Thursday, April 12 – Pre-Conference

9:00am-5:00pm: The Trust Workshop- Sequence VIII: Ethics and Risk Management in a Digital World 2.0

Dan O. Taube, PhD, JD

Technology is advancing at a dizzying pace and is becoming increasingly central to the provision of psychological services. From portable devices to digital records to interjurisdictional practice to mental health apps, technology has brought remarkable benefits to our work; and at the same time created an increasingly complex set of ethical, legal, and regulatory challenges. In this rapidly evolving environment, the need to maintain an active risk management strategy is perhaps even more central than ever.

This workshop is a next-generation discussion of digital world issues. After a brief introduction describing The Trust Risk Management Philosophy and Strategy, this workshop will provide a review and update on the ethical, legal, and risk management dimensions of technology. We will focus broadly on these issues related to digital record keeping, telepsychology, digital communications, and social media.

The workshop is applicable to psychologists working in all types of settings where health services are provided.

(Eligible for a 15% discount on Trust Sponsored Professional Liability Insurance for two consecutive policy periods.)

Learning Objectives:

- Summarize The Trust’s Risk Management Philosophy, including strategies for identifying high risk situations and managing professional practice risks.
- Develop and review strategies for managing digital record keeping challenges.
- Describe risks regarding emerging approaches to telepsychology practice.
- Identify strategies for managing online and social media risks.

(CE Hours: 6 Ethics)

About the Presenter:

Daniel O. Taube earned his J.D. from Villanova University in 1985 and his Ph.D. in clinical psychology from Hahnemann University in 1987, as a member of the Hahnemann/Villanova Joint Psychology and Law Graduate Program. He is a Full Professor at the California School of Professional Psychology, San Francisco at Alliant International University, past Psy.D. Program Director, founder and coordinator of the Forensic Family Child Track and member of the Child/Family Track.

His areas of professional focus include ethical and legal issues in professional practice, child protection, addictions, and disability and parenting. In addition to his teaching and research interests, he has been in private practice for 23 years, has served on the APA Ethics Appeals Panel for the past 20 years, and taught graduate and professional level courses on
ethical and legal issues in professional practice for 25 years. Dr. Taube regularly consults with a wide range of practitioners and community agencies regarding standards of practice and ethical concerns.

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**Friday, April 13**

8:30am-9:45am: **Keynote Session**

**Bringing Psychology and a Global Perspective to Bear on Terrorism and Violence.**

**Anthony F. Lemieux, Ph.D.**

In today’s world, as psychologists, we need to work collaboratively across boundaries and communicate effectively about our work to multiple audiences and stakeholders. Psychologists possess key skills needed in interpreting and interacting with complex problems. Dr. Tony Lemieux will speak to this issue through examples and lessons learned as a psychologist working across a range of disciplines at Georgia State University in the Global Studies Institute, as a part of the Second Century Initiative on trans-cultural conflict and violence, the National Consortium for the Study of Terrorism and Responses to Terrorism (START), as well as the Emory University School of Medicine & Rollins School of Public Health. In particular, he focuses on psychological, communicative, and behavioral aspects of factors that influence people to mobilize toward violent action. Dr. Lemieux will highlight research that is both interdisciplinary and collaborative, and draws on advances that have potential to make our science and our work that much more impactful. The kinds of large-scale, interdisciplinary challenges that we face – in terms of topic, methods, and necessary areas of expertise – require that psychologists cut across disciplinary silos so that we can tackle problems from multiple perspectives.

**About the Presenter:**

Anthony F. Lemieux, Ph.D., is Director of the Global Studies Institute, and Professor of Global Studies and Communication at Georgia State University. As a social psychologist working across disciplines, he has extensively studied motivations for terrorism and violent extremism, with research funding from the U.S. DOD, DHS, and NSF.

**10:00am-1:00pm: CE Workshops:**

**#1 - The Neuropsychology of Racism**

Celeste A Campbell, PsyD

Racism. Such a short word for a complex multilevel construct describing individual, systemic and societal structures of power. This presentation looks at the neurocognitive processes that feed racism on an individual level, resulting in the emotional and behavioral reactions that allow for the defense and promotion of institutional and sociocultural inequality. It will integrate research into the neuroscience of developing beliefs, attitudes, racial bias, and prejudiced reactions, with psychosocial theories of racism and postulate theories on implications for change at an individual, social and systemic level. (Intermediate)

(3hrs. CE)

**Learning Objectives:**

1. Participants will be able to describe the brain function involved in the development of beliefs and attitude toward race.
2. Participants will be able to explain interplay amongst brain behavior, emotional reactions and societal norms in developing racial attitudes.
3. Participants will be able to apply knowledge of brain function to development of strategies to reduce individual racism.
4. Participants will be able to discuss strategies to reduce societal and system racism

Presenter Qualifications:

National Presentations have included:
- National Association of State Directors of Education – *Racial Bias in Psychological Testing*
- United States Army Forces Command – *Family Adaptation to Disability Regional*

Presentations have included:
- Roanoke Conference – *Brain and Its Effect on Behavior*
- Williamsburg conference – *Brain Injury and Mental Health*
- Journey Toward Independence – *Employment following Brain Injury*

EAP Workshops, Fairfax, VA – Stress Management; Cultural Diversity In The Workplace

Received CEU training in Cultural Competency (VA Polytrauma Conference) and Unconscious Bias in Therapy (GPA Annual Meeting)

Licensed Psychologist in Georgia and Virginia

#2 - An Evidence-based approach to assess, diagnose and treat OCD with the Gold Standard: Exposure and Response Prevention

Josh Spitalnick, PhD, ABPP and Jordan Cattie, PhD

Obsessive Compulsive Disorder (OCD) is listed by the World Health Organization (WHO) as one of the 10 most debilitating conditions, with 2 to 3 million adults and at least 1 in 200 children and adolescents currently symptomatic. On average, about 60-80% of OCD symptoms remit with CBT treatment, with Exposure and Response Prevention (ERP) recognized as the most effective intervention, even compared to psychopharmacotherapy. Research studies, role plays and presentation of case studies will be used to discuss assessment, treatment planning, and demonstration of ERP. Contextual factors related to age/development, the role of family in symptoms and treatment, and access to care will be addressed as these issues greatly impact treatment planning and availability of services. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Participants will be able to identify Obsessive Compulsive Disorder (OCD) assessment tools that lead to an accurate diagnosis OCD.
2. Participants will be able to effectively complete a comprehensive functional analysis and provide psychoeducation to patients regarding assessment results.
3. Participants will be able to effectively translate functional analysis and psychoeducation into implementing recommendations.
4. Participants will apply knowledge regarding assessment, diagnosis, and treatment planning to develop and simulate an exposure hierarchy as well as targeted Response Prevention techniques for rituals.

Presenter Qualifications:
Dr. Josh Spitalnick is a Clinical Psychologist, Board Certified in Behavioral and Cognitive Psychology (ABPP). Dr. Spitalnick is a recipient of numerous clinical, training, research, and technology awards. In his clinical practice and research work, Dr. Spitalnick specializes in Cognitive-Behavioral Therapy (CBT) to treat OCD, anxiety and mood disorders, among other problem areas. He is certified by the BTTI and the IOCDF to offer ERP for OCD and supervises mental health providers who treat OCD. He is a Board Member for OCD Georgia and holds an appointment as Adjunct Assistant Professor in Psychiatry at Emory University’s School of Medicine where he trains physicians and other health care providers in the delivery of CBT. He oversees a team of 5 clinical psychologists at Spitalnick & Associates, with over 50% of his active caseload diagnosed with OCD as a primary disorder.

Dr. Jordan Cattie is a Clinical Psychologist and Assistant Professor at Emory University Department of Psychiatry. She trained at the doctoral, internship, and postdoctoral level at the OCD Institute at McLean Hospital in the intensive residential program for OCD, where she developed her passion for treating OCD and addressing the provider gap in this area. Her current professional activities are focused on increasing access to first-line treatments for OCD and related disorders through clinical, research, and training activities. Dr. Cattie is the founding director of Emory’s OCD Program, Co-director of the Outpatient Psychiatry Practicum, the leader of a telemedicine pilot in OCD, and the current Vice-President of OCD Georgia.

#3 - Ethical and Cultural Considerations in Psychological Testing as Part of Clinical and Forensic Evaluations

Adriana L. Flores, PhD, Sanjay Shah, JD, PhD and Glenn Egan, PhD

This workshop will inform attendees of ethical and cultural issues that should be considered in psychological testing, whether in clinical practice, or as part of an evaluation for the courts. We will explore ethical and cultural challenges in psychological testing. How do we navigate these challenges while addressing the referral issue? (Intermediate)

(3 hrs. Ethics CE)

Learning Objectives:

1. Attendees will be able to identify improper test measure selection for a non-English-speaking examinee.
2. Attendees will state a challenge they are likely to experience in evaluating an individual who is not U.S. American.
3. Attendees will identify at least one way to reduce risk of conducting psychological testing that inadequately takes into consideration ethical issues or cultural bias.

Presenter Qualifications:

Drs. Adriana Flores, Sanjay Shah, and Glenn Egan are forensic psychologists affiliated with Emory University School of Medicine. Dr. Egan is also a neuropsychologist at Grady. They have extensive experience conducting evaluations for the courts as well as general psychological evaluations. Dr. Flores additionally routinely is contracted to conduct evaluations of Spanish-speaking individuals.

The three presenters have extensive teaching and presentation experience. They jointly presented a CEU workshop at 2017 GA Psychological Association Conference.

#4 - Creating Transgender-Inclusive Spaces within Your Work: Theory, Assessment, and Practical Implications

Deauna V. Webb, PsyD
The national conversation on transgender individuals is changing and has become a part of everyday experience. Many providers are LGBT-affirming, but may lack the specific competency to work with transgender clients. This poses a barrier for trans-identifying people who are seeking to receive effective mental health care. Participants in this workshop will gain an understanding of basic terminology and issues affecting the transgender community and will be presented with a conceptual model to apply to these clients. We will discuss assessment criteria for cross-sex hormone therapy evaluations and will discuss ways to make your practice transgender affirming. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Summarize basic knowledge and awareness of issues specific to transgender individuals
2. Apply a conceptualization model for working with transgender clients
3. Discuss assessment criteria for cross-sex hormone evaluations
4. Discuss ways to make your facility transgender and LGBT affirming

Presenter Qualifications:

Deauna V. Webb, Psy.D. – is a psychologist within the General Mental Health Clinic at the Atlanta VA Medical Center. She conducts individual and group psychotherapy with veterans who are experiencing a wide-range of clinical disorders and provides evidence-based interventions for veterans diagnosed with PTSD. She also holds the position of LGBT Veteran Care Coordinator for the hospital where she serves as a point-of-contact for LGBT veterans as well as a training and consultation resource for providers. Her clinical interests include working with trauma, PTSD, HIV+ clients, and individuals with LGBTQ issues. Dr. Webb supervises the Diversity Rotation and she also functions as one of the assessment supervisors. In the past, she co-facilitated the Diversity Seminar for the psychology interns.

In addition to her work within the VA, she serves as the chair of the Gender and Sexual Diversity Committee through the Georgia Psychological Association (GPA) and is an active member of the Board of Directors within the organization. She also conducts speaking engagements on topics related to diversity, PTSD and trauma, child development, and school bullying at various college campuses, professional conferences, and training programs.

#5 - Comprehensive Developmental Approach to Diagnostic Assessments for Autism Spectrum Disorder

Celine A. Saulnier, PhD

Autism Spectrum Disorders (ASD) impact multiple areas of functioning, demanding a multidisciplinary approach to conceptualization, diagnosis, and intervention. With the prevalence of ASD at 1 in 68 children, clinicians need to be aware of risk factors and how to screen and assess for the disorder. They also need to be aware of the impact of socio-cultural factors on diagnosis. This workshop will help practitioners identify, assess, and diagnose symptoms of ASD from infancy through young adulthood using a comprehensive developmental approach to evaluation, focusing on state of the art measures and standards of best practice in the field. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Recognize and define the key features of ASD
2. Identify common diagnostic differentials and comorbid conditions
3. Explain the components of a comprehensive developmental evaluation for ASD

Presenter Qualifications:
Dr. Saulnier has been a licensed clinical psychologist for 15 years specializing in diagnostic assessment and evaluation of individuals with autism spectrum and related disorders throughout the lifespan. She has worked within academic settings at both the Yale Child Study Center and Emory University School of Medicine training with experts in the field on comprehensive evaluations for ASD. She has conducted hundreds of CE workshops – half-day; full-day; and week-long – throughout the nation. Her current license is in the state of GA: PSY003539.

#6 - Trauma as a Risk Factor for Psychosis

Michelle Casimir, PsyD and Ashley Jarvis, PsyD

For a long time, trauma has been discussed in the literature as one of the major risk factors for experiencing serious mental health problems. Specifically, the experience of traumatic life events during childhood and/or adulthood have proven to significantly contribute to the emergence of psychosis. This workshop will present various ways in which trauma can impact the onset of psychosis in adults with serious mental illness. We will examine the neurobiological mechanisms that lay a foundation for the development and progression of serious mental illness including increased vulnerability and susceptibility to the emergence of symptoms. This workshop will discuss diversity and cultural components related to the understanding and treatment of serious mental illness. The workshop will also describe trauma-informed care (TIC) and explore the importance of incorporating TIC in both inpatient and outpatient settings to provide sensitive and effective treatment. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Describe onset and symptoms of psychosis and trauma seen in adults with serious mental illness.
2. Discuss how culture and diversity impact the treatment of adults with serious mental illness.
3. Explain the important components of the use of trauma-informed care for adults with serious mental illness.

Presenter Qualifications:

Dr. Casimir is a licensed psychologist who has worked with adults with severe mental illness since graduate school training. These include individuals diagnosed with psychotic spectrum disorders, severe depression and bipolar disorder with comorbid trauma, substance use and personality disorders. She has experience working in both inpatient and outpatient settings while also advocating for better treatment of seriously mentally ill individuals in the community. Dr. Casimir is undergoing the certification process for Behavioral Family Therapy for Serious Psychiatric Disorders. She has presented her work in several areas including in-service trainings for staff, brief seminars for psychiatry residents and also completed a 2-day workshop (same info on both days) at the Atlanta VAMC in July 2017 where she was a co-presenter for the training titled, Research Supported Psychotherapeutic Treatment for Serious Mental Illness (SMI)

Dr. Jarvis is a licensed psychologist with specific training with adults who have serious mental illness. She has worked in an inpatient psychiatric setting with adults who have serious mental illness for approximately four years and worked to incorporate a recovery-oriented and trauma-focused approach. She has presented at several APA and WPA conventions since 2008, including topics on schizophrenia, substance abuse, LGBTQ issues, anxiety, motivational enhancement therapy, child and adolescent trauma and abuse and the use of cognitive-behavioral therapy in treating individuals with co-occurring disorders. I have also been published in several articles examining the impact of infection disease, including c. difficile and MRSA.

#7 - Current Trends in Ethical Dilemmas: A Panel Discussion with the GPA Ethics Committee
This workshop will be a panel discussion of the Georgia Psychological Association's Ethics Committee (EC). EC members will provide a brief overview of how the EC is run and how they are there to serve GPA members from a solely helpful, educative standpoint and not an adjudicative one as they have done in the past. The EC will review current common ethical issues that GPA members are inquiring about and discuss how the APA Ethics Code applies to these scenarios. Diversity issues will be discussed throughout as they pertain to each discussion point. (Intermediate)

(3 hrs. Ethics CE)

Learning Objectives:

1. Familiarize attendees with the current structure, educative emphasis, and procedures of the GPA Ethics Committee and what they can expect when a GPA member psychologist requests a consultation.
2. Summarize the "Bin Model" by Dr. Steve Behnke, the former director of the Ethics Office for APA as a structure within which to consider issues facing psychologists and to help them separate out the ethical issue from other aspects of the case/circumstance.
3. Describe the most frequently asked questions received by the Ethics Committee (while protecting the identification of individuals seeking consultation) and help clarify these issues utilizing the APA Ethics Code and the Bin Model.
4. Discuss ethical issues that participants would like the Ethics Committee to assist with. In other words, watch us at work and let us help you with your specific questions.

Presenter Qualifications:

The Ethics Committee is made up of 14 licensed psychologists from across Georgia with a variety of expertise and diversity. Each member was chosen based upon their knowledge of ethics and experience. One member, Dr. Nancy McGarrah, has also served on the Ethics Committee of APA. Two members are attorneys in addition to being psychologists. Several members have taught or are currently teaching ethics at universities. INCOMPLETE

#8 - Your voice as a psychologist: Engaging with media to give psychology away

Anthony LeMieux, PhD, J. Kip Matthews, PhD, Angela Londoño-McConnell, PhD, and Howard Drutman, PhD

A panel of psychologists will discuss their experiences and strategies for engaging with media to bring a psychological perspective to events and issues of the day. Communicating to diverse audiences, with diverse perspectives and experiences will be reflected upon. In addition, panelists will reflect on both why it is important to bring their voice into the public sphere, and share strategies for how to identify opportunities to engage across different media types and platforms. Ethical and cultural issues that arise while conducting media interviews, psychoeducational workshops, and using social media platforms will be addressed. (Introductory)

(3hrs. CE)

Learning Objectives:

1. Discuss opportunities for media engagement by psychologists
2. Describe and explain examples of such engagement
3. Develop and summarize ideas for media engagement opportunities
4. Discuss ethical considerations of consulting and engaging with media
Presenter Qualifications:

**Anthony F. Lemieux, Ph.D., M.A.** is the Director of the Global Studies Institute, and Professor of Global Studies and Communication at Georgia State University, where he is also a lead researcher in an interdisciplinary second-century initiative on Trans-Cultural Conflict and Violence. He has extensively studied motivations for terrorism and violent extremism. Lemieux is the Principal Investigator of the U.S. Department of Defense Minerva Initiative (DOD) supported interdisciplinary, multi-institution, research program on Mobilizing Media which leverages empirically-validated models of health behavior change, persuasion, and communication to provide comprehensive analysis of strategic communication campaigns and propaganda outputs of terrorist groups including magazines, music, images, texts, and videos. This program of research is currently funded through 2020. In addition, in a program of research supported by the National Institute of Mental Health (NIMH), Lemieux has developed and evaluated music-based behavioral change interventions in the context of HIV Prevention, HIV treatment adherence, and health behavior change, and has an extensive background on program and intervention development and evaluation.

Lemieux has lectured at a wide range of academic institutions, as well as the United Nations headquarters in New York, the headquarters of the U.S. Central Intelligence Agency, the National Security Agency, the U.S. Department of Homeland Security, the U.S. Transportation Security Administration, the National Counterterrorism Center & Office of the Director of National Intelligence, and the Centers for Disease Control, among others. Lemieux’s extensive record of peer-reviewed publications includes articles in Terrorism and Political Violence, Communication Research, Critical Terrorism Studies, AIDS & Behavior, Journal of Personality & Social Psychology, Dynamics of Asymmetric Conflict, and Health Psychology. He has taught extensively and has served as a subject matter expert on terrorism, radicalization, behavioral screening technologies and innovative survey methods. Lemieux has regularly been featured in National and International media including CNN, MSNBC, Al Jazeera, The Wall Street Journal, Fox, and others, and has a blog at Psychology Today on the motivations and methods of terrorism. Lemieux earned his Ph.D. and M.A. in social psychology at the University of Connecticut and his B.A. in psychology and sociology at Boston College.

Dr. Kip Matthews is a licensed psychologist and co-founder of AK Counseling & Consulting, Inc. based in Athens, GA. His practice focuses on sport and performance psychology, career and life planning, and identity development across the lifespan. Dr. Matthews regularly conducts media interviews for newspapers, magazines, radio, and television. He values the use of public education to help inform and empower individuals to make informed health care decisions and to destigmatize behavioral health counseling. Through media interviews and workshops, Dr. Matthews also advocates for our profession of Psychology. He is the past chair of the GPA Public Education Committee. Most recently, he has been involved in the American Psychological Association’s Mind-Body Health Public Education Campaign. Additionally, he presents continuing education workshops for health care professionals on a variety of topics. He is a Fellow of the Georgia Psychological Association and was the inaugural recipient of the Early Career Achievement Award presented by the Commission for Counseling and Psychological Services of the American College Personnel Association.

Dr. Angela Londoño-McConnell is the President and co-founder of AK Counseling & Consulting, Inc. In the past, she served as the GPA Public Education Coordinator and the Southeastern Regional Representative to the APA’s Public Education Guidance Council. As a regularly invited speaker, Dr. Londoño-McConnell has conducted numerous workshops and professional trainings on a variety of topics such as, telemental health, the ethics of media psychology, health psychology, women's mental health, ethnic/cultural affairs, and college mental health. She has extensive media experience. She was the host of ‘Enfoque Latino con la Dra. Londoño,’ the first local Spanish TV talk show in Northeast Georgia. She also hosted a weekly health segment on Georgia Public Radio and served as a regular featured guest on CNN En Español.

Dr. Howard Drutman is the current Chair of the GPA Public Education Committee. As a psychologist specializing in clinical and forensic psychology in family law cases, he has been interviewed on radio and TV on issues related to divorce, coparenting, and the best interest of children post-divorce. He regularly presents educational seminars to attorneys and psychologists on issues related to forensic psychology. Recently he coordinated the GPA response to assist the Gwinnett County Police Department. He has been interviewed on television regarding GPA members and their response to educate the police department on ways to improve the officers’ responses to individuals with mental disorders.
Saturday, April 1

9:30am-12:30pm: CE Workshops

#9 - Behavioral Activation for Adolescents

W. Edward Craighead, PhD and Allison LoPilato, PhD

Accumulating clinical and neuroscience research suggests that Behavioral Activation may be particularly well-suited for depressed adolescents, given its idiographic and straightforward nature, as well as its emphasis on avoidance and reward responsivity. In this workshop, participants will learn the history and theoretical underpinning of Behavioral Activation, followed by a comprehensive review of the clinical treatment structure and elements. Emphasis will be placed on teaching, modeling, and practicing key strategies related to helping adolescents increase activity, overcome avoidance, and maximize positive experiences in their life. Special attention will be paid on modifications to meet socio-economic realities and to increase activation among adolescents with limited financial and parental resources. (Introductory)

(3hrs. CE)

Learning Objectives:

1. Discuss the history and theory of Behavioral Activation
2. Introduce the treatment structure and sequence
3. Teach and model key Behavioral Activation techniques and homework assignments
4. Review strategies for overcoming treatment barriers with adolescents and modifications for low income populations

Presenter Qualifications:

Dr. W. Edward Craighead (GA License-PSY003064) has extensive experience on treatment development and evaluation. He has served as President of the Association for Behavioral and Cognitive Therapies and the Clinical Division of the American Psychological Association (Society of Clinical Psychology). He has been Editor of Behavior Therapy and Editor-in-Chief of Clinical Psychology: Science and Practice. Dr. Craighead's research, which focuses on mood disorders, has been funded for several years by NIMH and private foundations. Over the past three decades, his work has focused on cognitive behavioral models of Major Depression. Dr. Craighead is spearheading a program of research that evaluates BA among adolescents. He maintains active collaborations with international depression researchers to disseminate effective treatments for depression. Dr. Craighead has written or co-authored over 200 publications focused primarily on the effectiveness of depression treatments across a wide range of populations. Additionally, Dr. Craighead was a treatment developer for a BA manual for depressed adolescents, and he has led national and international workshops regarding mood disorders.

Dr. Allison LoPilato received her Ph.D. in Clinical Psychology from Emory University in 2017. She is a postdoctoral fellow at Emory University’s Child and Adolescent Mood Program, where she provides clinical care to youth and coordinates a research project examining the neural mechanisms of change associated with BA for Adolescents. Dr. LoPilato clinical and research interests are in understanding the risk mechanisms that underlie adolescent depression and translating this knowledge into novel clinical interventions. She has co-authored several publications related to adolescent
mental health and developmental psychopathology. After first serving as a trained BA therapist, she has co-directed CAMP’s BA clinical research program during the past several months.

#10 - Current Issues and Future Directions in Cognitive-Behavioral Treatment for Insomnia

Anne D. Bartolucci, PhD, CBSM

Chronic insomnia is a common disorder that will strike up to 30% of the population and does not discriminate by gender, race, or socioeconomic status. Although cognitive-behavioral treatment for insomnia (CBT-I) is a first-line treatment recommendation, certified practitioners can be difficult to find, as are training opportunities. Come learn the basics of CBT-I from one of Georgia’s only certified behavioral sleep medicine specialists who has a full-time practice specializing in it. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Discuss the three main components of cognitive-behavioral treatment for insomnia.
2. Demonstrate the application of CBT-I principles to different types of insomnia clients through case studies.
3. Explore where clinicians get stuck with CBT-I and demonstrate treatment tweaks that have worked.
4. Discuss recent approaches to insomnia treatment such as Mindfulness-Based Therapy for Insomnia and the transdiagnostic approach and how they can be integrated into a CBT-I practice.

Presenter Qualifications:

Anne Bartolucci, Ph.D., C.B.S.M. is a versatile speaker and is happy to talk about sleep and other aspects of psychology to audiences with a wide range of experience and expertise. She is adjunct faculty in the sleep fellowship program at Emory University, and she presents annually on psychopathology and sleep as well as insomnia treatment to the fellows. She has also been invited to lecture to the Internal Medicine/Psychiatry residents at Emory University, the United Advanced Practice Registered Nurses, and as part of the Advanced Management of Sleep Disorders for NP’s and PA’s course through the Atlanta School of Sleep Medicine. She has also been an invited speaker twice for the American Academy of Dental Sleep Medicine national conference. She has also presented at other national conferences and as part of panels on the business side of behavioral sleep medicine. Finally, she is also a sought-after speaker in the writing world and has been invited to present workshops to writing groups across the Southeast, sometimes as herself and occasionally as her fiction-writing alter ego Cecilia Dominic. She is a licensed psychologist in the state of Georgia and a certified behavioral sleep medicine specialist through the American Academy of Sleep Medicine. She has been in clinical practice since 2005 and founded Atlanta Insomnia & Behavioral Health Services, P.C. in 2008. Approximately 80-90% of her practice at any one time is sleep-focused treatment.

#11 - Forensic/Divorce Evaluations involving Sexual, Gender & Relational Diversity

Rachel Anne Kieran, PsyD and Nancy McGarrah, PhD

Clients requiring psychological evaluation or treatment in a forensic setting require two things in these professionals – a clinician competent in areas relevant to their life, but also one who is knowledgeable about the forensic system, and competent to work for their client within that system. For clients whose sexual, gender, or relational identities are outside the cultural majority of heterosexual, sexually staid, cisgender, and monogamous, finding a clinician who meets both of these requirements can become exponentially more difficult. This is in spite of recent revisions to the DSM-5 that significantly depathologized consensual power exchange, and research suggesting that non-monogamous relationships are on the rise, and associated with positive psychological outcomes.
This workshop is designed to meet the needs of clinicians working in forensic specialty areas who have not yet had the opportunity to become familiar with these areas of diversity, or the needs of these clients. This program will attempt to share some of the collected findings regarding polyamory and non-monogamy, including a review of how these terms and types of relationships are often understood by their participants. This session will also introduce concepts related to consensual power exchange and discuss techniques for assessing the distinction between this and intimate partner violence in the clinical setting. The presentation will also include a description of various forensic roles a clinician may have, such as Custody Evaluator, Parent Coordinator, Reunification Therapist, and others. Understanding sexual, gender and relational diversity is a necessary part of conducting these forensic services. (Introductory)

Learning Objectives:

1. Participants will be able to describe sexual, gender and relational diversity as alternatives to heterocentric, monocentric and gender binary stereotypes promulgated by many social norms.
2. Participants will be able to identify polyamories as one of a client’s multiple identities, in the spectrum of sexual and relational identities.
3. Participants will be able to explain the distinction between BDSM (bondage/discipline, dominance/submission, sadism/masochism) and IPV (intimate partner violence).
4. Participants will be able to list strategies for investigating the nature of power differentials in relationships - both inherent and negotiated.
5. Participants will be able to identify "poly-phobia” and “kink-phobia”.
6. Participants will be able to assess their own level of “poly-phobia” and “kink-phobia”, and how this may enter the room.
7. Participants will be able to discuss how their level of “poly-phobia” and “kink-phobia” may impact their ability to effectively advocate for clients.
8. Participants will be able to describe examples of sexual, gender and relational diversity occurring in forensic work.

Presenter Qualifications:

Dr. Rachel Kieran is a licensed psychologist in private practice in the Atlanta area providing individual and couples counseling/psychotherapy as well as assessment services. Licensed in the state of Georgia, Dr. Kieran has been providing therapy services for over fifteen years and has been in private practice for ten. Dr. Kieran’s practice is open and accepting to all, and has a particular emphasis on the importance of multiple identities in the lives of clients. This includes sexual, relational and gender diversity including affectional identity orientation, queer theory, BDSM, kink, transgender issues, polyamory, and other non-monogamies. For more information on her practice, visit her website at www.rkieranpsyd.com.

In addition to clinical work in private practice, Dr. Kieran is a faculty member at Kennesaw State University. Currently serving as the secretary of the Georgia Psychological Association, she has been a member of GPA’s Board of Directors, serving on multiple committees for the past 8 years. Dr. Kieran has presented at local and national conferences on topics related to sexual, gender, and relational diversity. She also provides consultation services to local universities regarding issues of sexual and gender diversity.

Nancy A. McGarrah, Ph.D. has been a licensed psychologist in Georgia since 1984, after receiving her doctorate from Emory University in 1983. She works with children and their families including evaluation, therapy and court testimony. Dr. McGarrah speaks to numerous groups regarding abuse, trauma, divorce, child and family topics, media, and ethics. Dr. McGarrah has been an Adjunct Professor at Emory University and a Guest Lecturer at Emory Law School and Emory School of Medicine.

Dr. McGarrah frequently serves as a child custody evaluator, parent coordinator, and in other forensic roles with families. She also regularly presents on topics related to these roles to both psychologists and attorneys.

She is in private practice with Cliff Valley Psychologists, which she co-founded in 1985.
#12 - Advocacy – Why does it matter?

Doug Walter, J.D. and Jennifer Kelly, PhD

More than ever, psychologists need to advocate for their patients, society at large, and for themselves. Legislative advocacy is one of the most important functions of any membership organization. This session offers an in-depth look at what that advocacy looks like, roles and responsibilities for the psychologist as advocate, what it accomplishes and why it matters at the state and the national levels. Our advocacy efforts really do make a difference at all levels. Jennifer Kelly, PhD, Georgia Psychological Association’s Federal Advocacy Coordinator, has twenty years’ experience in state and federal political advocacy and will discuss her involvement at the state-federal intersection of advocacy activities at the GPA and the American Psychological Association Practice Organization (APAPO). Doug Walter, JD, Associate Executive Director for Government Relations at the APAPO will share his thoughts based on more than two decades as a professional lobbyist for psychologists. (Intermediate)

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” - Dr. Seuss

(3hrs. CE)

Learning Objectives:

1. Describe the federal legislative lawmaking and rulemaking process, explaining how the process directly impacts the profession of psychology and the business of the practicing psychologist.
2. Analyze major federal issues that affect both the profession of psychology and the provision of high-quality psychological services that benefit the public, demonstrating how these issues proceed through the legislative, regulatory, political and grassroots processes.
3. Prepare psychologists to advocate with Members of Congress and their staff regarding issues that affect the quality and functioning of the healthcare system, explaining both the etiquette of advocacy and the need to build continuing relationships with Congressional policymakers, which they can apply to their professional activities.

Presenter Qualifications:

Dr. Kelly attended undergraduate school at the University of Southern Mississippi and received her doctorate degree in Clinical Psychology from Florida State University.

Mr. Walter received a B.A. in Economics and in Music from the College of William and Mary and a J.D. from the Pennsylvania State University (The Dickinson School of Law).

2:00pm-5:00pm: CE Workshops

#13 - Culturally Sensitive Assessment and Treatment of Trauma Related Symptoms in Ethnic Minority Children and Young Adults

Emily Mouilso, PhD and Isha W. Metzger, PhD

Ethnic minorities from low income backgrounds are more likely than their counterparts to experience trauma, and they are less likely to complete and benefit from trauma informed mental health treatment that may reduce negative outcomes. This workshop will build competence in culturally sensitive assessment and treatment of trauma-related symptoms in diverse children and young adults. The interconnections among trauma exposure, posttraumatic stress disorder (PTSD), alcohol use, and risky sexual behavior will be a specific focus. Participants will have an opportunity to build practical
skills and gain unique strategies for effectively delivering evidence-based treatments for PTSD through discussion, role-plays, and feedback. (Intermediate)

(3 hrs. Ethics CE)

Learning Objectives:

1. Describe the definition and frequency of trauma among youth and young adults
2. Describe the links between trauma and risky sexual behavior and alcohol use
3. Explain and practice incorporating evidence-based assessment of trauma into clinical practice
4. Summarize evidence-based recommendations for treatment of Posttraumatic Stress Disorder

Presenter Qualifications:

Dr. Emily Mouilso is a clinical psychologist licensed in Georgia. She earned her M.A. and Ph.D. in Clinical Psychology from the University of Georgia. She is a clinical assistant professor in the Department of Psychology at the University of Georgia and the Director of the UGA Psychology Clinic. Dr. Mouilso has experience conducting culturally-sensitive, evidence-based, trauma-informed assessment and treatment in a variety of settings, including the National Crime Victims Research and Treatment Center and VA medical centers. She has published numerous peer-reviewed articles and authored a book chapter related to adult sexual trauma with a specific focus on young adult populations and alcohol-involved sexual assault. Dr. Mouilso has also presented at several national conferences, including the annual meetings of the Association for Behavioral and Cognitive Therapies and the American Psychological Association.

From Atlanta, Georgia by way of Sierra Leone, West Africa, Dr. Isha Metzger earned her M.A. and Ph.D. in Clinical Community Psychology from the University of South Carolina. Dr. Metzger is currently an Assistant Professor of Clinical Psychology at the University of Georgia. Her research interests focus on reducing mental health disparities through increasing engagement and enhancing treatment outcomes among underserved minority populations (e.g., African Americans). Specifically, Dr. Metzger is interested in preventing engagement in risky behaviors (e.g., sexual activity, alcohol use, delinquency) as well as understanding risk and resilience factors (e.g., trauma experiences, racial socialization and discrimination, family and peer relationships) that impact the relation between trauma exposure and problematic outcomes (e.g., STI/HIV exposure, unintended pregnancies, revictimization, drunk-driving accidents, legal system involvement). She also is engaged in translational research including the conceptualization, implementation, dissemination, and systematic evaluation of prevention programming aimed at reducing mental health and health disparities among African American youth. Dr. Metzger teaches Graduate students at the University of Georgia and offers trauma-informed culturally-sensitive, evidence-based treatment to youth, families, and adults, and she serves as a consultant to trainees and professionals in the community.

#14 - A New Psychotherapy for Each Patient: Evidence-Based Methods to Personalize Treatment to the Individual

John C. Norcross, PhD, ABPP

Psychotherapy will maximize its effectiveness by targeting the most powerful sources of change: the therapeutic relationship and the patient him/herself. This workshop will provide integrative methods for adapting or tailoring treatment to the individual client and his/her singular context. Learn how to reliably assess and rapidly apply 4+ evidence-based methods (patient preferences, stage of change, reactance level, cultural identities, and coping style) for improving treatment success. Discover how practice and research converge in relational responsiveness that fits both clients and clinicians. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Determine a client’s treatment and relationship preferences in ways that improve outcomes
2. Assess reliably a client’s stage of change within one minute and tailor treatment to that stage
3. Apply evidence-based adaptations to a patient’s cultural identities
4. Describe personalizing psychotherapy to a client’s reactance level

Presenter Qualifications:

An internationally recognized authority on behavior change and psychotherapy, John C. Norcross, PhD, ABPP, is Distinguished Professor of Psychology at the University of Scranton, Adjunct Professor of Psychiatry at SUNY Upstate Medical University, and a board-certified clinical psychologist. Author of more than 400 scholarly publications, Dr. Norcross has co-written or edited 22 books, most of them in multiple editions. These include Psychotherapy Relationships that Work, Handbook of Psychotherapy Integration, Clinician’s Guide to Evidence-Based Practice in Behavioral Health, Self-Help that Works, Leaving It at the Office: Psychotherapist Self-Care, the Insider’s Guide to Graduate Programs in Clinical & Counseling Psychology, and Systems of Psychotherapy: A Transtheoretical Analysis, now in its 9th edition. He also published the acclaimed self-help books, Changeology and Changing for Good (with Prochaska & DiClemente). Dr. Norcross has been elected president of the American Psychological Association (APA) Division of Clinical Psychology, the APA Division of Psychotherapy, the International Society of Clinical Psychology, and the Society for the Exploration of Psychotherapy Integration. He has served on the Board of Directors of the National Register of Health Service Psychologists as well as on APA’s governing Council of Representatives. Dr. Norcross edited the Journal of Clinical Psychology: In Session for a decade and has been on the editorial boards of a dozen journals. Dr. Norcross has also served as a clinical and research consultant to a number of organizations, including the National Institutes of Health and pharmaceutical companies. A Fellow of 10 professional associations, he has been honored with APA’s Distinguished Career Contributions to Education & Training Award, the Pennsylvania Professor of the Year from the Carnegie Foundation, the Rosalee Weiss Award from the American Psychological Foundation, and election to the National Academies of Practice. An engaging teacher and clinician, John has conducted workshops and lectures in 30 countries. He lives in the northeast Pennsylvania with his wife, two grown children, and their two grandkids.

#15 - Psychiatric Pharmacobotany: Exploring the Origins of Pharmaceuticals from their Roots in the Botanical World

David Hankin, PharmD

Many pharmaceuticals, including psychotropics, have their origin in the botanical world. This workshop will explore how native plants around the world have been used throughout history and then adapted to become the drugs we know today. The history of the plant/drug use is specific to the culture geographically present within the plants’ ecological niche. Therefore, the culture of drug use has an anthropological component reflecting the diversity of how humans have practiced medicine. Special attention will be given to recent research with MDMA and psilocin as potential new pharmacotherapies for PTSD and end of life depression, respectively. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Discuss how local flora has historically been the source of pharmaceuticals
2. Describe how botanical chemicals may be processed into familiar drug compounds
3. Critique the role of botanical drugs as psychotropics in modern medicine

Presenter Qualifications:
Dr. Hankin is a PharmD with postdoctoral residency in clinical psychopharmacology. Areas of interests include botanical pharmacology and drugs of abuse. Have presented several times to GPA, including 3 hr workshops. Recently presented this workshop to the VA psychologists and received positive responses.

#16 – Understanding Basic Research on Couple Relationships for Couple Psychotherapists

Justin Lavner, PhD, W. Tracy Talmadge, PhD, and William C. Talmadge, PhD

The purpose of this workshop is to describe how the field of relationship science can help couple psychotherapists in their understanding of and therapy with couples. Over the last several decades, a vast body of research has examined how couples develop and change. Unfortunately, few therapists are aware of this research and researchers seldom offer any practical clinical implications. Our goal is to bridge that gap by summarizing this research and demonstrating how therapists can effectively use this information in working with the many different types of couples in committed intimate relationships. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Describe two individual vulnerabilities that affect couple relationships.
2. List two positive or negative relational behaviors that research has found with couples.
3. Summarize two significant relationship findings that are helpful to couple psychotherapists.

Presenter Qualifications:

Dr. Lavner is a nationally recognized expert in couples’ relationships. He has published extensively on couples’ relationships, the factors that influence relationship success, and interventions for couples. He is a licensed clinical psychologist in the state of Georgia and has presented widely on couples’ relationships for academic and clinical audiences.

Dr. Tracy Talmadge specializes in couple and sexual therapy in Atlanta. He has presented locally and nationally on evaluating couples for psychotherapy and also sex therapy.

Dr. Bill Talmadge is retired from clinical practice after about 40 years specializing in couple and sexual therapy. He has presented locally and nationally on various topics in couples psychotherapy and sex therapy, as well as numerous articles and book chapters. He is the coauthor of LoveMaking: The Intimate Journey in Marriage with his wife, Dr. Lynda Dykes Talmadge. Drs. Talmadge are licensed psychologists and certified sex therapists.

#17 - Helping Couples Connect from the very first Session

Louis W. McLeod, PhD and Linda McNeely McLeod, MEd

Many couples come to therapy in fear and trembling, believing that they will be blamed and attacked by their partner. This can be especially true for someone in a committed love relationship with a partner who is more facile in talking about interior experience and emotions. What helps couples experience encouragement in couple therapy from the first session is for them to have an emotional experience of safety and connection with each other. This workshop focuses
on how therapists can help couples create ownership, compassion and validation of the partner’s experience in the first couple’s therapy session. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. To describe the process of a first session with couples that can enhance empathy and connection
2. To describe a process for establishing a safe and empathic structure when couples are evidencing reactivity and resistance
3. To demonstrate ways to deepen communication through the use of sentence stems, doubling and emotional regulation

Presenter Qualifications:

Linda and Louis have presented the Getting the Love Workshop for Couples for over twenty-five years and have jointly presented one workshop for Georgia Psychological Association as well as at the Association for Imago Relationship Therapists. Louis has presented numerous workshops for Georgia Psychological Association and for the Georgia Region of Imago Therapists of the Southeast. Linda has presented a workshop at the convention of the Licensed Professional Counselors Association of Georgia. These workshops have consistently received good receptions.

Louis W. McLeod, Ph.D.  Georgia Psychology License #478
Linda McNeely McLeod, M.Ed., LPC  Georgia LPC License #002109

#18 - When Pain is More than Emotional: What all Psychologists Need to Know about Dealing with Chronic Pain

Jennifer L. Steiner, PhD and Jennifer L. DelVentura, PhD

Over 32 million people in the US suffer from chronic pain, and over half experience co-morbid depression and anxiety. Increasing numbers of these individuals are seeking mental health treatment; however, not all providers are able to speak to the complexities of the pain-depression relationship. This workshop will explain why it is important for all mental health providers to have a basic understanding of the relationship between physical pain and psychological contributors, how to work with chronic pain patients, when to refer to a specialist, and the unique challenges faced by patients based on race, gender, age, and SES. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Attendees will be able to describe, for the purposes of patient psychoeducation, the relationship between pain and psychological factors and how these factors contribute to dysfunction.
2. Attendees will be able to conceptualize pain-related dysfunction from CBT and ACT perspectives.
3. Attendees will be able to apply knowledge of above concepts to inform interventions.
4. Attendees will be able to describe relevant ethical considerations associated with treating individuals with chronic pain.
5. Attendees will be able to describe diversity factors impacting pain and pain treatment.

Presenter Qualifications:

Dr. Steiner has served as the primary pain psychologist for the Atlanta VA Medical Center since 2014. Dr. Steiner has published 6 peer-reviewed articles and presented over 10 posters and papers on the psychological aspects of chronic pain. Additionally, Dr. Steiner has given over 15 seminars on the psychological aspects of chronic pain to trainees (psychology
interns, psychology postdoctoral fellows, and psychology practicum students), and medical staff. Dr. Steiner also serves as an ad hoc peer reviewer in the domain of pain research for several scientific journals including: *Pain*, and *Arthritis Care and Research*. Dr. Steiner holds an active license as a psychologist in the state of Georgia.

Dr. DelVentura has coauthored 16 peer-reviewed publications focused on pain processing, chronic pain, and diversity variables associated with pain and has presented over 40 papers and posters on these subjects. She also serves as an ad hoc peer reviewer in the domain of pain research for several major scientific journals (*Pain, Journal of Pain, Pain Research and Management, International Journal of Psychophysiology, and Psychological Services*). Dr. DelVentura holds an active license as a psychologist in the state of Georgia.

#19 - Conducting Individual Psychotherapy from a Systems Perspective: How to be On Your Client’s Side Without Taking a Side

Linda Buchanan, PhD

Therapists are trained to listen, empathize and validate their clients and we naturally tend to believe what we are told. Consequently, we may side with our client against other elements in their system even when the client’s perspective is a projection of their false narratives containing distortion. Valuable therapy time can be wasted unknowingly chasing the client down well-worn paths of victimhood rather than empowerment. Informed by tenets of family systems, this workshop will focus on very specific strategies and skills which enable the therapist to develop the art of being on our client’s side without taking a side. (Intermediate)

(3hrs. CE)

**Learning Objectives:**

1. Describe the fundamental tenets of family systems approaches and how they can inform individual psychotherapy.
2. Utilize strategies informed by a systems philosophy to empower clients and aid in increasing personal responsibility within their system.
3. Utilize strategies to maintain neutrality in psychotherapy, minimize splitting and avoid taking a side between parts in the client’s system.
4. List at least three strategies identifying or side-stepping projections which may occur in therapy.
5. Describe how a client’s narrative influences the client’s relationships and the therapeutic process.

**Presenter Qualifications:**

Licensed as a psychologist, I am a Certified Eating Disorder Specialist and approved supervisor for the International Association of Eating Disorder Specialists.

Have given training to over 400 individuals in the Differential Diagnosis and Scope of Practice for Eating Disorders. CEU concepts: Training LPCs and LMFTs in diagnosing per new law, Atlanta, GA 2017

Other recent CEU workshops:

Understanding and Treating Eating Disorders. Philadelphia College of Osteopathic Medicine, Physician Assistant program. 2016


How to be on Your Client’s Side without Taking a Side. International Association for Eating Disorder Professionals (IAEDP), National Symposium, Amelia Island, FL 2016
#20 - Might We ALL Have PTSD?: The Collective Trauma of Viral Videos of Police Shootings

Kanika Bell, Ph.D.

This workshop will address the psychological impact of repeated viewing of police shootings of African American citizens on both civilian and law enforcement populations. Specifically, posttraumatic stress disorder symptoms as well as behaviors that may specifically escalate these types of interactions, will be discussed as possibilities for African American and Caucasian, police officer and civilian populations. All persons, regardless of race or status as an officer, may be impacted by the graphic nature of filmed police shootings, but the psychological and behavioral expression of this impact differs and should be addressed authentically in therapeutic interventions. (Intermediate)

(3hrs. CE)

Learning Objectives:

1. Assess the occurrence of PTSD symptoms related to viral videos of police shootings in exposed populations.
2. Compare the current criteria for PTSD with the experience of witnessed death via social media outlets.
3. Apply extant theory regarding empirically supported treatments for PTSD to populations affected by viral videos of police shootings.
4. Define racial trauma.
5. Discuss the impact of vicarious racism on the trauma symptom presentation of African American clients.
6. Discuss the impact of stereotype threat on the trauma symptom presentation of law enforcement officers.

Presenter Qualifications:

The presenter has experience providing continuing education workshops for GPA and for other organizations, to psychologists and other health professionals. She is a licensed psychologist with clinical experience working with marginalized groups (e.g., African American, women, LGBTQA) as well law enforcement populations.