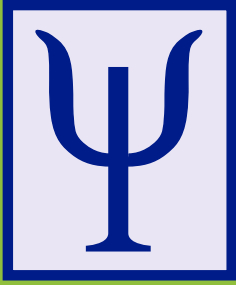




**OREGON PSYCHOLOGICAL ASSOCIATION
2018 Annual Conference**

You Are Important Too!
Focusing on the Well-Being of Psychologists

May 4-5, 2018
The Monarch Hotel & Conference Center – Portland OR



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A Message from the Conference Chair



Greetings everyone! I am so pleased to announce the OPA Conference Theme for 2018: *You Are Important Too! Focusing on the Well-Being of Psychologists*. Our keynote speaker is Dr. Erika Wise and our general session speaker is Dr. Cheryl Forster. It is my hope that Attendees will not only learn more about taking care of themselves as providers and students, but feel a sense of well-being and connectedness at the conference itself. At the conference, my hope is that you find inspiration and feel empowered. As healthcare professionals, it is so important that we care for ourselves and make ourselves a priority. Please utilize the conference as an opportunity to network, share ideas, and support our students. The annual conference is just one way OPA works to support and advocate for psychologists in Oregon. You are valued, you are unique, you are important. Thank you and I hope to see you there.

– **Natalie Kollross PsyD, OPA Conference Chair and President Elect**

Schedule of Events*

FRIDAY, MAY 4

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 Natalie Kollross, PsyD

9:00 AM – NOON

▶ General Session – Ethics and Self Care for Psychologists

| BY ERICA WISE, PHD

For psychologists, there is a strong link between self-care and professional competence in our complex multicultural society. In this participatory general session, participants will complete a comprehensive self-assessment and analyze complex practice vignettes that incorporate psychologist self-care. In addition, we will discuss the critical role of supportive colleague relationships in maintaining professional competence. Participants will explore effective self-care and communitarian care strategies that focus on our intellectual, emotional, physical and spiritual selves in the context of positive psychology research findings. Participants will be encouraged to identify and commit to specific self-care and communitarian care activities and strategies.



Erica H. Wise, PhD is Clinical Professor and Director of the Psychology Training Clinic for the Department of Psychology at UNC Chapel Hill. She teaches doctoral level courses that focus on clinical theory and practice, ethics and diversity, and clinical supervision. She is a former chair of the APA Ethics Committee and the North Carolina Psychology Board, a current member of the APA Board Educational Affairs (BEA), past-president of NCPA and co-chair of the NCPA Ethics Committee. She recently served as a psychologist member of the APA Ethics Commission that developed recommendations for APA on changes to association ethics processes post Independent Review (Hoffman Report). Her professional interests include professional education and training, continuing education for psychologists, and the integration of ethics, diversity, and self-care into academic and professional practice settings. She was the recipient of the 2013 Annual APA Ethics Committee Award for Outstanding Contributions to Ethics Education, and received a 2014 APA Presidential Citation for her work in social justice advocacy and self-care for psychologists.

NOON – 1:30 PM

▶ Lunch & Awards Presentations

1:30 – 3:00 PM

Breakout Sessions A (Please choose one)

A1 Resolving Complex Multicultural and Ethical Dilemmas in Psychological Practice

| BY ERICA WISE, PHD

Multicultural competence and humility are integral to the provision of high quality psychological services to an increasingly diverse public. This participatory session will focus on complex clinical practice vignettes that allow participants to actively discuss, analyze and resolve complex dilemmas that integrate ethical and multicultural elements. A model of ethical decision making will be presented that incorporates emotional, interpersonal, and contextual factors.

A2 “Mirror, Mirror on the Wall” – Enhancing Ethical Practice Through Self Reflection

| BY OPA ETHICS COMMITTEE

Psychology is an inherently stressful and demanding profession. Psychologists who engage in self-reflective techniques practice in a more ethical manner by reducing reactivity and emotional responses to stressful situations. Seven specific self-reflective techniques will be introduced during the didactic portion of the presentation. During the experiential portion of the presentation, participants will have a chance to practice these techniques and develop their own self-reflective plan of action.

A3 Oregon Board of Psychology (OBP) Town Hall

| BY CLIFFORD JOHANNSSEN, PHD, CHAIR; PETER GROVER, PHD, VICE-CHAIR; PATRICIA BJORKQUIST, PHD; SANDRA JENKINS, PHD; ANNE-MARIE SMITH, PHD; LINDA NISHI-STRATTNER, PHD; JANICE SCHERMER, PUBLIC MEMBER; JON WEINER, ESQ., PUBLIC MEMBER; AND OBP STAFF

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

3:00 – 3:15 PM

▶ Break with Tabletop Exhibits

3:15 – 4:45 PM

Breakout Sessions B (Please choose one)

B1 Ethical Considerations in Clinical Supervision

| BY ERICA WISE, PHD

Clinical supervision is a core practice area for psychologists. This presentation will focus on ethical and legal standards, current models, and relevant research related to the provision of high quality supervision. Active participation will be encouraged through the analysis and discussion of complex clinical supervision vignettes using an ethical decision-making model.

B2 A Feminist-Multicultural Approach to Self-Care and Reclaiming Practice for Women of Color Psychologists

| BY MARINA VALDEZ, PHD; JENJEE SENGKHAMMEE, PHD, AND VALERIE YEO, PSYD

Feminist-multicultural perspectives in self-care and reclaiming clinical practice can serve women of color psychologists in their professional identity development and promote their success. The presenters will explore experiences and challenges women of color psychologists face via a cultural lens (i.e. discrimination, racism), and facilitate a discussion around approaches that can improve self-care practices. Self-care practices have the capacity to strengthen one's systemic commitment to cultural competency, and help to navigate difficult work spaces (i.e. dealing with microaggressions), manage burnout and vicarious trauma, cope with impostor syndrome, and manage other hazards of clinical practice.

B3 Why Disaster Behavioral Health?

| BY REBECCA BOLANTE PHD, CRM, CTM; RON GLAUS PHD; ROBERT LUNDBLAD, PSYD AND JANVIER SLICK MSW

Mass shootings, wildfires near communities, and the Cascadia Subduction Earthquake are examples of human impact disasters for which mental health practitioners need practical knowledge. Disaster behavioral health involves a focus on research, consultation, the application of behavioral health skills and information in the preparation for and reaction to, and reintegration from any disaster situation, as well as ethical considerations. This presentation will introduce disaster behavior health concepts and principles crucial for the health and recovery of persons and communities affected by disaster. A focus on Psychological First Aid as one practical consideration will be discussed.

4:45 – 7:00 PM

▶ OPA Reception

Join fellow OPA attendees for a special reception at *Sam's* at the Monarch. 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 5

- Student Saturday! -

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

7:00 - 7:45 AM

▶ Yoga Session

Come join us for a morning yoga practice to ground yourselves and connect with others. The 45 minute session will consist of a breathing exercise and gentle stretching poses to facilitate the link between our minds and bodies to be more present at today's conference. Please bring your own mat, wear comfortable clothes and come practice with us! The yoga session is complimentary for all conference registrants.

8:00 – 8:30 AM

▶ Continental Breakfast with Tabletop Exhibits

8:30 – 10:00 AM

▶ General Session - Maintaining our Humanity During These Polarizing Times: Self-Care from a Community and Intercultural Perspective

| BY CHERYL FORSTER, PSYD

“My humanity is bound up in yours, for we can only be human together.”

— Desmond Tutu, 1989

In January 2017, the American Psychological Association (APA) found that the political climate is a very or somewhat significant source of stress for 57% of US Americans. It seems hard to escape the increased polarization in the US whether we are talking about political differences or differences related to our social identities. At times, this polarization has led to violence.

As mental health professionals, we often view self-care primarily through an individual lens or as related to our ability to be there for others. However, what does self-care look like from a broader perspective? When we consider self-care using an intercultural framework, we must look at how we approach differences as part of addressing polarization and connecting across differences. Moreover, creating community becomes a pathway for us to move beyond hate, indifference, and tolerance, because “community is the most powerful tool [we have] to disrupt despair” (Larry Roper, 2017). Effectively engaging with cultural differences is an essential part of community building. Intercultural communication provides a solid and non-shaming framework to gain perspective about difference using a developmental mindset. It is in the context of community that we are then able to nurture a sense of belonging that is more inclusive, relational, and caring.

This presentation will focus on some key intercultural communication theories and concepts, and then apply them. The importance of integrating intercultural communication work with social justice perspectives will also be emphasized.



Cheryl Forster is a psychologist and the Coordinator of Diversity and the Psychology Internship at Portland State University's (PSU) Center for Student Health and Counseling. She also has a professional intercultural training and development business called Bookmark Connections. Her continuing education workshops focus on incorporating and integrating the intercultural perspective with social justice and multicultural approaches to diversity work. Cheryl graduated from Tufts University with her master's in applied developmental psychology, earned her doctorate in clinical psychology from Pacific University, and obtained her Intercultural Practitioner Certificate from the highly respected Intercultural Communication Institute. She is a former Association of Counseling Center Training Agencies' (ACCTA) Diversity Scholar, and currently serves on the ACCTA Board of Directors (2017 to 2019). In 2018, she will begin teaching a class at the Middlebury Institute of International Studies at Monterey in the Intercultural Competence Specialization program. Moreover, Cheryl is a Qualified Administrator of the Intercultural Development Inventory (IDI) and a contributing author in The SAGE Encyclopedia of Intercultural Competence (2015). Learn more about Dr. Forster's work at www.bookmarkconnections.com.

10:00 – 10:30 AM

▶ Break with Tabletop Exhibits and Poster Presentations

10:30 AM – NOON

Breakout Sessions C (Please choose one)

C1 Managing Chronic Pain: Increasing Movement and Improving Mood

| BY CARILYN ELLIS, PSYD AND KELLIE LEWIS, PT

This session will provide an overview of the PainWise FirstSteps program, a co-led behavioral health and physical therapy educational group for persons with chronic pain. Foundations of treatment, and evidence-based-practices focused on increasing movement, improving mood and reducing pain catastrophizing will be addressed, including group exercises.

C2 How Do We Treat Our Fellow Psychologists? The Dilemma of the “Snitch” Law for Reporting “Unprofessional Conduct” as well as Confidentiality Issues in Therapy

| BY THE OPA COLLEAGUE ASSISTANCE COMMITTEE (CAC)

The laws and ethics around confidentiality for psychologists in treatment, duty to report, and the “snitch” or “rat out” law around reporting “unprofessional conduct” in Oregon are still widely misunderstood and mistrusted by psychologists, despite ongoing educative efforts to make them clearer. What's going on with this? What would it take for Oregon psychologists broadly to improve their understanding and application of these laws and ethics? This is especially true when applied to psychologists treating other psychologists. The confusion can put both treating psychologists and their psychologist patients in difficult and compromised positions. Can we trust each other? This session will explore these questions as well as provide results from our most recent survey of Oregon psychologists on these issues.

C3 Mindfulness Practice for Provider & Patient Self-Care: An Experiential Approach to Quelling the Saber-Toothed Tiger

| BY LISA SCHIMMEL, PHD

This presentation will combine basic information about the way our bodies react to stress with experiential practice. We will engage in several mindfulness awareness practices that we can use for ourselves and teach to our patients. No prior experience in mindfulness meditation is necessary.

NOON – 1:30 PM

▶ Lunch & Awards Presentations

1:30 – 3:00 PM

Breakout Sessions D (Please choose one)

D1 Sustainability, Diversity, and Self-Care: Navigating Personal and Professional Stressors as Diverse Psychologists

| BY OPA DIVERSITY COMMITTEE

Psychologists are often in roles in which they are tasked with encouraging patients, supervisees, and colleagues to engage in good self-care practices (e.g., exercise, dedicating time for family, extracurricular activities, and community involvement) while also coping with a high level of emotional stress as a part of their professional work. Research suggests that despite being strong advocates for patient self-care, however, psychologists themselves tend to neglect their own wellbeing (Dattilio, 2015). Psychologists from marginalized backgrounds (e.g., race, ethnicity, religion, spirituality, class, gender, sexual orientation) may face unique challenges in maintaining adequate self-care practices, as research suggest that individuals in marginalized groups are often faced with coping microaggressions and systemic injustices while also being asked to engage in educative roles (e.g., teachable moments, advocacy) with members or representatives of the dominant culture (e.g., patients, colleagues, agencies; Sue, 2010). In this panel presentation, members of the OPA Diversity Committee will provide a panel discussion involving worksheets as well experiential and discussion-based activities to explore ways in which psychologists from all backgrounds may work to better navigate the intersections between personal and professional stressors.

D2 The Mindful Clinician: Yoga as Self-Care

| BY NADEZHDA VLADAGINA, MA; HEATHER FREEMAN, MA; ELIKA RAZMJOU, MA; AND CHRISTIANE BREMS, PHD

This presentation will present a holistic model of yoga practice and demonstrate how such a practice aligns with the ethical principles of psychology as a whole, has restorative effects for a practicing clinician, and will describe research that reports on the impact that a personal yoga practice may have on a clinician working with clients. We will delve into some of the recent literature that reports on the neurobiological and physiological processes of yoga as well as the important findings on yoga as an intervention for healing from trauma. Additionally, the presentation will include a small experiential component to help exemplify the ways in which yogic practices may serve as a complementary and alternative tool for self-regulation.

D3 Adaptation of Self Over the Lifespan

| BY ESTHER LERMAN FREEMAN, PSYD

This panel presentation will feature psychologists who have thirty plus year careers and will discuss how to be creative in your career path as a way to remain engaged, successful, balanced and happy.

3:00 – 3:30 PM

▶ Break with Tabletop Exhibits and Poster Presentations

3:30 – 5:00 PM

Breakout Sessions E (Please choose one)

E1 The Benefits and Challenges of a Rural Psychology Practice

| BY TERREL TEMPLEMAN, PHD AND STEPHANIE EVANS, PSYD

This presentation will describe the benefits and challenges of providing psychological services to rural communities. It will also address the nature of small towns and rural communities, and the unique opportunities they offer psychologists for providing a wide range of services, from psychotherapy and assessments to consultation, teaching, public education, and even research. The presentation will discuss how psychologists meet the challenges of geographical isolation and multiple relationships in rural areas and how the interconnectedness of small towns can actually facilitate the practice of psychology. The financial costs and rewards of rural practice will also be addressed. This presentation is specifically designed to address concerns and interest of early career psychologists.

E2 Self-Care as Orientation for Life Action: “I Choose Willingly” or “I Have to Grudgingly”

| BY HANK ROBB, PHD

While self-care might focus on what we do, it can also focus on the way we do it. Addressing life from the stance of “willingly choosing” rather than “grudgingly having to” importantly impacts our wellbeing. While “seeing what to do” isn’t the same as doing it, this workshop will provide both didactic and experiential content to help participants sense that willingly choosing is an option even in contexts where action is painful and difficult. Theoretical and experimental work from acceptance-and-change approaches to human functioning as well as Relational Frame Theory, a behaviorally based approach to human language and its functions, provide the foundations for this presentation.

E3 Overcoming Shame in Psychotherapy Practice

| BY KAREN MCCLINTOCK, PHD

Tired of feeling responsible for your client’s lack of progress? Overworking and having a hard time setting boundaries? Avoiding sexual topics with clients? These are all signs of shame at work in psychotherapy practice. This presentation will give psychologists tools for identifying and overcoming burnout producing shame affect and transference. The presentation will include tips for handling perfection shame, the shame-blame game, shame labeling, and sexual shame.

5:00 PM

▶ Conference Concludes

**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 Psychology and note that there is no pre-certification of continuing education credit by the Oregon Board of Psychology.

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

Monarch Hotel & Conference Center

12566 SE 93rd Avenue
Clackamas, Oregon 97015
503.652.1515 or 800.492.8700 for reservations

The Monarch Hotel & Conference Center is located on I-205, 12 miles from Portland International Airport and 20 minutes from downtown Portland and the Oregon Convention Center, Memorial Coliseum and Rose Garden Arena. They are also convenient to I-5 and I-84.

To make your lodging reservation, please call the Monarch Hotel directly at 503.652.1515 or 800.492.8700 and ask for the Oregon Psychological Association (OPA) room block. Reservations must be made by April 13, 2018 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, double, triple or quad occupancy: \$129 + current taxes (currently 7.8%)
Please contact the hotel for their policies on cancellations and early departures.

REGISTRATION

You can register for the conference online at www.opa.org. Space is limited. Early registration is encouraged. Discounted registration fees are available until April 6. 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 20 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 20 and by April 27 will receive a 50% refund of their total registration fee. Cancellations after April 27 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.

OREGON PSYCHOLOGICAL ASSOCIATION

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



OPA 2018 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: _____

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:

OPA Member Registration

	<i>Early Bird Discounted Fees (If Registered by April 6)</i>	<i>Regular Fees (If Registered After April 6)</i>
Friday, May 4 Only	\$199 <input type="checkbox"/>	\$225 <input type="checkbox"/>
Saturday, May 5 Only	\$199 <input type="checkbox"/>	\$225 <input type="checkbox"/>
Entire Conference Friday and Saturday, May 4-5	\$375 <input type="checkbox"/>	\$399 <input type="checkbox"/>

OPA Life or Service Member Registration*

Friday, May 4 Only	\$175 <input type="checkbox"/>	\$199 <input type="checkbox"/>
Saturday, May 5 Only	\$175 <input type="checkbox"/>	\$199 <input type="checkbox"/>
Entire Conference Friday and Saturday, May 4-5	\$325 <input type="checkbox"/>	\$350 <input type="checkbox"/>

Nonmember Registration**

Friday, May 4 Only	\$270 <input type="checkbox"/>	\$295 <input type="checkbox"/>
Saturday, May 5 Only	\$270 <input type="checkbox"/>	\$295 <input type="checkbox"/>
Entire Conference Friday and Saturday, May 4-5	\$440 <input type="checkbox"/>	\$465 <input type="checkbox"/>

Student Member Registration

Friday, May 4 Only	\$50 <input type="checkbox"/>	\$60 <input type="checkbox"/>
Saturday, May 5 Only	\$50 <input type="checkbox"/>	\$60 <input type="checkbox"/>
Entire Conference Friday and Saturday, May 4-5	\$75 <input type="checkbox"/>	\$80 <input type="checkbox"/>

Student Nonmember Registration

Friday, May 4 Only	\$100 <input type="checkbox"/>	\$110 <input type="checkbox"/>
Saturday, May 5 Only	\$100 <input type="checkbox"/>	\$110 <input type="checkbox"/>
Entire Conference Friday and Saturday, May 4-5	\$125 <input type="checkbox"/>	\$140 <input type="checkbox"/>

Student Sponsorship

I would like to make a donation to sponsor a student member registration for the conference	\$50 <input type="checkbox"/>	\$50 <input type="checkbox"/>
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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:

**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.

Continued on Reverse Side →

Special Needs

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

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 one for each session	Friday – May 4			
	1:30 - 3:00 pm	<input type="checkbox"/> A1	<input type="checkbox"/> A2	<input type="checkbox"/> A3
	3:15 - 4:45 pm	<input type="checkbox"/> B1	<input type="checkbox"/> B2	<input type="checkbox"/> B3
	Saturday – May 5			
	7:00 – 7:45 am Yoga Session	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Maybe
	10:30 am – Noon	<input type="checkbox"/> C1	<input type="checkbox"/> C2	<input type="checkbox"/> C3
	1:30 – 3:00 pm	<input type="checkbox"/> D1	<input type="checkbox"/> D2	<input type="checkbox"/> D3
	3:30 - 5:00 pm	<input type="checkbox"/> E1	<input type="checkbox"/> E2	<input type="checkbox"/> E3

Cancellation Policy

Cancellations received on or before April 20 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 20 and by April 27 will receive a 50% refund of their total registration fee. Cancellations after April 27 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