### Oregon Psychological Association 2017 Annual Conference

Psychology for All Ages and Stages: Considering Culture, Bias and Advocacy Throughout a Career



May 5-6, 2017 • Hilton Eugene Conference Center - Eugene, OR

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#### A Message from the Conference Chair



The theme for the 2017 conference is Psychology for All Ages and Stages: Considering Culture, Bias and Advocacy Throughout a Career. With two great keynote speakers, Jessica Pettitt and Erick Turner, as well as presentations from many of our esteemed colleagues, we hope that this conference will provide great learning opportunities for everyone no matter what stage of your career you are in. The conference looks to offer education on areas common to us all as well as future directions of the field. In addition, there are many opportunities to connect with others and network. Finally, attendance supports the ongoing work of OPA to advocate on behalf of mental health professionals and the public at large. Thank you for attending and supporting OPA.

- Ryan Dix, PsyD, OPA Conference Chair and President Elect

## Schedule of Events\*

### FRIDAY, MAY 5

#### 8:00 - 8:45 AM

### Continental Breakfast 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 Ryan Dix, PsyD

#### 9:00 AM - NOON

### General Session – Conversations That Matter

#### | BY JESSICA PETTITT

Let's face it, there are people and topics that at some point are just off limits. You just can't do it or them right now. Even worse, often it is a difficult topic that you have to bring up with a difficult person. What if you could engage in these conversations with more confidence, humor, and ease? No matter the person or topic, you are your best tool for conversations that matter. We are all frustrating to someone, and at times even to ourselves. Once you know who and how you are, you can reclaim responsibility for these behavior response patterns and leave room for others to do the same. Before you know it, you are having better conversations and fuller relationships with those around you. I promise - it is that easy.

This presentation will: present a three part framework or model for taking responsibility of how you show up; show skills for a significant and powerful (and free) method to change culture around difficult topics and see other's as differently right; utilize personal patterns to recognize them in others so we can leave room for edits in our stories and show how to personally recognize our "kryptonite" and how it habitually limits our behaviors, responses, and beliefs as well as fuels us to build momentum when we need it the most.



Jessica Pettitt holds a Master of Education in Higher Education Administration from the University of South Carolina and a Bachelor of Arts degree in Sociology with Secondary Certification in Social Studies from Hendrix College. She is a Certified Mediator from Humboldt Mediation Services and has taken the Basic Communication and Conflict Management workshops. She has taught Intercultural Communications for the Communication Department at Humboldt State University and served as faculty for the Campus Pride's Leadership Camp for three summers. Audiences are inspired to stand up and take action as Jessica Petitit leads them down the path to understanding they are good enough to make the changes they seek. Challenging long held assumptions about the type of people who drive change and are successful, Jessica eradicates excuses and provides strategies to communicate openly and actively seek success.

Let's roll up our sleeves, make space for real talk, and develop reality based plans, for actual change.

Humor is a great equalizer and is often the quickest way to diffuse conflict and move toward real connection. With a background in standup comedy, Jessica Pettitt, frames even difficult subjects in an engaging and welcoming way. As a professional speaker, her expertise earned her the Certified Speaking Professional designation from the National Speakers Association. A designation held by fewer than 800 people world-wide. As a facilitator, she provides the framework for open, welcoming, and productive conversation. Whether she provides a motivational keynote, an in-depth workshop, facilitates group interaction, or frames an entire conference as emcee, Jessica brings humor, a high level understanding of adult learning, and an ability to engage participants and encourage them to engage with each other. Participants walk away focused and confident in their role to make change now. By moving the discussion away from daily squabbles or task oriented challenges, to a larger vision of what is possible and how best to engage people of diverse experiences, Jessica provides the context to evaluate the situation now and move forward successfully to what could be.

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

#### A1 Sticks and Stones: LGBT 101

| BY JESSICA PETTITT

What better way to learn about sexual identities than to list out social norms, stereotypes, media images, rumors, jokes, and slang! This is a safe space for any and all kinds of interactive discussions regarding Lesbian, Gay, Bisexual, Transgender, and Heterosexual identities. By then comparing themes of these messages learned for these different groups, we can then have a much deeper conversation about class, race, educational access, citizenship, ability assumptions, etc. By understanding our language we can hold ourselves accountable to building an inclusive environment for all (regardless of sexual identity). This presentation will help articulate our own stereotypes, derogatory terms, and other assumptions for lesbian, gay, bisexual, trans, and heterosexual people; identify others' stereotypes, derogatory terms, and other assumptions for lesbian, gay, bisexual, trans, and heterosexual people; and recognize the U.S. cultural need for binaries when examining sexual identities and gender identities.

#### A2 Tips and Trials of Building a Behavioral Health Practice in Primary Care

| BY AMY STOEBER, PHD AND TIMOFY GALUZA, PSYD, PSYCHOLOGIST RESIDENT

Drs. Stoeber and Galuza will review efforts and trials of building an Integrated Behavioral Health Practice in a primary care setting. Dr. Stoeber will outline the continuum of integrated care in primary care settings emphasizing the benefits and limitations of a fully integrated setting. Dr. Galuza will discuss the daily logistics that create continuity of care, full-fidelity integration, and billing practices. Together, they will present what they have learned in creating a primary care behavioral health program in a smaller primary care setting. Questions and discussion will be encouraged.

#### A3 Avoiding Ethical Dilemmas and Burnout Throughout a Professional Career

#### | BY BETH WESTBROOK, PSYD

Health professionals have an increasing risk of professional burnout. In this presentation, psychologists will learn and discuss strategies to avoid burnout and learn about current research in this area. Considerations will be discussed at different points in a career, ways to avoid ethical dilemmas, and improving clinical outcomes. Discussion will include small group planning for continued career development.

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

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

#### B1 Social Justice: When Diversity Isn't Enough

#### | BY JESSICA PETTITT

Who has the power to choose who lives or dies? Who writes the moral code we live by? Who "unwrites" this code? Even with limited information, we are socialized to make quick decisions about another person. This directly relates to how we work with, talk to, and support other people. When given an opportunity to examine "back stories" and assumptions, participants learn the positives and negatives of stereotypes. Participants can use this knowledge to make informed decisions in the future. This presentation will identify default decision-making processes with regards to logical, relational, creative, and emotional connection; recognize and challenge three stereotypes or assumptions participants hold about others; identify three stereotypes/ assumptions participants have about others; and name intersecting visible/invisible identities.

#### B2 OBPE Town Hall

BY CLIFFORD JOHANNSEN, PHD, CHAIR; PETER GROVER, PHD, VICE-CHAIR; PATRICIA BJORKQUIST, PHD; SANDRA JENKINS, PHD; ANNE-MARIE SMITH, PHD; LINDA NISHI-STRATTNER, 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.



#### B3 Beyond Mindfulness: An Introduction to Buddhist Psychology

| BY RONALD SHARRIN, PHD

Although Mindfulness has become a well-known technique, its meaning, origins and uses in Buddhist Psychology are not familiar. This presentation offers participants the opportunity to understand the psychology of Buddhism, its radical difference from Western practices, and its applications in psychotherapy. The presentation will include experiential meditation and discussion. Participants will be able to: identify Buddhist psychology and evaluate its relevance to contemporary psychotherapy; explain and practice meditation that is aimed at the analysis of experience; and learn an alternative exploration of self-structure, conceptualization and the nature of emotional pain as it arises in the therapeutic hour.

#### 5:00 - 6:30 PM OPA Reception

Join fellow OPA attendees for a reception at Davis Restaurant. Davis is located close to the Hilton and is welcoming OPA conference attendees and their guests from 5:00 to 6:30 pm on this night. This is a no-host event and food and drink are plentiful at low cost. Don't miss this opportunity to meet colleagues from across the state or just enjoy a relaxing pause between conference and your dinner plans.

### **SATURDAY, MAY 6**

### - Student Saturday! -

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

8:00 - 8:30 AM

Continental Breakfast with Tabletop Exhibits and Poster Presentations

8:30 - 10:00 AM

### General Session - Publication Bias in Psychology, Psychiatry, and Beyond— **Problems and Solutions**

BY ERICK H. TURNER, M.D.

Assistant Professor, Department of Psychiatry Joint Assistant Professor, Department of Physiology & Pharmacology Senior Scholar, Center for Ethics in Health Care Oregon Health & Science University

Staff Psychiatrist, Portland VA Medical Center



Dr. Turner is associate professor at the Oregon Health & Science University in the departments of psychiatry and pharmacology and staff psychiatrist at the Portland VA Medical Center. After his psychiatry residency training, he was a research fellow at the National Institute of Mental Health in Bethesda, Maryland. Following that, he worked at the FDA as a Medical Officer, reviewing drug company applications on psychotropic drugs to determine whether those drugs were sufficiently safe and effective to be allowed onto the US market. While at the FDA, Dr. Turner became aware of the large volume of efficacy and safety data generated during a typical drug's clinical development program but how only a fraction of this data gets communicated to the outside world.

Motivated by his FDA experience, Dr. Turner and co-authors published a January 2008 article in the New England Journal of Medicine entitled "Selective Publication of Antidepressant Trials and Its Influence on Apparent Efficacy". This article received wide coverage in the national and international press, and it has been cited by over 1100 peer-reviewed journal publications. He and his colleagues have followed up with similar studies on drugs for anxiety disorders and for schizophrenia.

In addition to presenting these data, in this presentation Dr. Turner will show that publication bias pervades the scientific literature in general, including the psychological literature. From this talk, one should gain a sense, not only of the published literature's problems, both manifest and underlying, but also their solutions.

10:00 - 10:30 AM

Break with Tabletop Exhibits and Poster Presentations

10:30 AM - NOON Breakout Sessions C (Please choose one)

#### C1 Growing an Ethical State of Mind: An Ethics Toolkit for the Mindful Psychologist

#### **BY OPA ETHICS COMMITTEE**

The OPA Ethics Committee wants to share with you what we do and how we do it in a thoughtful and enjoyable way. Join us in learning how to develop an ethical mindset as well as how to apply practical tools that will guide you in making solid ethical decisions. After our brief didactic presentation, we'll break into small groups to help you apply tools that the ethics committee uses in exploring and responding to a variety of ethical situations and issues.



#### C2 Keeping Up-To-Date: Current Best Practices For Working With Transgender/Gender Fluid Children and Their Families

#### | BY KARRIE WALTERS, PHD

Best practices for working with transgender and gender nonconforming children are often only vaguely understood or even completely unknown to professionals in the mental health field, especially those in their later career. Keeping up with these practices is especially difficult as this is an area in which research and knowledge has dramatically expanded over the past 5 years. This presentation will benefit mid and late career psychologists by increasing knowledge, skills and awareness of resources for working with children who are transgender, gender fluid and gender non-conforming and their families. Specific content includes increased awareness of a spectrum of identity and current best-practices in the field regarding diagnosis and interventions with these children and their families. We will also discuss skills in working with an interdisciplinary team in order to make informed intervention decisions and helping families navigate both long term goals and daily parenting in a non-pathologizing strength-based approach. A range of resources for both clinical and educative use, including books (for children, for parents, and professionals), websites and instructional resources will be provided. Questions will be encouraged throughout the presentation and there will be time for engaging discussion.

#### "This Therapy Sucks!" How to Skillfully Handle Client Criticism and Resolve **Therapeutic Impasses**

#### BY RAQUEL MULLER, PHD AND ANNIE HANAWAY, N.D.

Regardless of how experienced, skilled, warm and empathic we believe we are as therapists, most of us have experienced criticism from clients at one time or another. Other times clients may simply drop out of therapy leaving us to wonder "what went wrong?" When clients do express dissatisfaction with their therapeutic experience as it is happening, it can be a formidable challenge to hear and address those criticisms without defensiveness. What if you could use these uncomfortable moments as an opportunity not just to reverse the "empathy failures" all therapists make, but also to resolve therapeutic impasses and even deepen the therapeutic relationship? This workshop will introduce you to the T.E.A.M. model of cognitivebehavioral therapy (developed by David Burns, M.D.), and show you how to use the Five Secrets of effective communication to do just that.

#### NOON - 1:30 PM Lunch & Awards Presentations

1:30 - 3:00 PM Breakout Sessions D (Please choose one)



#### D1 Diversity across Our Careers: Becoming and Remaining Culturally-Informed **Psychologists**

#### | BY OPA DIVERSITY COMMITTEE

Members of the OPA Diversity Committee will present useful tools and practices for becoming more culturallyinformed psychologists and maintaining our proficiency in working with diverse client populations. After summarizing relevant research, we will use worksheets, vignettes, and other experiential and discussion-based activities to include participants at all stages of their careers.



#### D2 Relevant Issues in Our Lives as Psychologists

| BY OPA COLLEAGUE ASSISTANCE COMMITTEE

Join the OPA Colleague Assistance Committee (CAC) in exploring relevant issues in our lives as psychologists. This is an interactive offering where we encourage our colleagues to bring issues they are thinking about that pertain to our roles as professionals, and the demands that this career makes on us. Finding ways to think and talk about how we nurture ourselves and our colleagues is an example of one such topic and we are open to other topics of the moment from our peers.

#### D3 Ethical and Legal Issues in Child & Family Therapy: Consent to Treatment and Authorization to Disclose Confidential Information

#### | BY PAUL COONEY, JD AND ERIC JOHNSON, PHD, ABPP

All mental health practitioners are confronted with thorny ethical and legal issues, but child and family therapists often have to deal with some of the most complex conundrums. In this training Paul Cooney and Eric Johnson will discuss how to address the challenging and confusing ethical and legal issues that arise in child and family treatment related to consent to treatment and authorization to disclose confidential information by discussing the underlying legal issues and the accompanying ethical considerations, while providing practical clinical solutions.

#### E1 Telepsychology for Everyone

| BY SARAH AVERY-LEAF, PHD

Love it or hate it, telehealth, and accordingly, telepsychology, is unquestionably on the increase and the growth is quite rapid. Across early, mid and late career tracks, this growth has very different ramifications. Perhaps ignored by psychologists nearing the end of their professional lives, this trend represents a world of opportunity for early-career psychologists, and possibly presents a mix of challenges and appealing possibilities for mid-career psychologists. A brief overview of some of the ways telepsychology is being practiced will be presented, followed by a discussion of regulatory and ethical issues pertaining to these practices. Lastly, ways in which psychologists might integrate telepsychology into their clinical work will be presented.

#### E2 The Future of Psychology: Legal and Regulatory Trends Affecting the Profession

| BY MORGAN SAMMONS, PHD, ABPP

In this presentation, Dr. Sammons will discuss various legal and practice trends affecting the profession, including workforce issues and judicial decisions affecting the practice of psychology, including an update on Supreme Court cases. Congressional action, case law and regulatory changes affecting individual practice and organized psychology will also be addressed.

#### E3 Sexting in Teens and Young Adults

| BY ERIC JOHNSON, PHD, ABPP

National surveys of teens and young adults indicate that sexting can be associated with high risk behavior for some who exchange sexually explicit images of themselves. This training with Eric Johnson will review the evolving literature in this area to better understand these risks and to make recommendations for therapists who work with vulnerable individuals.



\*Conference schedule, topics and speakers subject to change



## **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

#### Hilton Eugene & Conference Center 66 East 6th Avenue Eugene, Oregon 97401 800.937.6660 or 541.342.2000 for reservations

Adjacent to the Hult Center for the Performing Arts and within walking distance of 150 unique shops and restaurants, the Hilton Eugene and Conference Center is ideally situated in the heart of Downtown Eugene. The hotel is twelve miles from the airport and only five blocks from the Railroad Terminal. A 2-hour drive from the Portland Airport (approximately 125 miles), the Eugene Hilton and Conference Center is our selected host facility for the OPA Annual Conference.

All rooms at the Hilton Eugene and Conference are located in the same building as the conference rooms. The Hilton also features an indoor swimming pool, an exercise facility, complimentary airport shuttle transportation, and more. Complimentary parking is available in the Hilton garage for all conference attendees. The Eugene Hilton is a pet friendly hotel, please consult with them for their policies and fees on pets. Check-in time is: 4:00 pm. Check-out time is: 12:00 noon.

To make your lodging reservation, please call the Eugene Hilton directly at 800.937.6660 and ask for the Oregon Psychological Association room block. Reservations must be made by April 11 2017 to ensure the group rate. After that date, reservations are on a space and rate available basis. Once the OPA room block becomes full, reservations may not be able to be accommodated. We recommend making your reservations early to ensure availability and the group rate.

Our special group rates are as follows and are subject to the prevailing county taxes. Room rates are per room, per night.

Standard Guestroom – single or double occupancy: \$129

Please contact the hotel for their policies on cancellations and early departures.

### **REGISTRATION INFORMATION**

Space is limited. Early registration is encouraged. Discounted registration fees are available until April 7. 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 21 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 21 and by April 28 will receive a 50% refund of their total registration fee. Cancellations after April 28 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 online at www.opa.org.

#### **OREGON PSYCHOLOGICAL ASSOCIATION**

147 SE 102nd Avenue • Portland, OR 97216 • 503.253.9155 or 800.541.9798 • info@opa.org • www.opa.org



# **OPA 2017 Conference Registration Form**

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 online handouts (if applicable), breaks and indicated meals for the days registered. Additional or extra tickets for spouses, companions or guests can be purchased for the Friday and Saturday lunches.

First Name:	Last Name:		Designation(s):		
Company Name (if applicable):					
Mailing Address:					
City:	State: Zip:		County:		
Business Phone:	Fax:				
Email:					
	ange of address/communications for the OPA database.				
Are you a psychologist?  Q Yes	□ No Are you an early career psychologist (in prac	• /	🖵 Yes 🖵 No		
	Registration Pack	kages			
Please check the box for the package for OPA Member Registration		Early Bird Discounted Fees (If Registered by April 7)	Regular Fees ( <u>If Registered After_April 7)</u>		
OFA Member Registrati	Friday, May 5 Only	\$199 🖵	\$225 🖵		
	Saturday, May 6 Only	\$199 🖵	\$225 🖵		
	Entire Conference Friday and Saturday, May 5-6	\$375 🖵	\$399 🗖		
OPA Life or Service Me		\$175 🖵	\$199 🖵		
	Friday, May 5 Only Saturday, May 6 Only	\$175	\$199 <b>-</b> \$199 <b>-</b>		
	Entire Conference Friday and Saturday, May 5-6	\$325	\$350		
Nonmember Registration		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	, <u>–</u>		
-	Friday, May 5 Only	\$270 🖵	\$295 🖵		
	Saturday, May 6 Only	\$270	\$295		
Student Member Regist	Entire Conference Friday and Saturday, May 5-6	\$440 🗖	\$465 🖵		
Student Member Regis	Friday, May 5 Only	\$50 🖵	\$60 🖵		
	Saturday, May 6 Only	\$50	\$60		
	Entire Conference Friday and Saturday, May 5-6	\$75 🖵	\$80 🖵		
Student Nonmember R					
	Friday, May 5 Only	\$100 🛄	\$110 🗖		
	Saturday, May 6 Only	\$100 🖵 \$125 🖵	\$110		
Student Sponsorship	Entire Conference Friday and Saturday, May 5-6	\$125 🖵	\$140 🖵		
otadont oponooromp	I would like to make a donation to sponsor a student member registration for the conference	\$50 🖵	\$50 🖵		
Total Registration Fees \$					
	Extra Meal Tick	•			
Extra Friday I	unch ticket(s) @ \$45 each		\$		
	) for ticket holder				
	\$				
	) for ticket holder				
	·	mount Di	le: \$		
*Service member registration app	alian to committee and beard man		members can return a complete		

bers currently volunteering service to OPA. Please list the OPA committee or office on which you currently serve: \*\*Special Membership Opportunity: Nonmembers can return a completed Conference registration form and an OPA membership application with payment to receive an additional \$50 discount on new membership. (Applicable only to PML and PMNL membership categories.) Call OPA at 503.253.9155 or 800.541.9798 to request an application.

### 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.

Select	Friday – May 5					
	1:30 - 3:00 pm	□ A1	□ A2	□ A3		
one	3:15 - 4:45 pm	🖵 B1	🖵 B2	□ B3		
for	Saturday – May 6					
each	10:30 am – Noon 1:30 – 3:00 pm	□ C1 □ D1	□ C2 □ D2	□ C3 □ D3		
session	3:30 - 5:00 pm	🖵 E1	□ E2	🖵 E3		

## **Cancellation Policy**

Cancellations received on or before April 21 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 21 and by April 28 will receive a 50% refund of their total registration fee. Cancellations after April 28 are not eligible for refunds. No shows and same day cancellations will not be refunded any registration fees. There will be no reduction in fees for partial attendance.

### 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