



Oregon Psychological
Association Virtual
2021 Annual Conference

Reconstructing Healthy Communities

APRIL 30 AND
MAY 1, 2021

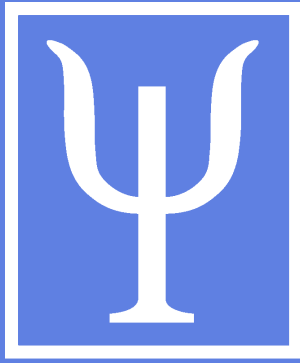


Schedule of Events and Registration Form

The OPA Virtual Annual Conference provides you with an unmatched opportunity to share your company with the psychological community



WWW.OPA.ORG



2021 OPA VIRTUAL ANNUAL CONFERENCE

Reconstructing Healthy Communities

SCHEDULE OF EVENTS

Friday, April 30, 2021

8:00 – 8:45 AM

VIRTUAL SOCIAL COFFEE HOUR

SPONSORED BY ACTIVE RECOVERY TMS

See your friends and enjoy friendly banter prior to the programming.

8:45 – 9:00 AM

WELCOME & OPENING REMARKS

Conference Chair, Marie-Christine Goodworth, PhD

9:00 – 10:30 AM

GENERAL SESSION – RACIALLY CONSCIOUS TRAUMA-INFORMED CARE: A HEALING APPROACH FOR BIPOC COMMUNITIES

Eleanor Gil-Kashiwabara, PsyD

As we re-think our strategies for behavioral health service delivery to BIPOC communities, it is necessary to first understand that historical and racial trauma and the impact of these traumas at individual and community levels has not been well-integrated into case conceptualization and treatment planning processes. This presentation will explore ways that providers can employ culturally specific or racially conscious trauma-informed care to help individuals, organizations and communities navigate the complexities of historical and racial trauma. Considerations for providers will be discussed as well as ways for organizations to engage in advocacy that has the potential to more effectively address racial trauma and healing.

10:30 – 10:40 AM

BREAK

10:40 – 11:00 AM

VIRTUAL YOGA

Enjoy a break from “learning” with an activity to refresh and rejuvenate.

11:00 – Noon

BREAKOUT SESSIONS A (PLEASE SELECT ONE)

A1 Reflecting on Rebuilding a Resilient Community after COVID

This is a presentation by the Confidential Peer Support Committee

Given the challenges of working as psychologists in the year of COVID, the CPS Committee will offer a forum for discussion and exploration of how we each coped with the significant changes necessitated to function professionally, effectively and without burning ourselves out during 2020 -2021. What makes for resilience in us as psychologists and how do we rebuild and connect to our professional communities in ways that will sustain us going forward? What changes from this year of largely virtual work will we take forward into a post-COVID professional life and how do we optimize those lessons?

A2 Talking to Clients and Others about Climate Change and Environmental Issues: Ethics, Skills and Strategies

Thomas Doherty, PsyD

This presentation explores ways that psychologists can broach the topic of global climate change and related social and environmental issues in their professional roles as mental health providers, educators, researchers, and advocates. We will discuss our personal motivations, guiding ethical principles, and opportunities to foster better mental health and wellbeing in our communities. The speaker will survey research on the mental health impacts of climate change, development of environmental experience and identity across the lifespan, diagnosis of environmental concerns, and ways to cope in the face of global threats. Attendees will gain clarity and empowerment about facilitating environmental discussions, and better ability to articulate their rationale for engaging in climate-related activities, and when this may be personally or professionally contraindicated. Attendees will be able to identify the emotional responses they are likely to encounter, and gain skills to better dialog with individuals from diverse cultural and economic backgrounds, to support environmental professionals and activists, and to appreciate the developmental needs of children and young people.

A3 Medicare 101: Why should I become a Medicare Provider & what do I need to know?

Susan Rosenzweig, PsyD

This presentation will discuss myths & facts regarding practicing as a Medicare provider, practical information to practice within Medicare guidelines, ethical & regulatory aspects of adding Medicare to your practice & payor mix.

Noon – 12:30 PM

LUNCH BREAK

12:30 – 1:30 PM

BREAKOUT SESSIONS B (PLEASE SELECT ONE)

B1 Giving Psychology Away - A Multi-Media Approach to Caring for the Community

Sandy Ramirez, PsyD, Tony Farrenkopf, PhD, Stephanie Van Orden, PsyD and Paige Reohr, M.S.

1. Reaching Out Through Radio, Television and Print Media
 - Dr. Tony Farrenkopf
 - Dr. Sandy Ramirez
2. Social Media
 - Dr. Stephanie Van Orden
 - Paige Reohr
3. Community Outreach Events - PEC Members

B2 Digital Assessment: State of the Art Digital Testing Platforms from Pearson Clinical Assessment

Patrick Moran, PhD

This webinar provides a technical overview of how practitioners can use the Q-Global and Q-Interactive platform to administer assessments with a client at a remote site. We will discuss and demonstrate the following:

1. Telepractice Considerations
2. What is Q-global?
3. Demonstration of Qg
 - How to access free digital resources
 - Remote On-Screen Administration
4. What is Q-Interactive?
5. Demonstration of Qi
 - Remote On-screen Administration with Reflector App and Screenshare

B3 Let's Talk to an Attorney: a Facilitated Interview

Paul Cooney, JD and Carilyn Ellis, PsyD, MSCP with audience Q&A

In this facilitated question and answer session, Paul Cooney will discuss common underlying themes in board complaints, trends in ethics and practice, and provide insights on how to handle common and complex issues as they arise in multiple stages of therapy. There will be additional opportunities for audience questions, time permitting.

2:00 – 3:00 PM

OPA VIRTUAL RECEPTION

Join your fellow OPA colleagues for a special virtual reception. Grab the beverage of your choice and virtually mingle with colleagues throughout the state.

Saturday May 1, 2021

8:00 – 8:45 AM

VIRTUAL SOCIAL COFFEE HOUR

See your friends and enjoy friendly banter prior to the programming.

8:45 – 9:00 AM

WELCOME & PROMOTION OF STUDENT POSTERS

Marie-Christine Goodworth, PhD

9:00 – 10:30 AM

THE ROLE OF PSYCHOLOGICAL SCIENCE IN CREATING HEALTHY COMMUNITIES

Daniel Rosen, PhD

Dr. Rosen will address The Role of Psychological Science in Creating Healthy Communities. Throughout his presentation he will:

1. Defining Healthy Communities
2. The Importance of Psychological Theory & Constructs
3. Frames of Health & Wellness: A Sociocultural Lens & Critical Analysis
4. Identifying Current Obstacles to Health in our Communities
5. Social Disconnection & Division
6. The Toll of the Pandemic
7. Oppression & Inequities
8. The Role of Psychological Science: Identifying our Potential
9. The Science of Social Connection
10. Surviving & Recovering from the Pandemic
11. Interventions to Address Inequity and Foster Social Connection Across Differences

10:30 – 10:40 AM

BREAK

10:40 – 11:00 AM

RECESS

Enjoy a break from “learning” with an activity to refresh and rejuvenate.

11:00 AM – NOON

BREAKOUT SESSIONS C (PLEASE SELECT ONE)

C1 Telemental Health – A Critical Overview for Clinicians

Roy Huggins, LPC NCC

If you haven't yet had a client ask you about meeting online, you very likely will soon. Or perhaps you want to hang a shingle online (or already have!). Wherever you are on the spectrum of motivation to work via telemental health, you'll need some basic training in the standards and issues involved in the work. In this presentation, you'll learn about:

1. The basic conundrum of telemental health and how it impacts the new standards we need to learn.
2. A survey of legal-ethical issues which need to be addressed when working via telemental health media.
3. A survey of evidence-based techniques for setting up a clinically effective videoconferencing session.
4. An overview of how differing jurisdictions (i.e. moving across different states) impact legal practice via telemental health and how to discover when it is or isn't legal to perform a session.

C2 Considerations For A Covid-19 Safe Psychotherapy Office

Michael Conner, PsyD

This presentation is Evidence Based.

CDC, WHO, State and Federal Publications, and international Research provide a pathway to safely re-open and maintain a private mental health practice while providers also address a complex set of factors that include timely access, measurable outcomes, patient satisfaction, cultural differences, business requirements, office and building safety, and technology limitations.

This CE training has been developed for mental health professionals currently meeting clients/patients in-person or who intend to do so after they have been vaccinated. Practicing in-person in a pandemic is beyond the training and experience of most mental health professionals. This training will provide an overview of the most important considerations.

C3 Uplifting ourselves, Uplifting our communities

Valerie Yeo, PsyD, Jessica L. Binkley, PsyD, Amala Shetty, PhD, Nina J. Hidalgo, PhD, Théa Prince, MA and Halie Kellett, BS

OPA's Diversity Committee spearheads this presentation that will focus on diversity, inclusion, and equity as well as intersectional variables as they pertain to reconstructing healthy communities. This presentation will have didactic, interactive, and discussion components. We will provide context and background to existing models and interventions focusing on communities including post-colonial psychology (cf., Duran, 1995), liberation psychology, community psychology, Bronfenbrenner's (1979) ecological systems theory, and positive psychology. We will also discuss concepts such as health, wellness, intervention, community, and access to care from a culturally responsive lens. Further, we will explore how these concepts are presented in training programs and impact clinicians' conceptualization of health and suffering, as well as the delivery of psychological services. Finally, we will address topics impacting the delivery of psychological services, including who is invited to participate, as well as contextual factors that hinder communities from seeking services.

NOON – 12:30 PM

LUNCH BREAK

12:30 – 1:30 PM

BREAKOUT SESSIONS D (PLEASE SELECT ONE)

D1 It takes a village: community approaches to chronic pain treatment

Carilyn Ellis, PsyD, MSCP

1. Participants will understand and be able to communicate in simple terms the neurobiology of pain
2. Participants will understand areas of treatment approach for behavioral health in addressing chronic pain
3. Participants will be better able to partner with patients in treatment planning and community engagement for addressing chronic pain

D2 An introduction to the Internal Family Systems Model for Psychedelic-Assisted Therapists and Researchers

Nancy Morgan, PhD

1. Essentials of the Internal Family Systems Therapy Model
 - The evolution of IFS – 1980s to the present
 - Core components of the IFS Model
 - Protective parts
 - Exiled parts
 - The Self
2. Essentials of Psychedelic-Assisted Therapies and Research
 - Acknowledging indigenous peoples and their cultures
 - The current status of psychedelics in the United States
3. Oregon: Leading the way for psychedelic-assisted therapies
4. IFS: A Therapeutic Model for Psychedelic-Assisted Therapies
 - Your Self as a co-regulating resource
 - Safety, structure, and maintaining boundaries: working with your internal system
 - The antidote to spiritual bypassing
5. Responsibilities of a Psychedelic-Assisted Therapist
 - The guiding questions
 - Ethical considerations
 - Limitations and potential risks

2:00 PM

CONFERENCE CONCLUDES

**Conference schedule, topics, and speakers subject to change.*

THANK YOU TO OUR PLATINUM SPONSOR

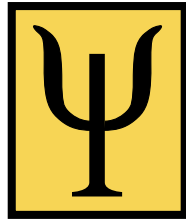


THANK YOU TO OUR GOLD SPONSORS



THANK YOU TO OUR FRIDAY AND SATURDAY VIRTUAL SOCIAL COFFEE HOUR SPONSORS





**Oregon
Psychological
Association**

OPA Virtual 2021 Conference Registration Form

To register for the OPA Virtual 2021 Annual Conference, please fill out the following registration form in its entirety and send with payment to OPA.

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

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 – April 30, 2021			
	11:00 am - Noon	<input type="checkbox"/> A1	<input type="checkbox"/> A2	<input type="checkbox"/> A3
	12:30 – 1:30 pm	<input type="checkbox"/> B1	<input type="checkbox"/> B2	<input type="checkbox"/> B3
	Saturday – May 1, 2021			
	11:00 am - Noon	<input type="checkbox"/> C1	<input type="checkbox"/> C2	<input type="checkbox"/> C3
	12:30 – 1:30 pm	<input type="checkbox"/> D1	<input type="checkbox"/> D2	

CANCELLATION POLICY

Cancellations received on or before April 18 will receive their total registration fee minus a \$50 administrative processing fee. Cancellations received after April 18 and by April 25 will receive a 50% refund of their total registration fee. Cancellations after April 25 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.

Continued on Reverse Side →

REGISTRATION PACKAGES

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

Digital (Virtual) Off-Site Attendance ONLY

MEMBER REGISTRATION PRICES*

- OPA Member One Day Only\$125
- OPA Member Entire Conference \$250
- OPA Service/Life Member One Day Only* \$100
- OPA Service/Life Members Entire Conference*..... \$200
- OPA Student Member One Day Only \$50
- OPA Student Member Entire Conference \$75

NON-MEMBER REGISTRATION PRICES***

- Non-member One Day Only\$200
- Non-member Entire Conference \$300
- Student Non-member One Day Only** \$100
- Student Non-member Entire Conference** \$125

Total Registration Fees \$ _____

**This category is for life and service members only. Service members are members who are committee and/or board members who are currently volunteering service to OPA. If you are a service member, please list the committee or position you serve on below.*

****Students:** Please list the university you attend: _____

*****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.

Total Amount Due: \$ _____

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: _____ CVV _____

Cardholder's name: _____

Signature: _____

Credit card billing address: _____

City: _____ State: _____ Zip: _____

Email Receipt to: _____

Registrant agrees to grant OPA and Update Management the right to photograph or video Registrant during participation in the event. Registrant understands that any photographs or recordings may be used by OPA and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

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