



RESTORE Spring Conference

MAY 6, 2023 | Willamette Falls Community Center

Join us in restoring the essential layers of our practices
in the emerging care domains of our field.

QUICK LOOK AGENDA

8:00am – 8:45am	Coffee Social with Exhibitors & Posters
8:45am – 9:00am	Welcome & Opening Remarks
9:00am – 12:00pm	General Session
12:00pm - 1:00pm	Lunch
12:45pm - 1:00pm	Awards & OPA Leadership Announcements
1:00pm - 5:00pm	General Session
5:00pm	Conference Conclusion
5:30pm	Optional Social Gathering

Thank You to Our Lunch Sponsor

Jon Weiner, Employment Law Attorney

Thank You to Our Coffee Social Sponsor



Thank You to Our Exhibitors

Active Path Mental Health

Allevia Health

Free by the Sea

Monte Nido & Affiliates

Refresh Mental Health

Returning Veterans Project

OPA Confidential Peer Support Committee

OPA Public Education Committee

DETAILED AGENDA

8:00am – 8:45am	Coffee Social with Exhibitors & Posters <i>Sponsored by: The Trust</i>	PWFCC Foyer		
8:45am – 9:00am	Welcome & Opening Remarks <i>Nathan Engle, PhD - OPA Board President</i>	PWFCC Auditorium		
9:00am – 11:00am	Non-Traditional Methods of Development and Practice <i>Larry F. Waldman, PhD, ABPP</i>	PWFCC Auditorium		
	<p>Psychologists are trained to provide psychotherapy but are not schooled in the process of conducting a successful private practice. In fact, many training institutions frown upon the notion of private work. Moreover, most mental health providers know one, and only one, way to function—be seated across from a client (hopefully with valid insurance).</p> <p>In Non-Traditional Methods of Development and Practice Dr. Waldman describes the open attitude and innovative steps that can be taken to effectively market and conduct a thriving private practice. His practice became one of the most diverse and successful ones in Phoenix. This program is particularly well-suited for early career providers but is also needed by senior clinicians who desire to explore new ways of practice.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • List characteristics of an optimal business and how they relate to private practice • Name at least one effective new marketing strategy to attract new clients • Name at least one effective new method to become known as “The Expert” • Name at least one effective new concept to develop an additional income stream. 			
11:00am – 12:00pm	<p>New Frontiers in Mental Health Treatment: Ethical Implications of Oregon’s Psilocybin Services Act and Its Imminent Implementation <i>OPA Ethics Committee</i></p> <table border="0"> <tr> <td data-bbox="402 1176 743 1281"> <p>Erica Aten, PsyD Allison Brandt, PhD Kalin Burkhardt Clark, PsyD, ABPP Cindy Marino, PsyD</p> </td> <td data-bbox="787 1176 1068 1260"> <p>Dina Olave Wirick, PhD, LP Alexandra Fisher, MA Darcy Gist Zornes, MA, MEd</p> </td> </tr> </table>	<p>Erica Aten, PsyD Allison Brandt, PhD Kalin Burkhardt Clark, PsyD, ABPP Cindy Marino, PsyD</p>	<p>Dina Olave Wirick, PhD, LP Alexandra Fisher, MA Darcy Gist Zornes, MA, MEd</p>	PWFCC Auditorium
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	<p>Psilocybin has gained increased interest for its potential as a mental health treatment and was granted the status of “breakthrough therapy” by the Food and Drug Administration in 2018 and 2019 following promising results from preliminary trials on psilocybin treatment for major depressive disorder and treatment-resistant depression. Currently, psilocybin is being researched in association with treatment of a number of conditions, ranging from substance abuse, anxiety, depression, and suicidality to chronic pain, epilepsy, headaches, and cancer-related symptoms (Lowe et al., 2021). In November 2020, Oregonians voted into law Ballot Measure 109, also known as the Oregon Psilocybin Services Act (since codified as ORS 475A), making Oregon the first state to establish a regulatory framework for psilocybin services (Oregon Health Authority, n.d.). This workshop will introduce participants to current information about ORS 475A. We will focus on the ethical issues related to this act for psychologists practicing in the state of Oregon. Participants will explore how to use this information in their clinical work with patients who are interested in or actively using Psilocybin services.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Gain awareness of ethical issues related to Oregon’s Psilocybin Services Act • Be able to differentiate ethical from legal issues related to Oregon’s Psilocybin Services Act • Understand the application of the Ethical Decision-Making Model in order to navigate potential ethical issues related to Oregon’s Psilocybin Services Act 			
12:00pm - 1:00pm	Lunch with Exhibitors & Posters <i>Sponsored by: Jon Weiner, Employment Law Attorney</i>	Rooms C & D		
12:45pm - 1:00pm	Awards & OPA Leadership Announcements <i>OPA Board President Elect Roseann Fish Getchell, PsyD</i>	Rooms C & D		

DETAILED AGENDA CONTINUED

1:00pm - 3:00pm

General Session: Advancing Equity and Inclusion in Psychology: A Four Level Approach to Success and Sustainability

PWFCC Auditorium

Dr. Jim Turner, PhD

The Diversity Equity and Inclusion journey requires a Four Levels of Analysis of organizational Change. This model is built on the understanding that change to any system must occur at multiple levels and account for multiple variables of difference. It is not enough to simply open the door to diversity at the institutional level; rather, in addition to successfully recruiting diverse individuals, organizations must address barriers to inclusion and retention at the personal, interpersonal, and cultural levels. This approach not only addresses the individual-level attitudes, unconscious biases and behaviors that hold people back in organizations, it also points out other areas—whether in policy, practice, and the unstated norms and assumptions that operate within an organization—that must be addressed to create a fully inclusive community.

The four levels of analysis and change framework identifies four levels at which systematic inequality and exclusion based on race/ethnicity, gender and gender expression, social status, age, and other factors have been created historically and sustained by current practice.

- » Personal: What are the reported attitudes, beliefs, values, and feelings about various aspects of inclusion and equity?
- » Interpersonal: How are people behaving toward each other on a variety of dimensions?
- » Institutional: What are the ways that the organization conducts its work? How do both formal and informal policies, practices, and organizational structures support the related goals of the organization, or not?
- » Cultural: What are the currently valued norms, customs, and right ways of being and acting endorsed by the organization? How are these working and/or not working for various members of the organization and its constituent community?

Learning Objectives:

- Acquire and apply a conceptual framework to sustain equity and inclusion practices in psychological organizations and services
- Develop/enhance skills in applying tools/inclusion skills in addressing oppression at the personal, interpersonal, institutional, and cultural levels.
- Acquire utilize an understanding of oneself as a cultural being in developing effective relationships across difference.

3:00pm - 5:00pm

Beyond the Binary: Understanding Gender Diversity in Psychological Care

PWFCC Auditorium

Kimberly Milbrandt, PsyD and Mali Nakhai, MD

This presentation will provide attendees with the knowledge and skills to provide gender-affirming care to their clients. Attendees will learn about various gender identities, the challenges faced by gender diverse individuals, and strategies for providing affirming support and care. The presentation will also cover best practices for gender-affirming psychotherapy and readiness evaluations for medical interventions. Attendees will develop skills in providing compassionate, ethical, and respectful care that adheres to the latest standards of gender affirming care.

Learning Objectives:

- Understand the various identities along the gender spectrum, including non-binary, genderqueer, and genderfluid identities, and learn strategies for providing affirming support to clients gender identity and expression
- Identify the challenges faced by gender diverse individuals in society and in the context of psychological care and learn strategies for providing gender affirming support and care.
- Learn about best practices for providing gender affirming psychotherapy and readiness evaluations for medical interventions for gender diverse clients.
- Develop skills in providing gender-affirming care that is compassionate, ethical, and respectful of a client's autonomy and self-determination, while also adhering to the latest standards of gender affirming care.

5:30pm

Optional Social Gathering

OPA invites you to attend a casual gathering at Corner 14 (Foodcarts, Spirits, and Brews) after the conference!

Location: 508 14th St, Oregon City, OR 97045