

SVPA 3RD ANNUAL FALL CONFERENCE

# HISTORY IN THE MAKING

*Where We've Been, Where We Are, Where We're Going*

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## DESCRIPTION

Tradition. Psychology has a long and diverse history, as well as a promising present and future. In order for our profession to grow and to represent itself with strength, we must always be willing to look at the past. We must be willing to examine all of what has brought psychology to where it is today, whether “good” or “bad.” In the current political environment, it is ever so important for our profession to consider “where we’re going.” What kind of stamp we want to make on our society? How do we want to be represented?

For our third annual conference we hope to provide programming that expands psychology disciplines and provides a diverse learning context. Presentations include a number of forensic, clinical, and multi-cultural/diversity topics that are important today.

Conference participants are from numerous settings, such as community health, academia, and corporate and private practice; which include PhDs, PsyDs, EdDs, LCSWs and LMFTs.

Schedule. The morning begins with a keynote panel examining the role that psychology plays targeting racism in the United States. Next, attendees select three of nine targeted educational sessions. The social/networking hour commences immediately afterwards.

## TARGET AUDIENCE

This activity is designed for psychologists, licensed clinical social workers and marriage and family therapists.

## WHY YOU SHOULD ATTEND?

This conference is designed to improve competence in bridging theory and research into practice, connecting communities through the multicultural therapeutic process, and psychotherapy in general.

## CANCELLATION AND REFUND POLICY

A refund of tuition, less \$75 administrative fee, will be allowed if requested in writing by September 25, 2017. No refunds will be provided after this date.

## LOCATION

Hilton Sacramento Arden West is located at 2200 Harvard St, Sacramento, CA 95815.

## ACCREDITATION & CREDIT DESIGNATION

Accreditation. The Sacramento Valley Psychological Association (SVPA) is accredited by the California Psychological Association (CPA) to offer Continuing Education credit for those licensed by the Board of Psychology (BOP) and the Board of Behavioral Sciences (BBS). 6 CE credits will be offered for attendance of the entire day only (pending approval).

Confirmation of registration will be sent via email within 5 days of registration. Tuition includes breakfast, refreshment breaks, lunch, electronic syllabus. Tuition may be paid by check, PayPal, or credit card. Cash is not accepted. SVPA reserves the right to cancel this conference. In such a case, full refund will be given.

Satisfactory Completion: Participants must have paid tuition fee, signed in, attended the entire conference day, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or sign out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

## PHOTO RELEASE

By registering for or attending this event, you expressly agree that Sacramento Valley Psychological Association (SVPA) reserves the right to publish or otherwise use photographs, videotape, or audio files representing the image, likeness, comments and presentations of attendees, speakers and guests, obtained during any SVPA event as part of the continued effort(s) to promote SVPA's programs and activities. Further, you expressly waive and release all rights to your image, likeness, comments and presentations obtained during the event, and agree that SVPA will maintain sole ownership and possession of all associated negative, digital, video and/or audio files, film, CD's, photographic prints, etc; and will maintain all rights to publish or otherwise use these images and other files, at our sole discretion and for a period of time determined by us, in future materials, such as press releases, Web sites, brochures, booklets, reports, and exhibits, for the purpose of promoting SVPA and it's programs. SVPA will not sell or otherwise circulate your image, likeness, comments and presentations for any purpose other than as described herein.

# SVPA FALL CONFERENCE: OCTOBER 19 2018 SCHEDULE

<p><b>8:00AM - 9:00AM</b></p>	<p><b>Registration &amp; Breakfast</b></p>		
<p><b>9:00AM - 10:30AM</b> Session 1: Welcome &amp; Keynote</p>	<p><b>Historical Oppression in the Field of Psychology and How We Move Forward</b> Keynote Panelists: Kristee Haggins, Ph.D., Gregory Desierto, PsyD, Sheetal Shah, PhD &amp; Martha Trigueros, MSW; Discussant: Marcella Kreysa, PsyD</p>		
<p><b>10:30AM - 11:00AM</b> Networking</p>	<p><b>Break/Networking/Exhibits</b> Group Photo: 10:45am sharp</p>		
<p><b>11:00AM - 12:30PM</b> Session 2</p>	<p><b>Mental Health and Legal Service within Immigrant Communities: A Panel Discussion with Psychologists and Immigration Attorneys</b> By: Sharon P. Howard, Ph.D., M. Esmeralda Zamudio, Psy.D., Kishwer Vikaas Barrica, Esq., Bianca M. Dueñas &amp; Marcus Tang</p>	<p><b>Gestalt Therapy in Group Context: Mindfulness-Based Therapy Before it was Cool!</b> By: Nathaniel Mills, Ph.D.</p>	<p><b>What Every Psychologist Should Know About Working with Older Adults</b> By: Irving Hellman, Ph.D.</p>
<p><b>12:30PM - 1:30PM</b> Lunch</p>	<p><b>Lunch, Exhibits</b> Lunch is provided; Visit exhibits to complete raffle ticket</p>		
<p><b>1:30PM - 3:00PM</b> Session 3</p>	<p><b>Psychology of the Black Experience: Understanding Racial Trauma and Healing</b> By: Kristee Haggins, Ph.D.</p>	<p><b>How to Facilitate a Hold Me Tight/Let Me Go “Families with Teens” Workshop</b> By: Paul A. Aikin, Ph.D. &amp; Nancy T. Aikin, Ph.D.</p>	<p><b>A Client Centered Approach to Psychological Testing Feedback with Youth</b> By: Elizabeth Solomon, Psy.D., Carlina R. Wheeler, Ph.D., Stacey Peerson, Ph.D., &amp; Richelle Long, Ph.D.</p>
<p><b>3:00PM - 3:15PM</b></p>	<p><b>Break</b></p>		
<p><b>3:15PM - 4:45PM</b> Session 4</p>	<p><b>A Therapist’s Guide to Consensual Nonmonogamy: Polyamory, Swinging, and Open Marriage</b> By: Rhea Orion, Ph.D., LMFT, CST</p>	<p><b>Acid Versus Gun as a Weapon of Assault: Understanding the Cultural and Psychological Implications for Dealing with the Aftermath of Assault</b> By: Baljit Atwal, Ph.D.</p>	<p><b>The Evolution of Eating Disorder Diagnoses and Implications for Treatment</b> By: Chassity Angeny-Showalter, Psy.D.</p>
<p><b>4:45PM - 5:00PM</b> Review</p>	<p><b>Checkout/Pick up CE certificates</b> Turn in all conference evaluations. Must sign out for CE credit.</p>		
<p><b>5:00PM - 6:30PM</b></p>	<p><b>Networking/Social Hour</b> Drinks provided in atrium. Raffle prize giveaway!</p>		

## PRESENTING FACULTY



### DISCUSSANT: MARCELLA KREYSA, PSY.D.

Dr. Marcella Kreysa is a bilingual, bicultural Latina licensed clinical psychologist. She specializes in the therapeutic treatment of individuals who are experiencing some form of distress. Dr. Kreysa is currently the Assistant Program Director of the Doctoral Intern and Resident Training Program at WestCoast Children's Clinic in Oakland. Additionally, she has a small private practice in Midtown Sacramento and is the Early Career Chair of the Sacramento Valley

Psychological Association. In the treatment of various symptoms, Dr. Kreysa has dedicated her work to serving minorities who suffer due to social, racial, political, and economic inequities. [The therapeutic engagement during her clinical development has taught Dr. Kreysa to be humble and ready to learn about the world in ways she could never could on her own. She is grateful to those who have let her into their world, and is eager to address issues of systemic oppression in an effort to impact change.



### KRISTEE HAGGINS, PH.D.

Kristee L. Haggins, Ph.D. is a public speaker, educator and consultant, trained as an African-centered psychologist. She integrates spirituality and mental health, gratitude and diversity into her work. She has a B.A. in Psychology with Honors from The University of Southern California and M.A. and Ph.D. in Counseling Psychology from The Ohio State University. Dr. Haggins is an Adjunct Assistant Professor in the Clinical Psychology

Psy.D. Program at Alliant International University/California School of Professional Psychology-Sacramento Campus where she teaches Cultural Diversity Training. She is an Associate Professor in the College of Psychology at California Northstate University. Dr. Haggins is also a member of the Board of Directors of the California Black Health Network. Dr. Haggins has extensive experience in university mental health. She worked at the University of California, Davis as a therapist, supervisor, professor and administrator with a focus on clinical psychology supervision and training, diversity issues and African American mental health for almost 20 years. Dr. Haggins most recently served for over five years as a project manager for a statewide non-profit in California. She conceptualized, developed, promoted and led multiple projects focused on promoting excellence and the integration of cultural competence into publicly funded behavioral health systems and in mental health services through training, technical assistance, research, and evaluation. As part of the Health Equity Team her areas of emphasis included: community defined practices; African-centered psychology; and mental health training with faith-based organizations; among others. Dr. Haggins is a trainer and a facilitator of Emotional Emancipation CirclesSM (EECsSM), a healing strategy designed for and by people of African Ancestry by the Community Healing Network (CHN) and the Association of Black Psychologists (ABPsi). She was recently awarded the 2016 Community Healing Award by CHN for her Collaboration with CHN and the ABPsi in the implementation of EECs throughout California. Additionally, Dr. Haggins is a certified facilitator for Mental Health First Aid (MHFA), Applied Suicide Intervention Skills Training (ASIST), safeTALK and Wellness Recovery Action Planning (WRAP). Dr. Haggins in partnership with Sacramento Area Congregations Together (SacACT), along with other mental health professionals, educators and community members coordinated "Safe Black Space: A Community Healing Circle by and for People of African Ancestry to Promote Community and Personal Healing", in response to the reactions to the killing of Stephon Clark by the Sacramento Police in March 2018. This collaborative team continues to explore and expand ways to enhance healing in Sacramento.



### GREGORY G. DESIERTO, PSY.D.

Gregory G. Desierto, Psy.D. is a Gay Filipino psychologist who always tries to deconstruct the world through the lens of masculinity, racism, immigration, and capitalism. He provides psychotherapy services at WestCoast Children's Clinic in Oakland and at his private practice in downtown San Francisco. Gregory has taught students and presented at local and national conferences on the topics of psychoanalysis and therapeutic

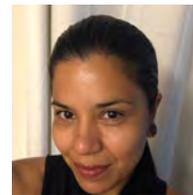
techniques that addresses multiculturalism, power, oppression, and difference. His clinical interests include men of color, gay men, male sexual abuse, rape, incest, sexual infidelities, and sexual boundaries. On his free time, Gregory likes to cook, take hip-hop dance classes, go out for nature runs, share meals with friends, and endlessly reflect about social justice issues.



### SHEETAL SHAH, PH.D.

Dr. Sheetal Shah is a psychologist at University of California, Davis. Sheetal's work has focused on working with underserved, underrepresented and multicultural populations specifically reducing stigma around mental health and making mental health accessible. In addition, Sheetal is an Adjunct professor at the Clinical Psy.D. program at Alliant International University, Sacramento and San Francisco Campuses having served as an

Assistant Professor there in the past. Sheetal has written book chapters and provides diversity consultation, highlighting the continued work we all need to be doing to serve a multicultural population. Sheetal also holds a part-time private practice, where she uses emotion focused work in hopes of helping folks find deeper meaning in their lives. Sheetal earned her masters and doctoral degrees in Counseling Psychology at Southern Illinois University at Carbondale, where she worked in a variety of clinical settings and took an active role in scholarly/research activities. While Sheetal enjoys her academic side, she is truly passionate about clinical work, mentoring social justice, and outreach. She loves to understand and know peoples' stories in the context of clinical work and workshops, doing experiential, didactic, and process oriented work. Sheetal states she is blessed to have amazing mentors throughout her career, to whom she credits for guiding her career and professional development. In turn, Sheetal is committed to mentoring and continues to serve in this role.



### MARTHA TRIGUEROS, LCSW

Martha Alicia Trigueros is the Program Director at WestCoast Children's. She received her master's in social work from Smith College. She has been committed to working with victims of trauma, trafficking and immigrant families for over 15 years and found her passion in trauma work when she was in the trenches after 9/11 in NYC where she was working with individuals and families who lost their loved one in the Twin Towers. Her clinical

and administrative background includes working in community mental health clinics and community-based organizations. Martha is a product of immigrant parents, raised in Nicaragua, where she fled due to the revolution at was eight years old. Her commitment to social justice work started at a very young age as she began to notice explicit racism, so beginning her social justice work. This influenced her decision to pursue a graduate degree in clinical social work. Overall, the experiences of her life, from fleeing a country where she slept in a hole under a bed to hide from being discovered by the militia to arriving in Los Angeles have influenced and shaped the lens in which she views and navigates through the world.

## PRESENTING FACULTY



### SHARON HOWARD, PH.D.

Sharon Howard, Ph.D., is a clinical and forensic psychologist in the Sacramento region. She specializes in psychological assessments for various courts, law enforcement agencies, and treatment programs. She provides evaluations for immigration cases, including T-visas (survivors of human trafficking), asylum, and hardship waivers. In addition, she serves as Vice Chair of the Placer County Juvenile Justice and Delinquency Prevention

Commission and works as a clinician with a youth firesetter program. A long time home educator, she teaches AP Psychology to high school students and has over a decade of experience as an adjunct faculty member with various universities. She is a graduate of the University of Texas and the University of Kansas, but considers California home.



### MARCUS TANG

Marcus Tang graduated from King Hall in 2014 and is an immigration attorney at California Rural Legal Assistance Foundation. CRLAF provides free immigration legal services to low-income immigrants in Sacramento and the Central Valley. He primarily practices in the areas of Naturalization, family-based immigration, DACA, U Visa, and T Visa. Prior to working at CRLAF, he served as the immigration attorney for the UC

Davis AB540 & Undocumented Student Center where he represented students and community members in their immigration matters. Marcus has also worked in the past at other legal aid organizations including Asian Americans Advancing Justice – Asian Law Caucus, Legal Services of Northern California, and Asian Pacific Islander Legal Outreach. He currently serves on the board of the Legal Aid Association of California.



### M. ESMERALDA ZAMUDIO, PSY.D.

Esmeralda completed her PsyD in Clinical Psychology from Alliant International University-CSPP where she was a part of the Social Justice Track and wrote her dissertation on the Mental Health of Undocumented Latinx College Students. She holds a certificate in Latino Family Therapy from Mexico City-Alliant campus, and completed her pre- and post-doctoral residency at UC Davis Student Health and Counseling Center where she Specialized in

working with AB540 & Undocumented Students. Esmeralda is also the co-chair of the California Psychological Association's Immigration Task Force Committee, and provides immigration psychological evaluations.



### KISHWER VIKAAAS, ESQ.

Kishwer Vikaas is an immigration attorney at McGeorge Community Legal Services. At the Immigration Clinic, she assists immigrant families with victims of violence visas, asylum applicants and more. Her immigration work at McGeorge has been featured on ABC 10 and in The Sacramento Bee. Prior to working at McGeorge, Kishwer worked for two years at Opening

Doors, a Sacramento nonprofit that serves refugees, victims of human trafficking and more. Her past work also includes practicing public interest law with Legal Services of Northern California and Coalition for California Welfare Rights Organizations. A Philadelphia native, Kishwer is a proud graduate of Temple Law School and Temple University. Kishwer has been a member of the South Asian Bar Association board of directors since 2015. As of August 2017, she serves on the board of directors of Coalition for California Welfare Rights Organizations. In her spare time, she enjoys reading, writing fiction and exploring Sacramento. You can find her random musings on Twitter @Phillygrll.



### BIANCA DUEÑAS

Bianca Dueñas is an attorney at California Rural Legal Assistance Foundation and a former Equal Justice Works Fellow. Her work is focused on providing immigration legal services to build capacity and empowerment among Central Valley farmworkers, including her hometown of Lodi, California. Bianca is also focused on providing community presentations and outreach to rural communities about issues that impact immigrant families. She has

extensive experience working with low-income, rural communities and in assisting with a wide range of immigration relief. Bianca received her J.D. from UC Davis School of Law and her B.A. from Stanford University.



### NATHANIEL MILLS, PH.D.

Dr. Nathaniel Mills is a licensed psychologist in practice at the Sacramento Institute treating adults and couples. Dr. Mills holds a Ph.D. from Lehigh University and has trained with the Gestalt Therapy Institute of Philadelphia. Dr. Mills currently teaches group psychotherapy to residents in the Department of Psychiatry at the University of California Davis School of Medicine.



### IRVING HELLMAN, PH.D.

I am a licensed Geropsychologist in private practice in Sacramento since 1985. After graduating from Yale University, I completed my doctorate in clinical psychology at University of California, Davis. During my pre and postdoctoral internships, I focused on the neuropsychology of aging and trained in the Department of Community Health Geriatric Clinic, which later developed into the UC Davis Alzheimer's Disease Center. I am past President of Sacramento Psychological Association (SVPA) and current

President of the SVPA Forensic Division I am an active member of the Section of Geropsychology in the Division of Clinical Psychology of the American Psychology Association, and of Psychologists in Long Term Care, for which I served as past editor of their newsletter. I am also a founding member of the Sacramento Financial Abuse Specialist Team and Elder Death Review Team. Advocating for the best interest of elders is my top priority. I approach complex personal and professional ElderCare problems in a direct, practical, and thoughtful manner. I welcome the opportunity to advise you through the maze of managing the multiple needs of the elders you care for and for yourself. As an ElderCare Adviser to legal, financial, health, social service, and law enforcement professionals throughout California, I also consult and train those serving elders.



### RHEA ORION, PH.D., LMFT, CST

Dr. Rhea Orion is a licensed marriage and family therapist (MFC51696) with a PhD in psychology. She is certified by the American Association of Sex Educators, Counselors, and Therapists as a relationship and sex therapist and has been working with individual adults, couples, teens and families since 2000. Dr. Orion is also a degreed Family and Consumer Scientist (aka Home Economist) and a former educator and counselor in

public, private, and alternative schools and colleges. She is the author of the recently released book, *A Therapists Guide to Consensual Nonmonogamy: polyamory, swinging, and Open Relationships* (Routledge, May 2018) based on original research and 17 years of working with consensual nonmonogamy clients. She is a grandmother, cancer survivor, and writer.

## PRESENTING FACULTY



### ELIZABETH SOLOMON, PSY.D.

Dr. Solomon is a clinical faculty member at the UC Davis Medical Center, Department of Psychiatry and Behavioral Sciences, Child and Adolescent Psychiatry, where she also completed her postdoctoral training. She completed her graduate training in clinical psychology at the PGSP-Stanford PsyD Consortium, where she focused her studies on children and families. She currently provides a range of psychological services to youth and

their families at the Sacramento County Children's Mental Health Clinic. Dr. Solomon is additionally the Assistant Training Director for the Clinical Child Doctoral Internship Program at UC Davis. Lastly, Dr. Solomon is involved in leading Social Skills groups at the UC Davis MIND Institute. She is also involved in ongoing research related to Autism Spectrum Disorder with the Autism and Developmental Disabilities Clinic through Stanford University School of Medicine. Throughout graduate school, Dr. Solomon's clinical and research interests focused on complex trauma, neurodevelopmental disorders, and psychological assessment. She has received specialized training in evidence based treatment for youth with a history of trauma, in particular, she is a certified therapist in Trauma Focused CBT. Additionally, Dr. Solomon has an interest in and has sought out specific training in providing group therapy to children, adolescents, and adults with a variety of presenting problems. She provides training opportunities and supervision for the doctoral interns, postdoctoral psychology fellows, and child psychiatry fellows at UC Davis and serves as an instructor for seminars and courses for these trainees as well. She also supervises graduate students, research assistants, and outside volunteers at the MIND Institute.



### CARLINA RAMIREZ WHEELER, PH.D.

Dr. Wheeler is a clinical faculty member at the UC Davis Medical Center, Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry, where she also completed her postdoctoral clinical training. In addition, she provides consultation, screening, and psychological assessment services for the Children's Receiving Home of Sacramento. Dr. Wheeler graduated from the clinical psychology program at the

Pacific Graduate School of Psychology, with an emphasis in child and family and forensic psychology. She is credentialed as a Health Service Psychologist by The National Register. Dr. Wheeler provides a range of direct services as a psychologist at the Sacramento County Child and Family Mental Health Program. She is the Co-Training Director for the Clinical Child Doctoral Internship and Postdoctoral Psychology Programs at UC Davis. In addition, she serves as the instructor for the UC Davis Psychiatry Residency Program's Introduction to Psychological Assessment Seminar and Child and Adolescent Psychiatry Fellowship Program's Family Therapy Seminar. Dr. Wheeler has a specialized background in providing clinical services with systems-involved youth stemming back to her position as a group home residential counselor in 2007. Her clinical, teaching, and research interests include: developmental psychopathology; risk and resilience factors; trauma/maltreatment; attachment and family systems theory; diversity issues and acculturative stress; strength-based, comprehensive psychological assessment; and prevention/early intervention program development and outcomes research. Dr. Wheeler has received specialized training and supervision in a range of evidence-based practices (e.g., Functional Family Therapy, Child-Parent Psychotherapy, Trauma-Focused CBT, Parent-Child Interaction Therapy, Incredible Years, Aggression Replacement Training, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy). She has dedicated her early career to bringing these services to children and families from underserved, low-income, and diverse communities.



### STACEY PEERSON, PH.D.

Dr. Stacey Peerson began working in the Department of Psychiatry and Behavioral Sciences at UC Davis Medical Center, in 2001 as a clinical intern, and completed her postdoctoral training the following year. She is currently the Co-Training Director for the Doctoral Internship and Postdoctoral Fellowship Programs which are housed in Sacramento County Children's Mental Health CAPS Clinic. Her clinical training and experience has focused primarily

on the assessment and individuals between the ages of 0 to 21 years who have been exposed to or have experienced traumatic events, including those in the 0 to 5 population. She provides individual and dyadic therapy, comprehensive psychological evaluations and assessing children and adolescents in acute psychiatric crises. Other clinical interest include prevention/early intervention, Child Parent Psychotherapy (CPP), reflective supervision, diversity related issues, parenting stress, the impact of Adverse Childhood Experiences (ACEs) in young children and their families. Dr. Peerson is fortunate to teach, train and supervise doctoral interns and postdoctoral fellows, child psychiatry residents and fellows and medical students. A strong area of interest for Dr. Peerson is working with very young children (0 to 5 years old), who have experienced domestic violence and/or other forms of maltreatment. She was selected to participate in the Infant-Parent Mental Health Postgraduate Certificate Program & Fellowship through University of Massachusetts Boston, which is a 15 month training in which she became certified in Touchpoints, Newborn Behavioral Observations system, Fussy Baby and other modalities. Additionally, Dr. Peerson completed training through the Harris Early Childhood Mental Health Reflective Facilitators Training at UC San Francisco Benioff Children's Hospital, Oakland. She qualifies for Endorsement for Infant-Mental Health and Reflective Supervision through the State of California.

### RICHELLE LONG, PH.D.

Dr. Long is a child clinical psychologist and assistant professor at the UC Davis Medical Center, Department of Psychiatry and Behavioral Sciences, Child and Adolescent Psychiatry. She completed her graduate training in counseling psychology at The University of Memphis and received specialized training in trauma informed care as a postdoctoral fellow at Children's Hospital Los Angeles where she also completed a Leadership Education in Neurodevelopmental and Related Disabilities fellowship. Dr. Long provides comprehensive psychological services to children and their families at the Sacramento County Children's Mental Health Clinic. In addition to providing therapy, psychological assessment, screening, and consultation, she also provides training opportunities and supervision for the postdoctoral psychology fellows in the Clinical Child Postdoctoral Psychology Program at UC Davis. Through her education and training, she has gained specialized training in working with children of all ages who have experienced various forms of psychological trauma. Her clinical, teaching, and research interests include: the impact of early adversity on child development; interventions for complex trauma disorders in children and adolescents; training psychologists in developing basic competence in treating psychological trauma; risk for abuse in children with developmental disabilities; providing services to fostered and adopted children; comprehensive treatment for survivors of human trafficking; incorporating culture and diversity into therapeutic practice; and therapeutic assessment. She has received specialized training and supervision in several evidence-based practices including Child-Parent Psychotherapy, Trauma-Focused CBT, Parent-Child Interaction Therapy, Incredible Years, and Seeking Safety, and she is passionate about working with children and families whose circumstances have made it difficult to access high quality mental health care

## PRESENTING FACULTY



### NANCY AIKEN, PH.D.

Nancy Aiken, Ph.D. is a licensed clinical psychologist in private practice averaging 38 clinical hours a week, 20 of them seeing couples and Families and 18 consisting of doing long term individual psychotherapy with adults or providing consultation for other licensed professionals (Psychologists, Marriage, Family Therapists, Social Workers, Teachers). Nancy is a Certified Trainer, Supervisor and Therapist in Emotionally Focused Couple and

Family Therapy (EFT and EFFT) since 2008. She has extensive training with Dr. Sue Johnson and other EFT trainers in Couple and Family therapy. She is the co-creator of the Hold Me Tight/Let Me Go Program for Families with Teens along with Dr. Paul Aikin including a Facilitators Guide, CD, PowerPoints and DVD.



### PAUL AIKEN, PH.D.

Paul A. Aikin, Ph.D. is a licensed clinical psychologist in private practice. Along with his wife Nancy, he is Co-Director of the Greater Sacramento-Davis EFT Center. Paul is a certified EFT Trainer & supervisor. He has held positions at the University of California, Davis as Assistant Clinical Professor of Psychiatry, School of Medicine; Clinical Psychologist and Director of Training at the UCD Counseling Center; and Lecturer, Department of

Psychology. He has also been a staff member and workshop leader at Esalen Institute. With the support of Sue Johnson, he and his wife Nancy have created and developed an educational program for families entitled: Hold Me Tight/Let Me Go: A Workshop for Families with Teens.



### BALJIT ATWAL, PH.D.

Dr. Baljit Atwal has been a licensed psychologist since 1996. She is a clinical and forensic psychologist and is the founder and owner of Psychology Assessment Resource Center (PARC) a psychology corporation located in Rocklin, CA. PARC provides psychological evaluations and psychotherapy for individuals, couples, and adolescents and is a CAPIC approved predoctoral and post-doctoral training site. Dr. Atwal provides sex offender, competency to stand trial, sentencing mitigation, immigration, and personal injury forensic evaluations. She is often retained by private attorneys and courts as a psychological expert where she provides court testimony, consultation, and forensic evaluations. Dr. Atwal specializes in using psychological testing to address forensic, educational, and treatment/

diagnostic questions. Dr. Atwal has a strong interest in providing culturally competent services. She has worked as a psychologist in corrections, health care, and college settings. Dr. Atwal is a former adjunct professor and lecturer at Alliant focusing on Forensic Assessments. In addition, Dr. Atwal has served as past-chair and current commissioner of the Placer County Juvenile Justice and Delinquency Prevention Commission. She has recently been appointed as the mental health expert for the Family and Juvenile Advisory Committee for the Judicial Council of California. Dr. Atwal is a board member and president-elect of the Forensic Division of the Sacramento Valley Psychological Association.



### CHASSITY ANGENY-SHOWALTER, PSY.D.

Chassity Angeny-Showalter, Psy.D., is a licensed clinical psychologist with over a decade of experience working in the fields of eating disorders and substance use at multiple levels of care. She completed her Bachelor's Degree in Psychology and Sociology from Elon University, and earned her Doctorate Degree in Clinical Psychology at Nova Southeastern University.

Dr. Angeny-Showalter previously worked as a psychologist at Kaiser Permanente, developing and implementing an outpatient program for adults with eating disorders. After leaving Kaiser, she served as the Clinical Director at Aspire Wellness Center, an eating disorder partial hospitalization and intensive outpatient program for adolescents and adults. Currently, Dr. Angeny-Showalter is the Clinical Manager at Eating Recovery Center of California. She is passionate about helping people achieve a balanced, meaningful, and sustainable life through improving their relationship with food and their bodies.



## PROGRAM DESCRIPTIONS

### 9:00AM–10:30AM – KEYNOTE/PLENARY PANEL

#### *HISTORICAL OPPRESSION IN THE FIELD OF PSYCHOLOGY AND HOW WE MOVE FORWARD*

Keynote Panelists: Kristee Haggins, Ph.D., Gregory Desierto, Psy.D., Sheetal Shah, Ph.D. & Martha Trigueros, MSW; Discussant: Marcella Kreysa, Psy.D.

Kristee Haggins, Ph.D., Gregory Desierto, Psy.D., Sheetal Shah, Ph.D., and Martha Trigueros, MSW are the keynote plenary panel, Marcella Kreysa, Psy.D. is the discussant. The panel will discuss historical oppression in the field of psychology and how we move forward. The field of psychology has long been a partner in the systemic oppression of diverse individuals who may not have fit the status quo. People, in all forms of diversity, continue to find themselves marginalized and unattended by the systemic resources that were originally marketed to help those same individuals. This keynote discussion will have several panelists and a discussant that represent various culturally and ethnically diverse groups in order to give voice to those individuals who often go unheard. The goal of this discussion is to address the historical oppression that has occurred to marginalized groups of people and the ways the field of psychology continues to struggle with appropriate cultural humility and understanding. The panelists will share the ways they have observed the impact of oppression on the populations they serve. Through this discussion we will explore the ways that the systemic oppression has led to the traumatization and further marginalization of culturally, ethnically, and economically diverse individuals. Attention will also be made to the current literature around institutionalized oppression and the ways the literature has not yet caught up with the immediate daily reality of current socio-political society. The goal of the presentation will be to highlight these problems and discuss how psychologists can intervene in ways that might create radical healing and help all people continue to move forward and “salir adelante”.

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### 10:30AM-11:00AM – BREAK

Break/Networking/Exhibits, group photo at 10:45am sharp!

### 11:00AM–12:30PM

#### TAHOE ROOM

#### *MENTAL HEALTH AND LEGAL SERVICES WITHIN IMMIGRANT COMMUNITIES: A PANEL DISCUSSION WITH PSYCHOLOGISTS AND IMMIGRATION ATTORNEYS*

By: Sharon P. Howard, Ph.D., M. Esmeralda Zamudio, Psy.D., Kishwer Vikaas Barrica, Esq., Bianca M. Dueñas & Marcus Tang

Sharon Howard, Ph.D, M. Esmeralda Zamudio, Psy.D., Kishwer Vikaas, Esq., Bianca M. Dueñas, and Marcus Tang will present on Mental health and legal services within immigrant communities. This is a panel discussion with psychologists and immigration attorneys. Description Immigrants who are undocumented or from mixed status families face increasing mental health and legal challenges. The California Psychological Association’s Immigration Task Force recently released practice guidelines for psychologists providing services to undocumented immigrants, and a number of these recommendations focus on the interplay between mental health and legal issues. Psychologists are encouraged to keep informed with fluctuating legal policy, and to pay attention to legal and ethical issues regarding informed consent and medical records. In keeping with the spirit of these practice guidelines, this panel of psychologists and immigration attorneys will address questions such as:

- What is currently happening in immigration legal world? • How is the changing legal landscape impacting mental health in immigrant communities?
- What are the challenges immigration attorneys face when their clients experience chronic stress or other mental health issues? • How should psychologists provide informed consent and keep appropriate medical records for undocumented or mixed status clients? • How do psychologists help undocumented or mixed status families access legal services? • What can psychologists be doing to better support immigrant communities and immigration attorneys?

#### CABERNET ROOM

#### *GESTALT THERAPY IN GROUP CONTEXT: MINDFULNESS-BASED TREATMENT BEFORE IT WAS COOL!*

By: Nathaniel Mills, Ph.D.

Nathaniel Mills, Ph.D. will present on Gestalt Therapy in Group Context. This presentation explores the application of Gestalt Psychotherapy principles in group context as they relate to modern-day mindfulness practices. This presentation will provide a general overview of the history, chief constructs, and practical application of Gestalt Psychotherapy theories in groups, and will focus primarily on the experiential components of Gestalt work. Attendees will have the opportunity to observe and/or participate in a brief Gestalt group demonstration.

## PROGRAM DESCRIPTIONS

### SHASTA ROOM

#### **WHAT EVERY PSYCHOLOGIST SHOULD KNOW ABOUT WORKING WITH OLDER ADULTS**

By: Irving Hellman, Ph.D.

Irving Hellman, Ph.D. will present on What Every Psychologist Should Know About Working with Older Adults. The demand for psychological services for older adults is rapidly expanding. As such professional psychology has been leading the way by advancing research in social, clinical, and neuro psychology, and developing innovative ways of working with and conceptualizing the aging process. Whether you pursue Board Certification in Geropschology, or you are considering your older clients, the American Psychological Association recommends that practicing psychologists familiarize themselves with a range of “best practices” with older adults. In this workshop, we will review developments in the social, clinical and neuro psychology of aging and a range of clinical and assessment innovations. Using a mixture of lectures and group exercises, this training will review the more common social, clinical and neuro psychological challenges facing your older adult clients, their family members, and ourselves. Topics will include: a review of the demographics of aging; the normal aging process; the challenges of advocacy and caregiving; mental health challenges of aging; and the assessment of mental capacity.

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### **12:30PM-1:30PM – LUNCH**

**Lunch is provided; Visit exhibits to complete raffle ticket**

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### **1:30PM-3:00PM**

### SHASTA ROOM

#### **PSYCHOLOGY OF THE BLACK EXPERIENCE: UNDERSTANDING RACIAL TRAUMA AND HEALING**

By: Kristee Haggins, Ph.D.

Kristee Haggins, Ph.D. will present on Psychology of the Black Experience: Understanding Racial Trauma and Healing. This presentation will engage participants in understanding psychological responses that people of African ancestry may experience in response to racism and oppression. An African centered cultural perspective will be provided, including an introduction to “Post-Traumatic Slavery Syndrome/Disorder”, and an overview of culturally congruent resources. Regardless of one’s own background participants will gain a deeper understanding of issues relevant to Black people, explore the most appropriate treatment options and consider how to apply cultural humility when interacting with Black clients. Attendees will engage in self-awareness and identify strategies to enhance their skills in working with this population. The presentation will include didactic and experiential components.

### TAHOE ROOM

#### **A CLIENT-CENTERED APPROACH TO PSYCHOLOGICAL TESTING FEEDBACK WITH YOUTH**

By: Elizabeth Solomon, Psy.D. ,Carlina R. Wheeler, Ph.D., Stacey Peerson, Ph.D. & Richelle Long, Ph.D.

Dr.’s Soloman, Wheeler, Peerson, and Long will present A Client-Centered Approach to Psychological Testing Feedback with Youth. The historical roots of psychological testing for youth are traced back to the 19 th century when testing was used to better understand children’s needs by differentiating intellectual abilities from mental health problems (Matson, Andrasik, & Matson, 2009). Until more recently, feedback from psychological testing was primarily conducted in a hierarchical manner, in which the psychologist held the knowledge and passed it down to the parent at the conclusion of testing. A pioneer in the movement, Stephen Finn began using and teaching what he called Collaborative/Therapeutic Assessment (C/TA), which prioritizes the individual’s ability to increase self-understanding and make positive changes in his/her life (Finn & Tonsager, 1997). Research has shown that involving patients in feedback, rather than just delivering feedback to them, is an opportunity for therapeutic intervention that often leads to enhanced understanding of the results, increased perception of the usefulness of testing, and more positive changes in their lives. There is considerable evidence from controlled outcome research to support utilizing the C/TA model across inpatient and outpatient settings with a broad age range (Finn, Fischer, & Handler, 2012). The proposed presentation aims to enrich participant’s understanding of how the values of C/TA, which include respect, curiosity, contextualized understanding, collaboration, humility, and flexibility (Finn, Fischer, & Handler, 2012), allows for individualizing the feedback process of psychological testing with the client and caregiver(s). Case examples and vignettes will illustrate how the use of therapeutic fables to explain test results to youth can enhance the positive relationship with the evaluator, increase collaboration and engagement, and helping the client, caregiver(s), and support system develop a greater understanding and empathy for the client’s strengths and challenges in order improve family functioning (Mercer, 2011). Lastly, recommended strategies for training and supervising psychology interns and fellows to adopt the core values of C/TA between the evaluator and the client/family and apply them to the supervisor/trainer and evaluator relationship (Haydel, Mercer, & Rosenblatt, 2011). Balancing the need for a systems-based approach to acquiring C/TA skills with a competency-based approach to supervision and training (Falender & Shfranske, 2017) will be addressed by discussing the use of required reading, direct observation, use of supervision/fidelity checklists, reflective practice, and group supervision.

## PROGRAM DESCRIPTIONS

### CABERNET ROOM

#### *HOW TO FACILITATE A HOLD ME TIGHT/LET ME GO 'FAMILIES WITH TEENS' WORKSHOP*

By: Paul A. Aikin, Ph.D. & Nancy T. Aikin, Ph.D.

Paul Aiken, Ph.D. and Nancy Aiken, Ph.D. will present The Hold Me Tight/Let Me Go Teen Family Program (HMT/LMG) that was created by Drs. Nancy and Paul Aikin and is a sister program to Dr. Sue Johnson's world-renowned Hold Me Tight Workshop for Couples.

HMT/LMG is an educational workshop for parents and teens that moves relationships from distress toward comfort, understanding and connection. All interested therapists, health professionals, educators, and clergy are welcome. No prior EFT training is required to attend. We will summarize basic Emotionally Focused Family Therapy (EFFT) principles that underlie working with families and teens and then will demonstrate the "ins and outs" of how to conduct our HMT/LMG program. We will outline the structure and rationale of the program. For example, the first evening of the workshop is for parents only as they are helped to strengthen their parenting alliance in relationship to their teen. The next day teens join their parents and families go through a series of conversations/exercises to dissolve the blocks to contact and connection and get more secure relating opened again.

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**3:15PM–4:45PM**

### TAHOE ROOM

#### *THE EVOLUTION OF EATING DISORDER DIAGNOSES AND THE IMPLICATIONS FOR TREATMENT*

By: Chassity Angeny-Showalter, Psy.D.

Chassity Angeny-Showalter, Psy.D. will present on The Evolution of Eating Disorder Diagnoses and The Implications for Treatment. Eating disorders first appeared in the third edition of the DSM III. Each revision of the DSM has attempted to broaden the defining features to allow more accurate capture of the eating pathology while maintaining specificity to guide treatment. The latest DSM followed this trend while changing the classification system to align with current research. As additional information emerges on the etiology and maintenance of eating disorders, further questions emerge about the classification and criteria of eating disorders. The treatment of eating disorders based on the DSM classifications may be misaligned from individual treatment needs. Recognition of the future direction of eating disorder diagnoses may allow care to be tailored more carefully to the presentation of those with eating disorders.

### SHASTA ROOM

#### *A THERAPIST'S GUIDE TO CONSENSUAL NONMONOGAMY: POLYAMORY, SWINGING, AND OPEN MARRIAGE*

By: Rhea Orion, Ph.D., LMFT, CST

Rhea Orion, Ph.D., LMFT, CSD will present on Consensual Nonmonogamy: Polyamory, Swinging, and Open Marriage. Based on university sponsored research and 17 years of certified clinical sex therapy practice, Dr. Orion presents brief basics on certified sex therapy and in-depth specifics on the growing population of clients living some form of consensual nonmonogamy (CNM).

Estimated millions of couples and partners engage in CNM, many have families. Research shows that most such clients do not reveal their true relationship or family format due to fear of stigmatization and lack of confidence in the therapist. Clients' fears are not unfounded; research on training and practice reveals that the majority of therapists of all types are unable to provide safe, effective assistance for this population, even when open to doing so.

Why do persons in CNM seek counseling? The main issues presented when clients can be honest are outlined, including CNM agreements, jealousy, sex, time, family issues and others. Dr. Orion sorts facts, myths, and misinformation about CNM, including clinical issues such as attachment, sex addiction, legalities, and mental and physical health. She shares reported benefits, risks, CNM specific terms, and advice given to others from those who live expanded monogamy and polyamory lifeways.

What differentiates forms of consensual nonmonogamy? Who wants the complexities of multiple relationships anyway – and why? What about the welfare and development of children and teens in families with CNM parents? Answers are presented by Dr. Orion, illustrated with case excerpts from her research, practice, and recently published book, *A Therapist's Guide to Consensual Nonmonogamy: Polyamory, Swinging, and Open Marriage* (Routledge/Taylor & Francis, NY, London, March, 2018).

## PROGRAM DESCRIPTIONS

### CABERNET ROOM

#### *ACID VERSUS GUN AS A WEAPON OF ASSAULT: UNDERSTANDING THE CULTURAL AND PSYCHOLOGICAL IMPLICATIONS FOR DEALING WITH THE AFTERMATH OF ASSAULT*

By: Baljit Atwal, Ph.D.

Baljit Atwal, Ph.D. will present on Acid versus gun as a weapon of assault: Understanding the cultural and psychological implications for dealing with the aftermath of assault. With the increase of gun control initiatives, there is a rise in the use of other types of weapons including acid as a means of intimidation, fear, and criminal activities. The type of weapon used has implications on the survivors of these violent attack. Weapons are used in approximately one quarter of all violent incidents and the majority of homicides in the US, and the UK. Despite their overwhelming contribution to violent harm, theories of weapon related behaviors are scarce, and little is known of their correlates. The United Kingdom, along with other countries worldwide, has seen a dramatic increase in the use of acid as a weapon of choice. In the last few years, there has been a dramatic increase in the use of acid as a weapon for gang activity, terrorist attacks, and bullying. Acid as a weapon has a lengthy history throughout the world. It has been traditionally associated with violence against women (IPV---intimate partner violence) but now its use has expanded. Victorian England has a history of corrosive substances being used before guns became readily available. Both genders suffer from these types of attacks with disparity between countries. Women are the majority of modern day victims in places like India, with men being the major targets in African countries and in the United Kingdom. Victims are ostracized, often blaming themselves for the attack. The impact of these attacks causes significant physical, psychological, social, and occupational long-term difficulties to the victim and the family. Most perpetrators are never prosecuted for their crimes and most of the victims have no idea why they were targeted (The Borgen Project, 2014). Acid attack victims suffer from PTSD, depression, severe anxiety and suicidal ideation. In this presentation, we will compare the use of acid as a weapon of assault and its impact on a particular 65-year-old woman who suffered from such an assault in her home in the UK, near London.

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#### **4:45PM-5:00PM – CHECKOUT/PICK UP CE CERTIFICATES**

Turn in all conference evaluations. Must sign out for CE credit.

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#### **5:00PM-6:30PM – NETWORKING/SOCIAL HOUR**

Drinks provided in atrium. Raffle prize giveaway!

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