

SVPA 4TH ANNUAL FALL CONFERENCE

# REALIZING PSYCHOLOGY'S PURPOSE

EMBRACING YOUR ROLE

OCTOBER 4, 2019  
AT HILTON ARDEN-WEST



SACRAMENTO VALLEY  
PSYCHOLOGICAL ASSOCIATION

# REALIZING PSYCHOLOGY'S PURPOSE

## EMBRACING YOUR ROLE

### DESCRIPTION

**Tradition:** Psychology is an extremely diverse profession, covering a vast array of expertise. We cover clinical, social, applied, educational, brain and cognitive psychologies, and much more, yet psychology often gets left out of the big conversation. Psychology is the “scientific study of the mind and behavior,” thus it has much to offer our communities and it is vital that we are able to identify and embrace our contributions. In order for our profession to have a “seat at the table,” we must gain confidence in what we do and consider our purpose. What kind of stamp we want to make on our society? How do we want to be represented? What are the ways in which we work within the systems and in conjunction with other professions? For our fourth annual conference we hope to provide programming that expands psychology disciplines and provides a diverse learning context. Presentations include a number of behavioral medicine and neuropsychology, clinical and assessment, child psychology and developmental topics that are important today. We particularly hope to provide an arena to discuss our needs in the broader picture, as well. 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 speech discussing the use of presence and purpose to help prevent or deal with burnout. 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, based on the following schedule, will be allowed if requested in writing by the associated date. No refunds will be provided after the final date. By September 6, 2019: 80% refund; By September 27, 2019: 60% refund; By October 3, 2019: 40% refund.

### LOCATION

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

### ACCREDITATION & CREDIT DESIGNATION

**Accreditation:** CPA is co-sponsoring with Sacramento Valley Psychological Association. CPA is approved by the American Psychological Association to sponsor continuing education for psychologists and recognized by the BBS to offer CE credit for its licensees. CPA maintains responsibility for this program and its contents. 6 CE credits will be offered for attendance of the entire day.

**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

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# SVPA FALL CONFERENCE: OCTOBER 4 2019 SCHEDULE

<b>8:00AM - 9:00AM</b>	<b>Registration &amp; Breakfast</b>		
<b>9:00AM - 10:30AM</b> Session 1/Keynote Plenary	<b>Helping the Helpers: Preventing Burnout by Prioritizing Purpose and Presence</b> By: Christina Spragg, Ph.D.		
<b>10:30AM - 11:00AM</b> Networking	<b>Break/Networking/Exhibits</b>		
<b>11:00AM - 12:30PM</b> Session 2	<b>The Eye of the Storm: Finding Peace Amidst Chaos</b> By: Marjon Fariba, M.D., Lynn Wilcox, Ph.D., Mohammad Sadoghi, Ph.D., and Nasim Bahadorani DrPH, MBS, CHES	<b>ADHD Across the Lifespan: Considerations for Outcomes and Treatment</b> By: J.Faye Dixon, Ph.D., Samantha Blair, Ph.D., Agnieszka Mlodnicka, Ph.D., and Tici Silva, MEd	<b>Psychophysiological Disorders: Integrated Approaches to Understanding and Treating Somatic Symptoms</b> By: Les Aria, Ph.D. and Stacie Lloyd, MA
<b>12:30PM - 1:30PM</b> Lunch	<b>Lunch, Exhibits</b>		
<b>1:30PM - 3:00PM</b> Session 3	<b>Navigating Neurocognitive Disorders for the Mental Health Practitioner</b> By: Carol Chambers, Psy.D. and Linda Trettin, Ph.D.	<b>Psychotherapy Related Research and CBT Treatment of Children and Adolescents in Private Practice</b> By: Lothar Mader, Ph.D.	<b>Identifying and Effectively Using Your Competence Constellation: A Workshop for Practicing Psychologists</b> By: David Jull-Patterson, Ph.D.
<b>3:00PM - 3:15PM</b>	<b>Break</b>		
<b>3:15PM - 4:45PM</b> Session 4	<b>Incorporating Fathers in Behavioral Health Treatment of Children and Adolescents</b> By: Olivia Briceño Contreras, Psy.D. and Jennifer Bob, Psy.D.	<b>Systematic Affair Recovery Therapy</b> By: Talal H. Alsaleem, Psy.D., LMFT	<b>Fitness for Duty Evaluation and Health Law Considerations</b> By: Emmanuel Zamora, Psy.D., and Ronald Kaldor
<b>4:45PM - 5:00PM</b> Review	<b>Checkout/Pick up CE certificates</b>		
<b>5:00PM - 6:30PM</b>	<b>Networking/Social Hour</b>		

## PRESENTING FACULTY



### KEYNOTE SPEAKER CHRISTINA SPRAGG, PH.D.

Dr. Christina Spragg is a psychologist, speaker at international conferences, and professional “brain whisperer” for leading companies. Known for her audience connection, warmth, and thorough content, she delights in teaching professionals how to elicit the very best from their brains while bringing more balance to their engaging lives. A neuroscience enthusiast, Dr. Spragg illuminates how to use the power of the mind to produce changes in brain functioning in a way that is accessible, relatable, and resonant. For nearly 20 years she has studied and practiced various meditation and yoga traditions and weaves this ancient wisdom into her work. Dr. Spragg’s writing has been featured in *The National Psychologist* and she is regularly interviewed for American Psychological Association publications. In her private practice, located in Sacramento, CA., Dr. Spragg offers individual, relational, and group therapy. An Existentialist at heart, she seeks and supports creating more meaning in every facet of life. As a mother to two young children/gurus, Dr. Spragg is currently in a mindfulness boot camp of sorts and is utilizing every self-care trick she’s ever learned to attempt to navigate this stage of life with grace.



### MARJON FARIBA, M.D.

Dr. Fariba is a practicing Cardiologist at Kaiser Permanent in Roseville California. She has been studying Islamic Sufism at MTO Shahmaghsoudi School of Sufism® under the teachings of his holiness, Professor Nader Angha. Her research interests are in the beneficial effects of Tamarkoz® and other Sufi practices in overall health in general and specifically heart health. She is the mentor and adviser for Cardiac Rehabilitation for the Kaiser Permanente in Roseville and Sacramento. Dr. Fariba has studied biochemistry and psychology at The University of California San Diego. She has received her medical degree from University of Alabama Birmingham and continued her internal medicine training at The University of California Irvine and cardiovascular training at The University of California Davis. She has written and presented several review articles on health benefits of Sufi practices for Sufi Psychology Association meetings and Journal. Dr. Fariba’s research interest are in effect of Tamarkoz® Sufi meditation on depression and burnout.



### LYNN WILCOX, PH.D.

Lynn E. Wilcox received her Ph.D. in Counseling Psychology from the University of Missouri. Professor Emeritus at CSU, Sacramento, she co-founded the Women’s Study Program and taught courses on Meditation, Stress Reduction, and the Spiritual Dimension in Psychotherapy. Since 1984, she has taught Tamarkoz® (Sufi Meditation) workshops and classes around the world. A well-known speaker and founder of the Sufi Psychology Association, she is author of four books and numerous articles related to Sufism. Her book *Sufism & Psychology* has been translated into Bosnian, Turkish and Malaysia.



### MOHAMMAD SADOOGHI, PH.D.

Mohammad Sadoghi is an Assistant Professor in the Computer Science Department at the University of California, Davis. Previously, he was an Assistant Professor at Purdue University and a Research Staff Member at IBM T.J. Watson. He received his Ph.D. from the Computer Science Department at the University of Toronto in 2013. Broadly speaking, his research interests span all facets of secure and large-scale data management. Additionally, he has a keen interest in understanding the true nature of the human being and to uncover one’s inner identity. He has over 70 publications in leading computer science conferences & journals and 34 filed U.S. patents. He has co-authored a chapter on “Sufism and Optimal Health”, which has appeared in the book “Better Health through Spiritual Practices: A Guide to Religious Behaviors and Perspectives that Benefit Mind and Body”. Prof. Sadoghi is a co-recipient of John Templeton Foundation grant entitled “The Integration of the Heart-Centered Paradigm of Sufi Psychology in Contemporary Psychotherapy Practice”. He is currently serving as Secretary of Sufi Psychology Association®.



### NASIM BAHADORANI DRPH, MBS, CHES

Dr Nasim Bahadorani- received her doctorate in public health from Loma Linda University, School of Public Health, and teaches public health courses in the Health Sciences Department at California State University, Northridge. She holds a master’s degree in biomedical science from Midwestern University, College of Health Sciences in Phoenix, Arizona. Her strong background in biomedical sciences, coupled with her education and experience in public health provides a unique expertise in understanding pathways of disease, and knowing the strategic systems, models and interventions to prevent them. She is a certified health education specialist and a certified health and wellness coach providing consultation for wellness programs. Her work in public health is focused on lifestyle medicine with integrative approaches to disease prevention and health promotion. Her latest public health research study was an integrative intervention for stress reduction of a significantly distressed population. Results demonstrated improved health outcomes compared to two control groups. The study has been accepted for oral presentations at national and international professional health conferences such as the American Public Health Association, the International Congress of Behavioral Medicine, the International Qualitative Health Research Conference, the American Psychology Association, and the World Congress of Psychotherapy at UNESCO in Paris.

## PRESENTING FACULTY



### J. FAYE DIXON, PH.D.

Dr. Dixon is licensed clinical psychologist. She has a long history in child psychopathology, specifically the areas of depression, anxiety, PTSD, ADHD and learning differences in children. She was an Assistant Professor of Psychiatry at Medical College of Pennsylvania, (now Drexel University College of Medicine) from 1992- 2001. From 2001-2006 she was the Director of Psychological Services at the Quaker School at Horsham. Dr.

Dixon joined Dr. Julie Schweitzer's ADHD Program at the University of California, Davis School of Medicine in 2008. Currently, Dr. Dixon is the director of clinical management and community outreach for the AIR Lab. She coordinates the ADHD Parent Education curriculum and groups for the MIND clinic. She is a member of the UC Davis Medical Center Department of Psychiatry and Behavioral Sciences (Volunteer clinical Faculty). She also has spent many years educating and training psychology graduate students, interns, and post-doctoral fellows as well as medical students, residents and child psychiatry fellows.



### SAMANTHA BLAIR, PH.D.

Samantha Blair is a postdoctoral scholar at the UC Davis MIND Institute. She completed a PhD in School Psychology at the University of Wisconsin – Madison in 2018. Samantha completed her pre-doctoral internship with the Cypress-Fairbanks Independent School District in Houston, Texas and has worked in schools and clinics throughout the Madison, Wisconsin area.



### AGNIESZKA MLODNICKA, PH.D.

Agnieszka Mlodnicka, Ph.D., received Bachelor's degrees in Psychology and Biology and minor in Chemistry from Texas A&M University. She received research training as a research assistant in Molecular and Human Genetics at Baylor College of Medicine. Agnieszka received her Ph.D. in Clinical Psychology with an emphasis in Neuropsychology from City University of New York-Graduate Center. Her clinical neuropsychological

training included externships at Mount Sinai Center for Cognitive Health, New York University Child Study Center, and Memorial Sloan Kettering Cancer Center. She completed a yearlong internship at Wake Forest School of Medicine with training in pediatric neuropsychology, pediatric psychology, and child and adolescent behavioral inpatient therapy. Her dissertation research explored the impact of neurodevelopmental genes and environmental risk factors on the trajectory of hyperactive and inattentive symptoms from early preschool age to early adolescence. She is currently a Post-Doctoral Fellow at UC Davis MIND Institute, where she is responsible for assessments and research associated with the Mapping Impulsivity's Neurodevelopmental Trajectory (MINT) study in the Attention, Impulsivity, and Regulation (AIR) Laboratory, and Revisit Childhood Autism Risks from Genetics and Environment (ReCHARGE)/ Environmental Influences of Children's Health Outcomes (ECHO) study.

### TICI SILVA, MED

Ticiane Silva is a research study coordinator and clinical psychology trainee and the UC Davis MIND Institute. She is currently a doctoral student in School Psychology at Texas A&M University-College Station. She has worked in schools, clinics, and hospitals conducting therapeutic and behavioral interventions, as well as neuropsychological assessments with individuals from varied cultural and ethnic backgrounds.



### LES ARIA, PH.D.

Les Aria, PhD is a Pain Psychologist, who has been practicing for the past 15 years at Kaiser Permanente Medical Group and currently in Rancho Cordova, California, where he specializes in treating psychophysiological disorders from unexplained medical problems to sub acute and persistent pain. His passion for mindbody interventions promotes a unique style in helping patients relate differently to suffering using applications of mindfulness,

Acceptance Commitment Therapy (ACT) and brain science to achieve recovery and wellness.



### STACIE LLOYD, MA

Stacie Lloyd, M. A. is a clinical psychology PhD student at Fielding Graduate University, specializing in health psychology. She has focused her clinical training and work on treating chronic pain. She has an extensive history teaching mindfulness and employing it in her work with both physical and psychological symptoms.



### CAROL CHAMBERS, PSY.D.

Dr. Carol Chambers is a licensed clinical and forensic psychologist. She received her doctoral degree in clinical psychology from The Wright Institute, Berkeley, CA. She has received postgraduate training through the American Academy of Forensic Psychology. She is a licensed psychologist in private practice, specializing in psychotherapy and psychological assessment throughout Northern California. She has performed over 2,000 psychological

assessments, including disability evaluations, assessment of criminal and civil competencies, mental state at time of offense, PTSD assessments for veterans, vocational assessments, pre-employment screening for correctional officers and personal injury evaluations. She has provided therapy and psychological assessment services in jail and community behavioral health settings, the Department of Rehabilitation, Social Security Administration, the VA, and for the Superior Court of California. She has conducted research on the effect of brain scan images on mock jurors in criminal trials. Her current research interests include social psychology, the effects of pictures in the courtroom as part of testimony, pitfalls in interpreting



### LINDA TRETTIN, PH.D.

Dr. Linda J. Trettin is a clinical neuropsychologist with Mercy General Hospital. Her clinical work encompasses providing neuropsychological evaluations and counseling, as well as consulting with families and healthcare providers. She has provided continuing education to physicians, mental health providers, and allied health professionals on topics including dementia, Parkinson's disease, and Multiple Sclerosis

psychological research, and cultural considerations in forensic evaluation.

## PRESENTING FACULTY



### LOHAR MADER, PH.D.

Born and raised in the Black Forest region of Southwestern Germany, Dr. Mader was imported to California by his wife Melanie. Following high school in Germany, he completed 18 months voluntary service, which included 6 months teaching at a daycare for disadvantaged children in a Chicago suburb, 6 months as a community organizer in a black neighborhood on the west side of Chicago, and 6 months in a hospital setting for developmentally delayed adult males. He completed his undergraduate work at CSU, Chico, majoring in psychology and social welfare. Doctoral studies were completed at the University of South Dakota, Vermillion, in clinical psychology with an emphasis in child development. Dr. Mader completed his internship in Denver at the Colorado Mental Health Institute at Fort Logan, formerly known as the Colorado State Mental Hospital. Rotations included the adult intake unit, residential adolescent unit and the children's unit. Following his internship, he continued as a staff psychologist at the adolescent unit before moving to Sacramento to work in an outpatient clinic and adolescent residential adolescent treatment center in Citrus Heights. He started in private practice in Roseville in 1987 and has been working full time treating children, adolescents, adults, families and couples for the past 32. Dr. Mader has published articles on child abuse and child interviews. He has presented papers related to child and adolescent treatment at conventions, including the Rocky Mountain Annual Convention, the CHADD annual convention and the APA Annual Convention.



### DAVID JULL-PATTERSON, PH.D.

Dr. Jull-Paterson a core faculty member in the College of Psychology at California Northstate University where I teach a variety of courses, including first-year practicum. Prior to joining the faculty at CNU I spent more than two decades at the University of California, San Francisco School of Medicine, teaching in a three-year longitudinal course; I was inducted into The Haile T. Debas Academy of Medical Educators in 2017



### OLIVIA BRICEÑO CONTRERAS, PSY.D.

Olivia Briceño Contreras, Psy.D. completed her Bachelor of Arts in Psychology at California State University, Sacramento and received her doctoral degree from Alliant International University, Sacramento. She completed her APA-accredited internship at California Pacific Medical Center, where she provided outpatient therapy services. She also conducted psychological screeners and therapy services at a primary care clinic within the Tenderloin

community in San Francisco with children and adolescents in both Spanish and English.



### JENNIFER BOB, PSY.D.

Jennifer Bob, Psy.D. completed her Bachelor of Arts in Psychology at UC Berkeley and received her doctoral degree from John F. Kennedy University. She completed her APA-accredited internship at The Help Group, where she provided therapy and psychological testing services to children ages 2.5-21 in a therapeutic preschool as well as a community mental health setting.

Together they were both Postdoctoral Clinical Child Psychology Fellows with UC Davis Department of Psychiatry and Behavioral Sciences and completed their training at the Sacramento County Child and Adolescent Psychiatric

Services (CAPS) Clinic. They provided therapy and psychological testing services to the underserved population of children, adolescents, and families. Both Dr. Briceño Contreras and Dr. Bob completed their dissertations on fathers of various cultures and demographics and are passionate about incorporating entire family systems into treatment.



### TALAL H. ALSALEEM, PSY.D., LMFT

Award-winning marriage counselor and researcher, Dr. Talal H. Alsaleem is recognized as a leading expert in the field of infidelity counseling. He is the author of the acclaimed book, *Infidelity: The Best Worst Thing that Could Happen to Your Marriage*, and the founder of the Infidelity Counseling Center. His research interests and clinical work are focused on identifying the causes of infidelity and providing the best treatment for recovery from its impact.

He developed Systematic Affair Recovery Therapy (SART)™, a method of infidelity counseling that has helped hundreds of couples navigate the challenges of the healing journey from affairs.



### EMMANUEL ZAMORA, PSY.D.

Dr. Emmanuel Zamora is a licensed clinical psychologist with experience in neuropsychological and personality assessment, forensics, adult psychotherapy, and child and family psychotherapy. He earned his undergraduate degree in psychology from Sonoma State University and masters and doctoral degrees in clinical psychology from The Wright Institute. He is currently at UC Davis Department of Physical Medicine and Rehabilitation

and Department of Surgery, Bariatric Program. He provides neuropsychological and pre-surgical evaluations, as well as brief psychotherapy. Dr. Zamora's independent practice focuses on psychological evaluation of neurodevelopmental disorders, disability, and personal injury evaluations. His professional interests include reducing health disparities, brief psychodynamic therapy, and Spanish language psychological assessment in the US. He is an adjunct clinical faculty member at the Wright Institute. He has offices in Sacramento, Oakland, and San Francisco.



### RONALD E. KALDOR

Ronald E. Kaldor is an attorney and consultant with offices in Sacramento, California. Mr. Kaldor specializes in healthcare law, insurance law, business law and government law and regulation and consults on related legal and business issues and professional licensing and peer review defense. He has broad experience in state government and government relations matters. He is also experienced in business and corporate matters including

contracts; corporate formation and maintenance; bankruptcy; real property, equipment and software leases; personnel issues and contracts and other contractual matters.

## PROGRAM DESCRIPTIONS

### 9:00AM–10:30AM—KEYNOTE

#### *HELPING THE HELPERS: PREVENTING BURNOUT BY PRIORITIZING PURPOSE AND PRESENCE*

Keynote Speaker: Christina Spragg, Ph.D.

A defining feature of a psychologist's purpose is to help clients make improvements in their quality of life. Through the use of effective psychotherapies, the clients' resilience is promoted. However, this often comes at a cost to the psychologist, particularly when the client presents with a trauma history. Recent literature indicates that 40% of mental health providers meet criteria for burnout and the average mental health professional has a high level of emotional exhaustion. Attendants will learn about the contributors to burnout as well as common barriers to overcoming burnout. The primary goal of this experiential presentation is to support mental health professionals in protecting themselves in ways that enable them to fulfill their purpose and provide better services to their clients. Attendants will have the opportunity to participate in self-care practices rooted in self-directed neuroplasticity, mindfulness practices, meaning-making, and the development of vicarious resilience.

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### 10:30AM-11:00AM—BREAK

Break/Networking/Exhibits

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### 11:00AM–12:30PM

#### SHASTA ROOM

#### *THE EYE OF THE STORM: FINDING PEACE AMIDST CHAOS*

By: Marjon Fariba, M.D., Lynn Wilcox, Ph.D., Mohammad Sadoghi, Ph.D., and Nasim Bahadorani DrPH, MBS, CHES

Our nation is divided, anger and conflict are rampant, and stressed individuals flock to therapy in search of personal peace. This is nothing new---human history is filled with regional, national, religious and world wars---but its personal effects are now very strong. Presenters will provide wide-ranging perspectives on attaining peace ---including individual inner peace, education for peace, spiritual traditions and peace, community peace, national peace,

and the hope of international peace. Research, a historical framework, peacemaking attempts and various viewpoints will be presented. The presenters are academics and professionals holding doctorates in the fields of Counseling Psychology, Medicine, Public Health, and Computer. To treat the community, one must first focus on the individual as a whole. Psychology was originally intended to treat the soul, however over the years in an attempt to become more of a measurable science, Western Psychology has focused on the observable aspects of the human being and the soul has faded from the field. Sufi Psychology introduces a different paradigm of human functioning than that postulated and accepted as correct by most of Western psychology. Each presenter will speak to their area of expertise. Dr. Wilcox will speak about the history of peace. Her presentation provides an overview both of the historical circumstances in which personal and social peace has been attempted as well as achieved, of social organizations of various types attempting to attain peace, and of how they go about it, as well as an analysis of the present situation and its profound psychological effects on people around the globe. She will also discuss presents Sufism role in achieving peace. Dr. Fariba will discuss about heart disease associated with negative emotions. She will discuss the effect of Tamarkoz (Sufi practice) meditation on patients with heart disease. Audience will hear detailed information about the practice of Tamarkoz (Sufi Meditation) and how it has been used in clinical practice for patients with coronary artery disease. Dr. Bahadorani will discuss her study on Tamarkoz (Sufi Meditation) on Spirituality, positive emotions and perceived stress. Her study looks at Tamarkoz®, a Sufi practice, on reducing stress and heart rate, and increasing positive emotions, and daily spiritual experiences. Increasing positive emotions and spirituality are indicative of feeling deeper peace. Decreased perceived stress, enables improved mental health and may increase peace of mind. Dr. Sadooghi will review Sufi principles necessary for attaining inner peace as prerequisites for the unconditional love of others; participants will be able to identify these practices and will be able to compare them with prevalent humanitarian approaches to foster peace.

## PROGRAM DESCRIPTIONS

### CHARDONNAY ROOM

#### ***ADHD ACROSS THE LIFESPAN: CONSIDERATIONS FOR OUTCOMES AND TREATMENT***

**By: J.Faye Dixon, Ph.D., Samantha Blair, Ph.D., Agnieszka Mlodnicka, Ph.D., and Tici Silva, MEd**

Attention-deficit/Hyperactivity Disorder (ADHD) is often thought of as a childhood behavioral disorder. However, a more recent conceptualization of ADHD as a neurodevelopmental disorder highlights important considerations across the lifespan. Knowing how ADHD presents in early adulthood will offer opportunities for providers to understand the developmental trajectory of ADHD and how symptoms impact functioning across social, emotional, and behavioral domains. Research shows that adults with ADHD are more likely to experience risky behavior, underemployment, poor physical outcomes, and relationship difficulties, among other challenges. These factors are important to consider when assessing an individual and developing individualized recommendations. This presentation will outline the developmental trajectory of ADHD with emphasis on its impact in adult populations. Preliminary data from a current longitudinal study examining the impact of impulsivity over time will be presented to further highlight these outcomes as individuals enter adulthood. From this presentation, providers will be better able to understand the symptomatology and be able to facilitate more optimal outcomes through treatment.

### TAHOE ROOM

#### ***PSYCHOPHYSIOLOGIC DISORDERS: INTEGRATED APPROACHES TO UNDERSTANDING AND TREATING SOMATIC SYMPTOMS***

**By: Les Aria, Ph.D. and Stacie Lloyd, MA**

Psychophysiologic disorders represent cases of functional somatic manifestation without a medical explanation (Creed, Tomenson, Chew-Graham, Macfarlane, & McBeth, 2018). Examples include, but are not limited to headaches, gastrointestinal complaints, fatigue, sensory hypersensitivity, chronic pain, and urinary frequency, to name a few (Abbass & Schubiner, 2018). Despite the high prevalence of psychophysiologic disorders within the workload of physicians, very few patients receive the appropriate integrated care that includes necessary psychological interventions (Rosendal, Carlsen, Rask, & Moth, 2015). To remedy this treatment, disparity mental health professionals and medical professionals must improve collaborative approaches. This presentation will provide a general overview of psychodiagnostic methods (Piontek, Shedden-Mora, Gladigau, Kuby, & Lowe, 2018) and integrated care for psychophysiologic symptoms (Baijens et al., 2015; Kroska, Roche, & O'Hara, 2018). Misconceptions about the mechanisms behind stress-related or medically unexplained symptoms lead to stigmatization and overutilization of healthcare (Piontek et al., 2018).

This presentation will reveal the development of such conditions through the biopsychosocial model (e.g., Herzog & Schmahl, 2018). In order to demonstrate an integrative approach, the presentation will include case vignettes with video perspectives from a primary care physician, a specialist physician, and an acupuncturist to offer an integrated perspective on care. Each care provider will share their insights about the cases and discuss strategies for collaborating across specialties.

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### 12:30PM-1:30PM – LUNCH

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

### TAHOE ROOM

#### ***NAVIGATING NEUROCOGNITIVE DISORDERS FOR THE MENTAL HEALTH PRACTITIONER***

**By: Carol Chambers, Psy.D., and Linda Trettin, Ph.D.**

Clinicians and psychological evaluators periodically encounter individuals with symptoms associated with a neurocognitive disorder, secondary to a complex medical history, along with co-occurring mental health and/or substance use disorders. Underlying causes can include: traumatic brain injury, seizure disorder, dementia, vascular disease, neurologic conditions, and infection, as well as malingering. This presentation will provide a general overview of neurocognitive disorders and their origins, as well as differential diagnoses and comorbidities with psychiatric disorders, in particular PTSD and anxiety disorders. We integrate research, vignettes and experiential activities to demonstrate ideas and actively engage participants. The presentation will contain three sections: 1. Review of research literature, and tools for the clinical psychologist to recognize and screen for neurocognitive disorders - presented by a clinical psychologist specializing in assessment; 2. Overview of considerations in neuropsychological assessment and treatment - presented by a neuropsychologist; and 3. Discussion of cases brought by presenters and conference attendees.

## PROGRAM DESCRIPTIONS

### CHARDONNAY ROOM

#### *PSYCHOTHERAPY RELATED RESEARCH AND CBT TREATMENT OF CHILDREN AND ADOLESCENTS IN PRIVATE PRACTICE*

By: Lohar Mader, Ph.D.

This CE presentation outlines approaches to psychological research and CBT interventions with children and adolescents. Research based on data available in private practice settings will be discussed using examples of studies conducted by Dr. Mader and presented at national and regional conferences. Practical ways of approaching psychotherapy with children and adolescents using cognitive behavioral therapy will be outlined. The books “Fartface...Stop Teasing me Bullback” and “Fussy, Wussy Crying Fit...Get Chores Done, Then Have Fun” will be discussed for augmenting therapy and reaching a wider community.

### SHASTA ROOM

#### *IDENTIFYING AND EFFECTIVELY USING YOUR COMPETENCE CONSTELLATION: A WORKSHOP FOR PRACTICING PSYCHOLOGISTS*

By: David Jull-Patterson, Ph.D.

“A competence constellation is defined as a cluster of relationships with people who take an active interest in and engage in action to advance a professional’s well-being and professional competence. Salient characteristics of a competence constellation include diversity, strength of ties, and intentional effort toward its development” (Johnson et al., 2013). This highly interactive workshop gives you the tools to identify and use your own constellation to address the ethics requirement of maintaining professional competence. As a way to increase the competence of psychologists and of their profession, the concept of a competence constellation—a communitarian approach—and the design of a communitarian training culture has been proposed by Johnson and his colleagues. What may be difficult, however, is helping psychologists identify the structure of their competence constellation and improve its effectiveness throughout their careers.

After a short didactic presentation about competence constellation theory and its relation to ethics, participants have an opportunity to map out their own competence constellation and review it with their peers during the workshop. This serves to ensure all participants have the same level of understanding of the model and to help them empathize with their peers at just how complex this task may be. Participants use the experience documenting their own constellation as the basis for reflection on how they may face unique obstacles. Taking a developmental perspective, participants examine the intersection of professional education, early career employment, and established practice with varying levels of training, experience, and ethical acculturation, then juxtapose those against Western ideals of individualism

and a model of the person as a self-contained, self-controlled, and perpetually rational unit. Participants may be sensitive to the issues of being seen as competent in terms of grading, receiving recommendations for and acceptance to internships, employment, and acceptance into a peer network. Acknowledging these perceptions labels the tension for them

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### 3:00PM-3:15PM – BREAK

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### 3:15PM-4:45PM

### CHARDONNAY ROOM

#### *INCORPORATING FATHERS IN BEHAVIORAL HEALTH TREATMENT OF CHILDREN AND ADOLESCENTS*

By: Olivia Briceño Contreras, Psy.D. and Jennifer Bob, Psy.D.

This presentation will provide a general overview of the research highlighting a father’s involvement in behavioral health treatment with his child/ren and adolescent/s as well as the impact of the father’s participation. The primary focus will be on educating and encouraging the attendees to consider the benefits of including fathers in behavioral health treatment. Time will also be allotted to acknowledge the various barriers that impact father involvement, and the ways in which these can be addressed in the provider role. It is hoped that this presentation will inspire the attendees to not only strive to include fathers in behavioral health treatment for their child/ren and/or adolescents, but also to spark dialogues laced with compassionate curiosity around various aspects of culture and intersecting identities that may influence a father’s participation in behavioral health treatment for his child/ren and/or adolescent/s.

### SHASTA ROOM

#### *SYSTEMATIC AFFAIR RECOVERY THERAPY*

By: Talal H. Alsalem, PsyD, LMFT

This model was developed to provide counselors of all levels with a strategic and adaptive treatment method for helping couples heal from the trauma of sexual and emotional affairs. The workshop was created to introduce counselors of all levels to the core principles of infidelity counseling and provide an overview of the Systematic Affair Recovery Therapy treatment framework.

## PROGRAM DESCRIPTIONS

### TAHOE ROOM

#### *FITNESS FOR DUTY EVALUATION AND HEALTH LAW CONSIDERATIONS*

By: Emmanuel Zamora, Psy.D. and Ronald Kaldor

Discussion of what happens when there is a psychological or cognitive injury at work, what defines fitness for duty for work or for healthcare professionals, and how does the law define fitness for duty. The presentation outlines the role of psychology and neuropsychology specialists in helping to answer basic questions about psychological or cognitive injury, brain function, and a professionals ability to carryout functional work-related tasks.

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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**



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