to know what is relevant for clinical practice. This presentation explores if neuro-mindedness is trend or paradigm shift, how to translate neuroscience into practice, and what changes in the consulting room when we see therapy through the neuro-lens.

Dr. Rosenzweig frequently presents on traumatic stress topics, including of brain development/neurobiology, attachment disruptions, trauma-informed care and trauma-integrated clinical supervision. She is a licensed clinical social worker whose private practice includes individuals, couples, and consultation groups. She has been involved in providing trauma services for over 30 years, both as a therapist and administrator; and participated with the Red Cross in New York shortly after 9/11. An experienced teacher and researcher, Dr. Rosenzweig is a Professor Emerita of Social Work at Portland State University. She is author of numerous journal articles, and is co-author of Work, Life, and the Mental Health System of Care: A Guide for Professionals Supporting Families of Children with Emotional or Behavioral Disorders (2008), and The Neurobiology of Toxic Stress: Implications for Social Work, a chapter in the Social Workers’ Desk Reference (2015).

10:00 – 10:30 AM

Break with Tabletop Exhibits

**Discount Opportunity for Malpractice Insurance with the American Professional Agency

When both sessions are attended, CE certificates for Session B3 “Ethical Issues and Risk Management in Couples Therapy” and Session E1 “Overcoming the Bystander Effect in Ethics” are pre-qualified for a 5% risk management discount for American Professional Agency malpractice insurance.
Breakout Sessions C (Please choose one)

C1 The Trauma-Informed Brain: From Freezing to Flourishing
- BY JULIE ROSENZWEIG, PHD, LCSW

Clients seeking help for depression, anxiety, addictions, or relationship problems frequently have a history of trauma experienced during childhood. This presentation will describe the survival-focused neurobiological adaptations that occur from trauma exposure and offer strategies for co-creating emotional safe space and affect regulation with your trauma-exposed clients. This session will discuss how to recognize when clients’ implicit trauma memories are activated, and how to more effectively help them shift from reactive responding into receptive-reflective functioning.

C2 Aging Psychologists, Aging Clients
- BY OPA DIVERSITY COMMITTEE

Age is an important yet often unexplored aspect of our own and our clients’ diversity. To remain competent, enact cultural humility and proficiency, offer relevant services, and adapt to a changing world, psychologists must engage in meaningful conversations about aging, both our own and our clients’. These include the potential for changes in functioning, acquiring disabilities and serious illness, shifting identities and status in the community, and keeping up with the changes in professional knowledge, skills, and delivery systems. This session will include panel and participant discussion to personalize the topic, reduce secrecy and shame, raise issues relevant to ourselves and our clients (“Are there LGBTQ nursing homes?”), and share our collective cross-cultural wisdom and creativity.

C3 Student Poster Session & Awards and a Presentation on The Future of Professional Psychology and Integrated Health Care
- PRESENTATION BY CARILYN ELLIS, PSYD AND SAMARITAN HEALTH SERVICES MEDICAL STAFF

We welcome all conference attendees to come to a panel discussion highlighting a burgeoning field of psychology, integrated health care. The panel discussion will be followed by a poster session highlighting the diverse scope of practice of professional psychology. Students will have the opportunity to ask questions and discuss issues with an early career psychologist, hear about inter-professional collaboration from medical professionals, and learn about new internship sites in Oregon.

Breakout Sessions D (Please choose one)

D1 A Systematic Approach and Acute Trauma Intervention in Response to the Umpqua Community College (UCC) Shooting
- BY AMY BAKER, MSW, INTEGRATION PROJECT MANAGER WITH GOBHI; ERIN ANDERSON FORTIER, PSYD, PSYCHOLOGIST AT THE ROSEBURG, OR VETERANS ADMINISTRATION MEDICAL CENTER; CHRISTINE SEALS, MD, FAMILY MEDICINE PHYSICIAN IN ROSEBURG, OR, AND PRESIDENT FOR COMMUNITY HEALTH ALLIANCE; AND CAPT. STEPHEN FORMANSKI, PSYD, MEMBER OF THE UNITED STATES PUBLIC HEALTH SERVICE DEPLOYED TO THE UCC INCIDENT

Few communities are prepared to respond in a systematic, organized and therapeutic manner for events such as the one that occurred on the Umpqua Community College campus. There are commonalities with many of these traumatic events but the intricacies of how communities are impacted and how they respond is driven by pre-existing relationships and local politics. We will share our approach, including a focus on our unique use of our local VA providers in providing an acute trauma intervention, and many lessons learned.

D2 Running the Business of Psychology
- BY OPA PROFESSIONAL AFFAIRS COMMITTEE AND OPA BOARD MEMBERS

Are you new to setting up a psychology business? Are you considering changing the model of your established psychology business? Do you have questions about running your current business and want more resources or guidance? If you answered yes to any of these questions, then this session is for you. Come hear psychologists experienced in a variety of business models share their knowledge, tips, and recommendations. Participate in small group discussions with psychologists trained in the area of business of interest to you. Networking opportunities, mentoring resources, and business tools and resources will be provided.
D3 Everyone’s Talking About Integrated Care—But What Does That Mean in Oregon?

BY ROBIN HENDERSON, PSYD; LYNNEA LINDSEY-PENGELLY, PHD, MSCP; BRIAN SANDOVAL, PSYD; AND JULIE OYEMAJA, PSYD

The Integrated Behavioral Health Alliance of Oregon will host a panel to discuss recent statutory and rule changes that affect the practice of behavioral health in primary care, and explore the new opportunities presented by the new category of “Behavioral Health Homes”. They will also discuss recent efforts in workforce development, and how new and mid-career psychologists can become involved in this growing new field.

3:00 – 3:30 PM
Break with Tabletop Exhibits

3:30 – 5:00 PM
Breakout Sessions E (Please choose one)

E1 Overcoming the Bystander Effect in Ethics: What Can We Learn from the Hoffman Report?**

BY OPA ETHICS COMMITTEE

When we see an ethical misstep, we want to turn away. We don’t want to be the one to deal with it and hope that by our inaction, someone else will take care of it. In the wake of the Hoffman report, however, Ken Pope offered a challenge to psychologists: use the experience at APA as an ethical mirror to hold ourselves and others accountable. This presentation will focus on what individuals can do to go from bystander to one who takes action.

E2 Familias Saludables (Healthy Families): Developing a Community Empowered Intervention to Promote Latino Family Health

BY HEATHER MCCLURE, PHD

This presentation will share the development process and preliminary findings from the NIH-funded Oregon community-based intervention development study, involving the University of Oregon’s Center for Equity Promotion (CEQP) and Farmworker Housing Development Corporation (FHDC). This project aims to support Latino family health with potential effects for reducing disease, including chronic conditions, among Latinos. This session will focus on the four aims of the study: (1) to create a sustainable structure for ongoing, community-empowered research by building on an existing collaborative community partnership; (2) to identify key family-based health behaviors that confer risk for and protection against negative physical and behavioral health outcomes among FHDC and neighboring families; (3) to develop, refine, and manualize an intervention that adapts promising practices from community and evidence-based interventions; and (4) to examine the feasibility and initial efficacy of the intervention in terms of promoting healthy family behaviors that reduce risk for negative physical and behavioral health outcomes.

E3 It Happens to All of Us: Recognizing, Accepting and Addressing Personal Issues in the Professional Realm

BY OPA COLLEAGUE ASSISTANCE COMMITTEE

Join members of the OPA Colleague Assistance Committee (CAC) in examining and discussing different dynamics in our personal and professional lives that can impact how we deal with our own issues while we deal with others.

5:00 PM
Conference Concludes

*Conference schedule, topics and speakers subject to change

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General Conference Information

CE CREDIT INFORMATION

Attendees who attend the entire conference are eligible for up to 12 CE hours. The Oregon Psychological Association is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Oregon Psychological Association maintains responsibility for the program and its content. Letters of completion will be awarded to participants who attend the entire part of the conference they registered for. No partial credits will be given. These workshops should meet approval for Oregon licensed social workers’ and LPC’s continuing education requirements. Oregon licensed psychologists should consult the official continuing education guidelines produced by the Oregon Board of Psychologist Examiners and note that there is no pre-certification of continuing education credit by the Oregon Board of Psychologist Examiners.

HANDOUT INFORMATION

OPA will provide handouts for the presentations via our website www.opa.org if the presenter has provided them to OPA. Handouts will be available approximately one week prior to the Conference, and attendees will be emailed information on how to access them.

LODGING

There are a variety of lodging options close to the Oregon Convention Center. Here is a list of a few that you can contact if you need lodging, or you can find more options (including in downtown Portland) at the Travel Portland website at www.travelportland.com.

Courtyard by Marriott Portland/Downtown Convention Center
The Courtyard by Marriott Lloyd Center is located on the East side of downtown, three blocks from the Oregon Convention Center and two blocks from the light rail.
435 N.E. Wasco St., Portland 503.234.3200.

Doubletree by Hilton Portland — Lloyd Center
Across the street from Lloyd Center. Easy access to downtown restaurants, attractions and entertainment via MAX light rail. Three blocks to the Oregon Convention Center and four to the Rose Garden arena.
1000 N.E. Multnomah St., Portland – 503.281.6111

Crowne Plaza — Portland Downtown Convention Center
This hotel features a restaurant, lounge, fitness center and spacious guestrooms. Close to Oregon Convention Center (two blocks) Lloyd Center Mall and MAX light rail.
1441 N.E. Second Ave., Portland - 503.233.2401

Hotel Eastlund
Across the street from the Oregon Convention Center. Three blocks to Lloyd Center, Rose Garden arena. Adjacent to MAX light rail.
1021 N.E. Grand Ave., Portland – 503.235.2100

REGISTRATION

Space is limited. Early registration is encouraged. Discounted registration fees are available until April 8. Consult the registration form for more information. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis. Registration confirmations will be sent to attendees via email only—please make sure we have your current email address. In the event of inadequate registration, weather problems or other events beyond OPA’s control, the conference may be moved or cancelled. Should this occur, an attempt will be made to contact all registrants and fees will be refunded.

Cancellations received on or before April 22 will receive their total registration fee minus a $50 administrative processing fee. Cancellations received after April 22 and by April 29 will receive a 50% refund of their total registration fee. Cancellations after April 29 are not eligible for refunds. There will be no reduction in fees for partial attendance. No shows and same day cancellations will not be refunded any registration fees. You can also register for the conference online at www.opa.org.

** DISCOUNT OPPORTUNITY FOR MALPRACTICE INSURANCE

Discount Opportunity for Malpractice Insurance with the American Professional Agency

When both sessions are attended, CE certificates for Session B3 “Ethical Issues and Risk Management in Couples Therapy” and Session E1 “Overcoming the Bystander Effect in Ethics” are pre-qualified for a 5% risk management discount for American Professional Agency malpractice insurance.

OREGON PSYCHOLOGICAL ASSOCIATION
147 SE 102nd Avenue • Portland, OR 97216 • 503.253.9155 or 800.541.9798 • info@opa.org • www.opa.org
To register for the OPA Annual Conference, please fill out the following registration form in its entirety and send with payment to OPA. Registration for members and nonmembers includes conference sessions and on-line handouts (if applicable), breaks and indicated meals for the days registered. Additional or extra tickets for spouses, companions or special guests can be purchased for the Friday and Saturday lunches.

Name: __________________________________________________________________________________________________________________  Designation(s): ____________________________
Company Name (if applicable):  _______________________________________________________________________________________________________________________________________
Mailing Address:  ___________________________________________________________________________________________________________________________________________________
City:  __________________________________________________________________  State:  _________________  Zip: _____________________________  County: _________________________
Business Phone:  ________________________________________________________  Fax:  _____________________________________________________________________________________
Email:  ___________________________________________________________________________________________________________________________________________________________

☐ The above information is a change of address/communications for the OPA database.

Are you a psychologist?  ☐ Yes ☐ No
Are you an early career psychologist (in practice for 5 years or less)  ☐ Yes ☐ No

Registration Packages

Please check the box for the package for which you are registering:

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<th>Regular Fees (If Registered After April 15)</th>
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<td>Saturday, May 7 Only</td>
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Total Registration Fees  $_______________

Extra Meal Tickets

Extra Friday lunch ticket(s) _____ @ $45 each ............................................................................................................ $_____  
Name(s) for ticket holder ___________________________________________________________________________

Extra Saturday lunch ticket(s) _____ @ $45 each ...................................................................................................... $_____  
Name(s) for ticket holder ___________________________________________________________________________

Total Amount Due: $_____

*Service member registration applies to committee and board members currently volunteering service to OPA. Please list the OPA committee or office on which you currently serve:

Continued on Reverse Side ➔
Special Needs

If you have any special requirements that would necessitate advance planning on our part, please let us know - requests must be made a minimum of 72 hours in advance of the event. (i.e., handicapped access, vegetarian diet, culturally or medically necessary dietary restrictions, etc.).

Breakout Session Selections

For planning purposes, please select the breakout sessions you plan on attending from the choices below. Please refer to the brochure for titles of the sessions.

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Cancellation Policy

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Payment

Payment must accompany registration, and your registration will be confirmed via email – please make sure we have your current email address. Payment can be made by check payable to OPA, or by credit card. There will be no reduction in fees for partial attendance.

Please note that OPA cannot accept registrations via email due to credit card security policies. Please mail or fax in your registration with payment, or register online at www.opa.org.

To pay by credit card, please fill out the following information:

- Visa
- Mastercard
- American Express
- Discover

Card number: ____________________________
Expiration date: ______________________  Amount authorized: ______________________
Cardholder’s name: ______________________
Signature: _____________________________
Credit card billing address: ______________________
City: __________________ State: __________ Zip: __________
Email Receipt to: ______________________

Please Send Conference Registration & Payment to:

Oregon Psychological Association (OPA), 147 SE 102nd Avenue, Portland, OR 97216, or Fax to OPA at 503.253.9172

Questions? Contact OPA at 503.253.9155 or 800.541.9798 or info@opa.org