



WPA Annual Convention

21ST CENTURY PSYCHOLOGY

Diverse Populations, Diverse Practices

APRIL 12-14, 2018

Radisson Paper Valley Hotel

333 W. College Ave. • Appleton, WI 54911



2018 ANNUAL CONVENTION SCHEDULE AT A GLANCE

Thursday, April 12, 2018

8:45am – 10:15am	1. PLENARY: Integrated Care Models in Psychological Practice: Where We Are and Where We're Going (1.5)
10:30am – 12:00pm	2. Update on Psychopharmacology for Clinicians: What's New? (1.5)
	3. Student Research Poster Session
	4. Good News for Psychologists in Medicare (1.5*)
	5. Key Principles to Create Safe Multicultural Dialogue (Part 1)♦ (1.5)
	6. Healing a Fragmented World: The Exclusions That Surround Us (Part 1)♦♦ (1.5)
1:30pm – 3:00pm	7. Ethical Issues in Small Towns and Rural Areas (1.5*)
	8. Seeing Through the Eyes of the Beholder: Helping Someone with Schizophrenia (1.5)
	9. From Case Formulation to Mini-Treatment Plans: Identifying Effective DBT Interventions (Part 1)♦ (1.5)
	10. Key Principles to Create Safe Multicultural Dialogue (Part 2)♦ (1.5)
	11. Healing a Fragmented World: The Sharing of Stories, the Knowing of History and the Tasting of Culture (Part 2)♦♦ (1.5)
3:30pm – 5:00pm	12. Maximizing Success of Bariatric Patients with Severe Mental Illness through Health Psychology (1.5)
	13. Immediate Psychological First Aid for Trauma Victims (1.5)
	14. From Case Formulation to Mini-Treatment Plans: Identifying Effective DBT Interventions (Part 2)♦ (1.5)
	15. The Status of Psychology Licensure Legislation (1.5*)
	16. Working Effectively with Sexual Orientation and Gender Diversity (1.5)
5:30pm – 6:30pm	17. You Belong in Pictures - OK, At Least YouTube! (1.0)

Friday, April 13, 2018

8:45am – 10:15am	18. KEYNOTE: Transgender 101 (1.5)
10:30am – 12:00pm	19. Transgender 201 (1.5)
	20. New Developments in the APA Psychology in the Workplace Network (1.5)
	21. Attitudinal Barriers to Sexual Expression in the Intellectually Disabled Population (1.5)
	22. The Ethics of Using Social Media in Clinical Practice (1.5*)
1:30pm – 3:00pm	23. Let's Make One Thing Perfectly Queer: Mental Health Providers' Changing Roles in Transgender Health (1.5)
	24. Emerging Trends in Industrial/Organizational Psychology: Observations, Insights and Implications (Part 1)♦♦ (1.5)
	25. The Effects of Digital Distractions on Your Brain and Relationships (1.5)
	26. The Interwoven Psychology of Aging, Wisdom and Spirituality (1.5)
3:30pm – 5:00pm	27. Systemic Barriers Impacting LGBTQ Youth Homelessness (1.5)
	28. Emerging Trends in Industrial/Organizational Psychology: Observations, Insights and Implications (Part 2)♦♦ (1.5)
	29. Adolescent DBT: Addressing Significant Emotional and Behavioral Challenges in Youth with BPD Features (1.5)
	30. Evaluation of Juveniles for Waivers to Adult Court (1.5)
5:30pm – 6:30pm	31. What Do I Have to Offer? (1.0)
8:00am – 4:00pm	32. FULL DAY INTENSIVE WORKSHOP: (Full Day Registration Required) Trauma and Attachment: Effective Treatment Strategies for Helping Challenging Clients (6.0)

Saturday, April 14, 2018

	33. Focus On: Social Justice Matters (6.0)
8:45am – 10:00am	Sex Trafficking in Minors: Recognition and Response
10:30am – 12:00pm	How Family Systems are Changing: Supporting Family Strength Following Trauma
1:15pm – 2:45pm	An Epidemic for the Ages: How Opioid Use Disorders Affect Society From Before Birth to After Death
3:30pm – 4:30pm	Becoming and Remaining Culturally Informed Clinicians Across Our Careers

(*) Ethics Credits • Part 1 REQUIRED to attend Part 2 ♦♦ Can attend EITHER or BOTH Part 1 and 2

PLENARY 1: Integrated Care Models in Psychological Practice: Where We Are and Where We're Going - Morgan T. Sammons, PhD, ABPP

This presentation will outline the various models of integrated care and identify mechanisms for incorporating integrated care precepts into psychological practice. Fundamental content areas in integrated care will be delineated and the role of the psychologist as 'behavioral health consultant' will be addressed. Dr. Sammons will highlight aspirational models of integrated care and explain the goals of the quadruple aim. He will describe key differences in the training and practice of behavioral health consultants vis-à-vis traditionally trained clinical psychologists and he will present examples of the types of problems ideally addressed by the integrated care psychologist. (1.5)

BREAKOUT SESSION 2: Update on Psychopharmacology for Clinicians: What's New? Morgan T. Sammons, PhD, ABPP

Dr. Sammons will provide an update on commonly used drugs in psychopharmacology, with a focus on newly introduced agents including new long-acting injectable antipsychotics, new preparations of psychostimulants and new agents to manage tardive dyskinesia. Trends in drug development and marketing will be discussed. Mechanisms for integrating psychopharmacology into psychological practice will be addressed. (1.5)

BREAKOUT SESSION 3: Student Research Posters

Undergraduate and graduate students around Wisconsin are conducting interesting research studies and answering complex questions about a wide range of psychological issues. Take this opportunity to discuss their topics, the empirical process and the importance of research in the profession of psychology. (1.5)

**BREAKOUT SESSION 4: Good News for Psychologists in Medicare
Dori Bischmann, PhD**

CMS recently made changes in the quality reporting system in Medicare that will allow most psychologists to be exempt from reporting quality measures. This is very good news for psychologists and other clinicians in solo and small practices. This workshop will outline the recent changes affecting Medicare and briefly summarize MIPS, which is the current quality reporting system. (1.5*)

**BREAKOUT SESSION 5 & 10: Key Principles to Create Safe Multicultural Dialogue
(Part 1 and 2) - Chiara Simeone-DiFrancesco, PhD**

This two session workshop applies to clinicians in their organizational affiliations and to their clients. It is also useful to I/O practitioners in developing inclusively and trust. Learn to apply principles of truly inclusive Multicultural, Multi-religious and Multi-National dialogue in a way that demonstrates openness and gentleness. Understand how assumptions of similarity and agreement threaten inclusively. Learn new concepts such as bridging through "Need-based Inclusively" to create more effective professional and client collaborations. Attendees will learn the acronym of D.I.A.L.O.G., six ways to shift toward multi-cultural inclusively, nine principles that make for the behavioral applications of acceptance, plus how to deal with a client's religious culture when it is different from your own. (Part 1 is Required to attend Part 2) (3.0)

BREAKOUT SESSION 6: Healing a Fragmented World: The Exclusions That Surround Us (Part 1) Benjamin Rader, PsyD

In this critical workshop, the construct of “Social Exclusion,” how it relates to us at the state level and to our work as psychologists will be considered. After a brief large group learning experience on social exclusion, this hands-on workshop will take the form of a guided simulation, exploring the significance of social exclusions we may unwittingly participate in. How to more effectively partner with excluded community members around us and discernable ways of REACHING OUT into our respective communities to address the needs of others that may have otherwise gone under-considered will be examined. (1.5)

**BREAKOUT SESSION 7: Ethical Issues in Small Town and Rural Areas
Cheryl Roets, PhD**

Psychologists practicing in small communities and rural areas often face ethical dilemmas that differ from those in urban areas. This session will address some of the ethical and legal issues that challenge behavioral health specialists who practice in these areas, such as characteristics of rural communities that complicate mental health practice. (1.5*)

BREAKOUT SESSION 8: Seeing Through the Eye of the Beholder: Helping Someone with Schizophrenia - Gregory Jurenec, PhD

Rarely do mental health professionals get training or experience working with people dealing with schizophrenia. In part, this is because schizophrenia is conceptualized and treated largely as a medical condition in this country. Therefore, the primary focus of treatment is typically medication adherence. However, a great deal can be accomplished in an individual therapy relationship. Therapy can help minimize the need for hospitalization, reduce concomitant depression, and improve coping with core symptoms. The key concepts in providing psychotherapy for persons who have schizophrenia will be discussed. This will include a review of the phenomenological experience of schizophrenia, and how an understanding of this experience is vital to effective therapy. (1.5)

**BREAKOUT SESSION 9 & 14: From Case Formulation to Mini-Treatment plans:
Identifying Effective DBT Interventions. (Part 1)****Neal Maglowsky, MS & Enis Novalija, MD, PhD**

In this presentation, we will describe how the case formulation in Dialectical Behavior Therapy (DBT) is developed through the use of behavioral chain analysis of target behaviors. We will then discuss how to identify specific links in the chain that act as controlling variables which define the underlying problem. We will define common controlling variables that lead to target behaviors. Finally, we will teach how to implement mini-treatment plans to apply specific DBT skills and strategies to break these behavioral chains and extinguish problem behaviors that cause our clients' suffering. (Part 1 is Required to attend Part 2). (3.0)

BREAKOUT SESSION 11: Healing a Fragmented World: The Sharing of Stories, the Knowing of History and the Tasting of Culture (Part 2) - Benjamin Rader, PsyD

In this guided immersion into the realms of cross-cultural therapy, participants will experience what it means to encounter the struggling other in the uncharted terrain of foreign personhood. What healing can we offer and what connections can be made when we ourselves venture beyond the parameters of our own experience, outside the assurances offered in established evidenced-based practices, and in spite of our own ever present blind spots? Join us in embarking upon a consideration of the self, the other, and the social fabric torn and strewn by the forces of time, history, and unknown social atrocities that shape the world around us in ways we may not even understand. (1.5)

BREAKOUT SESSION 12: Maximizing Success of Bariatric Patients with Severe Mental Illness through Health Psychology - Jeni Heinemann, PhD

Research regarding patients with severe mental illness, specifically psychotic disorders, is fairly minimal. However, this is a population with significant needs for weight loss intervention due to medication side effects, low health literacy and other issues. This presentation will discuss the research that is in existence, future directions for research, current practice within a multidisciplinary weight loss and bariatric program as well as utilization of community resources. Providers who treat severe mental illness or who work with patients who are obese and having difficulty with weight loss will learn how to assess appropriateness for various behavioral interventions related to weight loss as well as treatment approaches that are most successful with this population. (1.5)

**BREAKOUT SESSION 13: Immediate Psychological First Aid for Trauma Victims
Dale Bospalec, PhD & Michael Spierer, PhD**

The program will introduce participants to an overview of the impact of natural and manmade disasters on individuals with a discussion of the implications for brief immediate intervention. Participants will also be given the opportunity to learn about effective intervention techniques and procedures. Finally, resources for more training and opportunities for practicing these interventions will be provided. (1.5)

**BREAKOUT SESSION 15: The Status of Psychology Licensure Legislation
Gregory Jurenc, PhD**

This presentation will explain events leading to the need to rewrite the present licensing law. The serious flaws, limitations and consequences of the present law passed in 1994 will be discussed. The provisions of the proposed statute, which has been introduced to the State legislature, will be presented. The bill's current status in the legislative process will be discussed. (1.5*)

BREAKOUT SESSION 16: Working Effectively with Sexual Orientation and Gender Diversity - Kim Skerven, PhD, Beth Shaw, PhD & Kristen Payne, PhD

This session will introduce frameworks that are helpful for clinical work with LGBTQ+ clients, including minority stress theory, microaggressions in the therapy room and beyond, and a model for affirmative psychotherapy. The frameworks are grounded in the psychological literature, and examples will be drawn from the presenters' clinical experience. (1.5)

BREAKOUT SESSION 17: You belong in pictures (ok, at least YouTube)**Benjamin Rader, PsyD**

In this workshop, participants will be given a nuts and bolts demonstration of basic technology that will allow psychologists to video and share their perspectives on wellness with the virtual world. Join us after the day and observe as a colleague is provided an opportunity to put together a live video recording that can be disseminated via social media. Enter the 21st century and bring your wisdom and training as a psychologist with you! (1.5)

KEYNOTE 18: Transgender 101 - Barry A. Schreier, PhD

Trans 101 assists participants in discovering fundamental information about Trans identity including various cultural aspects of Trans communities, current functional language used within the Trans community to delineate gender identity and expression, sexual orientation and sex. This keynote is participatory, taking participants through an exercise exploring Trans culture and through didactics about language, terms and nomenclature. This keynote also sets the stage for the later concurrent session Trans 201. (1.5)

BREAKOUT SESSION 19: Trans 201 - Barry A. Schreier, PhD

Trans 201 provides advanced theories of gender identity and explores the interface of queer theory constructs, such as Essentialism and Constructionism, for building identity with the goal of giving mental health practitioners broad flexibility when working with Trans identified clients. This workshop will explore the complexities behind the statement “No one is just Trans” by examining the intersectionality of Trans identity with other culture-based identities. (1.5)

BREAKOUT SESSION 20: New Developments in the APA Psychology in the Workplace Network - John Weaver, PsyD

There are new developments occurring in the APA Psychology in the Workplace Network and the Center for Organizational Excellence. These developments will open up opportunities for more organizations to be recognized as having a psychologically healthy work environment and provide opportunities for psychologists to help in the development of well-being for employees that fosters organizational excellence. In this session, participants will learn about what is happening in the Psychology in the Workplace Network, how to become a part of it, and how this membership can be integrated into your practice. It will be of interest to psychologists who are consulting with organizations, doing coaching, and those who are interested in fostering a path for enabling psychology to have a greater impact on organizations.

BREAKOUT SESSION 21: Attitudinal Barriers to Sexual Expression in the Intellectually Disabled Population - Daniel Weidner, PsyD

Sexuality is an essential and integral part of the human experience and of human behavior, however that right to sexuality has been restricted or denied to persons with intellectual disabilities (ID). Individuals with severe ID receive little or no support in developing a positive view of their sexual identity. Individuals with ID may be prevented from expressing their sexuality due to the personal opinions/attitudes of their family, caregivers, facilities where they reside, and ultimately by their neighborhood, community, and state. Attitudinal, legal, and social barriers to sexual expression will be examined as well as educational resources available to support this population.

**BREAKOUT SESSION 22: The Ethics of Using Social Media in Clinical Practice
Dawn Pflugradt, PsyD & Bradley P. Allen, Ph.D., J.D.**

As technology continues to advance, clinicians are faced with many ethical dilemmas. Specifically, in the absence of firm guidelines, practicing clinicians are searching for answers on whether or not to integrate social media into their clinical practice. This workshop is designed to provide clinicians with an overview on the topic as well as provide them with knowledge related to ethical considerations so that they can make the best decisions for themselves and their practice when it comes to utilizing social media. (1.5*)

BREAKOUT SESSION 23: Let's Make One Thing Perfectly Queer: Mental Health Providers' Changing Roles in Transgender Health - Barry A. Schreier, PhD

This workshop takes practitioners through the pragmatics of the mental health profession's interface with Trans communities including a basic exploration of the World Professional Association of Transgender Health's Standards of Care (WPATH SOC). As part of the WPATH SOC, this workshop assists participants in examining the "letter writing role" mental health practitioners are often in and the broad requirements of the health insurance industry. This workshop also examines the developing "informed consent" model and how this is changing the "gatekeeper" role mental health professionals have long held. The workshop concludes with a case examination that applies information from the keynote and both breakout sessions. (1.5)

**BREAKOUT SESSION 24 & 28: Emerging Trends in Industrial/Organizational Psychology: Observations, Insights, and Implications (Part 1 & 2)
Daniel Schroeder, PhD**

Consistent with the theme of WPA's 2018 Annual Convention, "21st Century Psychology: Diverse Populations," this session will address trends in the emerging area of Industrial/Organizational (I/O) Psychology. The U.S. Department of Labor has identified I/O Psychology as a "bright and emerging occupation" for 2014-2024 with job growth expected to exceed 19%. This session will explore trends associated with this dynamic and growing area of professional practice within the field of Psychology, including: (1) history of I/O Psychology, (2) education and training for I/O Psychology, (3) fields/application areas of I/O Psychology, (4) methods and competencies of I/O Psychology, and (5) licensing issues in I/O Psychology. (1.5 each session)

BREAKOUT SESSION 25: The Effects of Digital Distractions on Your Brain and Relationships - Itoro Udoeyop, MA & Sebastian Ssempijja, PhD

Research by Dr. Clifford Nass demonstrated that the worst performing individuals were those who believed themselves most proficient at multitasking. With technology dominating our current society and making almost everything easily accessible, it is ever more apparent how people are distracted by their electronic devices. It is essential that we retrain ourselves to become comfortable with sustaining our attention on a single task and to learn and appreciate the value of sustained attention. The act of moving your attention from one demanding activity to another not only degrades performance but there are social, emotional, and psychological impacts as well as increased stress and anxiety. (1.5)

BREAKOUT SESSION 26: The Interwoven Psychology of Aging, Wisdom, and Spirituality - Robert Dries, PhD

The Baltimore Longitudinal Study of Aging will be presented and participants will have an opportunity to assess their own attitudes toward aging and ageism. The psychology of decision-making and tenets of wisdom and personality growth as components of spirituality will be explored. CBT principles will be applied to self-perception, self-growth and wise decision-making and a new psychology paradigm of spirituality will be introduced. (1.5)

**BREAKOUT SESSION 27: Systemic Barriers Impacting LGBTQ Youth Homelessness
Jamal Cunningham, PsyD**

This presentation focuses on the public health crisis of LGBTQ youth homelessness in the United States. Statistics from national research projects that eliminate the systemic barriers this population faces when attempting to access health and mental services will be reviewed. An example of a Wisconsin organization's efforts to address this issue will be discussed as will ways in which individuals and systems can bring awareness to LGBTQ homelessness and appropriately engage LGBTQ youth in clinical settings on a local level. (1.5)

BREAKOUT SESSION 29: Adolescent DBT: Addressing Significant Emotional and Behavioral Challenges in Youth with BPD Features

Alana Mc Vey, MS, Lauren Yadlosky, MS and Megan Schiferl, MS

Adolescent Dialectical Behavior Therapy (DBT) was created to address problematic emotions and behaviors among youth ages 14-17 presenting with features of borderline personality disorder. This evidence-based comprehensive treatment includes weekly individual therapy, weekly DBT skills groups with the youth and their parent(s), Diary Cards, homework assignments, and phone coaching for both the adolescent and their parent(s). Five goals of therapy are centered around: Improving awareness and focus, increasing effective emotion regulation strategies, decreasing impulsivity, improving interpersonal relationships, and offering solutions for handling family conflicts. The theory that underpins Adolescent DBT, including the dialectical arms that guide and inform treatment, will be discussed. Several case examples demonstrating the flexibility of the application of this treatment model with diverse clients and families will be presented. (1.5)

BREAKOUT SESSION 30: Evaluation of Juveniles for Waiver to Adult Court**Karyn L. Gust-Brey, PhD & Taylor L. Keaton, BS**

Juvenile transfer laws allow for the potential waiver of a juvenile into adult court for trial and/or sentencing of his/her pending juvenile charges. This session examines the Wisconsin State Statute related to such evaluations, as well as potential factors contributing to the rise of such evaluations in one particular county in Wisconsin, approaches to conducting such evaluations, issues regarding testimony in such cases, and examination of research on deterrence in regard to transfer to adult court. Descriptive data of youth facing adult waiver within the last 3 years will be discussed, especially in regard to race/ethnicity, cognitive functioning, diagnosis, the presence of trauma, and outcomes. The implications on treatment and prevention services will be discussed. (1.5)

BREAKOUT SESSION 31: What do I have to offer?**Benjamin Rader, PsyD**

After breakout sessions have concluded and you're winding down and networking, join us for a critical exploration of "What Do I Have to Offer?" In this hour long presentation, participants will be guided through a consideration of the skills, assets, and perspectives that each possesses and ways to share these with the world around us. If you have ever found yourself asking "what do I have to offer?" come to this engaging interactive to find out! (1.0)

**FULL DAY INTENSIVE WORKSHOP 32: Trauma and Attachment:
Effective Treatment Strategies for Individuals and Families****Terry M. Levy, PhD, DAPA, BCFE****(8:00am - 4:00pm - Full Day Registration Required)**

Early attachment experiences wire brain circuits, create core beliefs and form the template for future relationships. Attachment trauma causes depression, anxiety, shame, antisocial behavior and emotional dysregulation.

In this cutting-edge seminar, internationally renowned trauma and attachment expert, Terry M. Levy, PhD, will teach you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults, couples and families based on the latest research in neurobiology, trauma and attachment therapy and resilience.

Clinical videos will illustrate how various interventions promote change and healing with the following issues: Beliefs and attitudes, attachment security in children and adults, traumatic emotions, behaviors, mindsets and brain biochemistry, self-regulation, communication and resilience, family dynamics and controlling, defiant and resistant clients. (6.0)

33. FOCUS ON: SOCIAL JUSTICE MATTERS (6.0)

Sex Trafficking in Minors: Recognition and Response

Angela Rabbitt, DO

Commercial sexual exploitation (sex trafficking) of minors is a major public health and human rights problem. Victims of trafficking frequently report severe physical and sexual violence at the hands of their traffickers and buyers. They often experience inadequate diet and hygiene, substance abuse, neglect, pregnancy and poor access to health care. Psychological abuse associated with removal from their families, isolation, ongoing threats, and witnessing the abuse of others can have profound and lasting effects on their health and well-being. As a result, this population experiences high rates of mental health problems, somatic complaints and self-harm behaviors. Because of these youths' complex medical and mental health needs, healthcare and mental health providers are in a unique position to identify and assist them. However, providers report a poor understanding of sex trafficking and little confidence in their ability to identify and assist youth who are trafficked. A lack of awareness and education is reported as a barrier to identification and an effective response. This session will review the scope and nature of sex trafficking of minors in Wisconsin and provide guidance on the appropriate response in a medical/mental health setting. State-wide initiatives to improve resource capacity will be reviewed. Although the session is youth-focused, differences in evaluation between minors and adults will be discussed.

How Family Systems are Changing; Supporting Family Strengths Following Trauma

Susan Conwell, MS, JD, Jennifer Hastings Meinholdt, MS and Ivy Zamora, MSW, LCSW

One in ten children today are being raised without either parent in the home. Most of these children will be taken in by relatives without the support or supervision of the child protection system. Our presentation will focus on the precipitating conditions that lead to the need for these arrangements, including child abuse and neglect, domestic violence, parental incarceration, homicide, substance abuse and unmanaged mental health issues. We will also discuss the challenges caregivers face including changing family dynamics, navigating complex systems, accessing services, benefits and medical care for the children in their care, and the impact of maltreatment on child well-being and mental health. Last, we will discuss best practice strategies that our agency has adapted and found helpful when working with non-traditional families impacted by violence or trauma.

An Epidemic for the Ages – How Opioid Use Disorders Affect Society from Before Birth to After Death

Eric Smiltneek MD and Mark Marnocha PhD

Communities, families, and clinical services are experiencing the consequences of escalating opioid misuse among both prescription versions and street formulations of heroin and fentanyl variants. Other substances of abuse, notably nicotine and alcohol, impose an even greater burden of illness and death. However, the rapid increase in deaths from opioid use and the widespread impact of such use upon teens, young adults, infants and caregivers are public health problems. Communities and diverse populations are impacted and clinical services are inadequate. Psychologists are called upon to collaborate in the care of such disorders as well as to recognize the diverse impacts of use disorders in their practices and communities. This session will provide updates, resources and health-care implications concerning opioids and co-existing disorders.

Becoming and Remaining Culturally Informed Clinicians Across Our Careers

Kweku Akyirefi (Ramel L. Smith, PhD)

Why is this necessary? What is the big deal about cultural relevance and sensitivity within the domain of psychology? It is imperative that the field of psychology serves as the vanguard of the "understanding movement," where we help others recognize how to appreciate differences without viscerally seeing them as deficits. However, what happens when the leaders in a field are subject to the very vices they are supposed to correct? Clearly, it is imperative that we as clinicians conduct a thorough self-examination of our beliefs and practices. We must be willing to find, dissect and surgically correct the areas in which we are deficient. This is not an easy or quick process, however, it is paramount that we delve into this self-inspection to become more proficient within our work and, more importantly, to help those with whom we work on a daily basis. This is a dynamic process that requires constant adjustment and education. The goal of this workshop is not to solve all issues, but it is to make us all a little uncomfortable by removing our blinders of ignorance and arming us with practical information and tools to help improve individually and as psychological professionals.